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**Summary**

Massage Therapist, Yoga and Mindfulness Instructor with over 20 years of experience in various health-related disciplines and a regular meditation practice. Content and voice provider for Pura Mente App. My goal is to convey the importance of personal practice and the incorporation of healthy habits for the care of both body and mind. Over 15 years of previous experience in advertising sales. Fluent in English, both spoken and written. Naturally drawn to serving others and providing a superior customer experience.

**Work Experience and Education**

* **May 2022 - Present:** Private sessions, individual Mindfulness and Yoga classes.
* **December 2021 - April 2022:** On-call sessions at Park Hyatt Spa.
* **March 2019 - December 2019:** California Massage and Harmonic Hammock sessions in my practice and for the agency Pure Wellness (hospitality).
* **October 2020:** California massage and harmonic hammock sessions at Fundación Columbia.
* **September 2022:** Osteopathy training at Centro de Formación en Osteopatía Integral.
* **March 2021:** Annual Diploma in Contemplative Practices (www.felicidadsustentable.cl)
* **October 2020:** Completion of training with California Massage Therapist Oasis Certificate (185 hours) (Levels 1 and 2, Deep Tissue, Anatomy, Physiology)
* **June 2020:** Compassion Cultivation Training Program at Stanford University's Compassion Institute.
* **July 2019 - Present:** Private Mindfulness classes focused on anxiety management.
* **February 2020:** Intensive Harmonic Hammocks training (Trager method) at Oasis with Roger Jackson.
* **January 2019 - Present:** Oasis Massage School. Levels 1, 2, and Anatomy. California Massage. Private patient care.
* **July 2018 - Present:** Content and voice provider (guided meditations, courses, and webinars) for Pura Mente App.
* **August 2017 - Present:** OM House: Workshops on Introduction to the Practice of Mindfulness for companies: Deloitte, Cisco, Find a Sense. Group workshops and private Mindfulness classes.