

EDUCATION:

Cardiff Metropolitan University, School of Art & Design, *MA Illustration, September, 2023.*

Distinguished research & art-making, ecofeminism; Masters Student Representative.

Central New Mexico Community College, *33 credit hours in post-graduate (core undergraduate arts courses) including 12 credit hours of art history, 4.0 GPA; January, 2020-April, 2022.*

Virginia Polytechnic Institute & State University, *BA Theatre Arts, Magna Cum Laude, May 1995.*

Certificate and Continuing Education

University of New Mexico Continuing Education, *9 hours in Basics of Music, June – July 2018; 18 hours in Beginning With Watercolors, October – November 2017; 20 hours No Fear Watercolors, July – September 2019.*

Pranakriya Yoga Therapy, *120 hours in Medical Issues, Meditation and Pranayama (Yogic Breathing), Certificate completed, June 2018.*

International Coach Academy, *Professional Life Coach Certification (2-year program), Certificate completed March 2013.*

The Mindful Center, *Mindfulness Based Stress Reduction, 8-week Course, August – September 2012.*

New Mexico School of Natural Therapeutics, *48-hour Cranial Sacral Therapy Certificate, October 2008.*

Kripalu Center for Yoga & Health, *200 & 500-hour Advanced Yoga & Meditation Training, Certificate completed June 2009.*

YogaAway Vini Yoga with Gary Kraftsow, *60-hour proprietary training for Hyatt Regency Tamaya yoga programs, June 2006.*

The Scherer Institute of Natural Healing, *754-hour Professional Massage Certificate (specialized in Oncology Massage), March 2002.*

PROFESSIONAL TEACHING & LEADERSHIP EXPERIENCE:

True Self Coaching, LLC, *Owner, Spiritual Coach & Consultant, Yoga & Meditation Teacher, Voice Liberator, Workshop Leader, Visual Artist Bernalillo, NM; August 2005 – Present.*

- Work 1:1 with women and girls remotely and in person to build self-awareness, reduce anxiety, increase intuition, inspiration, emotional intelligence, stress management techniques, movement freedom, and creativity.
- Lead online yoga, meditation, voice, art classes and workshops, locally and internationally.
- Created signature yoga and meditation programs, *Slow Down & Tune In* and *Deeper Practices of Yoga* to help clients build a daily practice of self-awareness, stress management, increased intuition, inspiration, emotional intelligence and creativity.
- Create original visual arts and illustrations for presentation and reproduction.

Hyatt Regency Tamaya Resort & Spa, *Lead Yoga Instructor, Meditation & Mindfulness Facilitator* (formerly also worked as a massage therapist), Santa Ana Pueblo, NM; May 2002 – December 2021.

- Lead customized yoga classes for a diverse student population to both locals and visiting guests. Lead outdoor guided meditation walks, seated meditation, and mindfulness-based, team-building exercises to corporate groups.
- Hire and train new teachers for on-call positions.

Tamaya Horse Rehab, *Creator & Teacher of Yoga and Mindfulness Programs*, Santa Ana Pueblo, NM; March 2020 – Present

- Lead participants through mindfulness exercises such as deep breathing, stretching and awareness both around and on the horses to create a deeper connection with the horses and with themselves.
- Lead staff through yoga and mindfulness in live and remote sessions.

Santosha Yoga & Meditation Retreats, *Co-Owner, Senior Yoga & Meditation Teacher (local and international retreats)*, Lemitar, NM; September 2008 – May 2015.

- Led local and international retreats to bring students relaxation, connection, awareness and enjoyment, always offering teachings to take back and implement into daily life.
- Booked accommodations, transportation, excursions, meals, meeting spaces and acted as liaison between attendees and facilities.

The Imagine Theatre: a non-profit organization for the advancement of teens, *Founder & Director*, Blacksburg, VA; June 1996 – June 2000.

- Led students through improvisation, spontaneous writing, and exploratory exercise to create and perform original scripts based on a theme chosen through consensus. Students learned self-discipline, inspired action, self-confidence, self-expression, empathy, and creative collaboration.

EXHIBITIONS and PUBLIC ART:

Whiptail Eatery & Bar, Rio Rancho, NM, *Women & Trees*, June, 2022.

Ghost Wolf Gallery, Albuquerque, NM, *Women's Work*, March, 2022.

Matrix Gallery, Albuquerque, NM, *Pareidolia Exhibit with Hannah Heaton*, July 2021.

Tamaya Horse Rehab, *The Welcome Tree Barn Mural*, June 2021.

Hyatt Regency Tamaya Resort & Spa, Santa Ana Pueblo, NM, *Employee Main Gallery Exhibit*, October 2017.

COMMISSIONS

The Elder & the Guardian (triptych), 2021, oil pastel on black paper, 19.5 x 14 ¾; 19.5 x 16.5; 19.5 x 14 ¾ inches

Violated!: A Graphic Novel, conte' crayon, 18" x 12" (5), 2020

Blooms, 12" x 9", watercolor on cold-press paper, 2020

AWARDS and HONORS:

Certificate of Artistic Achievement, Luxembourg Art Prize 2020, 2021, 2022.

L. Ron Hubbard's Illustrators of the Future Contest, Honorable Mention, 1st Quarter, 2021.

Phi Beta Kappa, Central New Mexico Community College, 2020 – Present.

Magna Cum Laude, Virginia Tech Polytechnic Institute & State University, May 1995.

SPECIAL SKILLS:

singing, painting, speaking, teaching, mindfulness, presence, adaptability, fortitude, divergent thinking, creativity, empathy, intuition, curiosity, communication, humor, creative problem solving, research and leadership

INTERESTS:

ecology, ecofeminism, trees, ancient civilization, mysticism, metaphysics, spirituality, fairytales and folklore, music, dance, performance, social justice, functional anatomy and physiology, depth psychology, sociology, archaeology, and anthropology

References are available upon request.