SYLVIE MINOT

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EDUCATION, TRAINING, CERTIFICATION

2017 Voice Dialogue Training

2001 5Rhythms® teacher certification

1998 B.A in Dance/Choreographer San Jose State University. San Jose, CA

1994 A.A in Speech and Communications. DeAnza College, Cupertino, CA

1991 Tibetian Buddhism, Zen Buddhism , Religious studies San Jose, CA

1990 Activity director certification. DeAnza College, Cupertino, CA

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EXPERIENCE

2015-Present SYZYGY DANCE PROJECT—Sausalito, CA - Trainer

* + Develop curriculum to train facilitators in bringing movement to outreach populations
  + Train professionals in somatic and movement practices to bring dance to the populations they’re working with
  + Guest trainer at California Institute for Integral Studies (somatic therapist interns), JFK University (interpersonal Psychology Students), Martinez Medical Center (expressive art therapists), San Jose State university (OT students), Dominican University (OT students) San Jose Recreation Therapy Association.

2010-Present SYZYGY DANCE PROJECT—Sausalito, CA - Executive Director

* + Coordinate with multiple organizations to create dance classes to populations in constraining life circumstances
  + Manage team of volunteers, teachers, and staff
  + Manage organization finances

2010-Present SYZYGY DANCE PROJECT— Bay Area, CA-- Syzygy Movement Teacher

* + Develop themes and exercises, using music that fit different populations
    - Teach Syzygy movement classes to veterans, inmates, the elderly, youth,

and recovering addicts as a tool to inspire positive changes in body, mind, spirit

2001-2015 MOVING CENTER SCHOOL—Mill Valley, CA -- Moving Meditation Teacher

* Develop themes and techniques that allow students to use movement as a resource to calm the mind and inspire meaningful changes in their lives.
* Teach ongoing weekly classes to students of all ages.
* Research a variety of topics and themes for creating workshops and committed groups.
* Work with a team of teachers to create and implement a common vision
* Coordinate quarterly schedule for all teachers
* Manage volunteer crew of 15 people
* Manage marketing of classes

Summer 2008 SAUSALITO Elementary school -- Dance teacher

* Teach after school dance classes to K-6 school children

2001-2005 MADSONLINE—Sausalito, CA -- Office Manager

* Responsible for all sales and shipping
* Maintain inventory, accounting
  + Customer service

2000-2001 ARTPATH-- San Jose, CA —Dance teacher

* Teach dance to first and second graders in the San Jose school District

1996- 2005 SAN JOSE STATE UNIVERSITY – Stage manager

* Manage crew of 5 to 20 people.
* Delegate workload according to individual’s strength
* Responsible for overseeing backstage production

1994-1997 SHAKTI GAWAIN—Greenbrae, CA -- Office Assistant

* Assist in producing workshops
* Phone communications
* Assist in Marketing

1994-1995 ELMWOOD Correctional Facilities—Milpitas, CA -- Drug and Alcohol Counselor

* Plan curriculum and lead groups and classes in stress and anger management and recovery from addiction to incarcerated men, women, and the Vietnamese population in jail
* Work with a team to help prisoners with substance abuse history cope with life issues once they are released

1992-1997 AA HOTLINE—San Jose, CA -- Coordinator

* Provide information and service to alcoholics and their families.
* Coordinate and manage 21 shifts
* Recruit volunteers

1989-1991 BAYHEALTHCARE--Palo Alto, CA -- Activity Director

* Work with elderly residents in a private lock down mental health facility
* Coordinate, plan and teach various activities
* Work with healthcare team to provide health plan for residents
* Assist in group therapy and individual sessions
* Other duties included charting and taking residents on outings