

SASHA DAE

Email: chicaviernes@gmail.com

Civil Status: Married

Citizenship: Canadian

Place of Birth: Vancouver, BC Canada

Age: 40 years

Languages

Excellent English, very good Spanish and basic German

Career Objective

Full time or freelance position that requires a creative, musical, astute, healthy and versatile individual

Education

1982 Montessori Pre School

1984 Shaughnessy Elementary

1991 Prince of Wales High School

1982 – 1986 Yamaha School of Music

1986 – 1994 Royal Conservatory of Music

Grades 1 – 10 Piano, all exams scored Honors and Honors with Distinction

Grades 1 – 6 Theory, Technique, Composition and Music History

1987 – 1991 Pony Club – completed and competed levels C, C1, C2 and B, B1, B2, A

1990 – 1995 Rick Maynard CEF Level 3 Coach - Private instruction

Equestrian three day event and sporting; dressage, show jumping and cross country

1994 – 1999 CPR First Aid

1995 – 1998 Commercial Connections – Audition Techniques

Gastown Actors Studio – Acting for Film and TV, Character Development

Westcoast Actors Studio – Scene Study, Advanced Scene Study

1998 – 2000 Art Institute – Media Arts Core Studies, Web Masters Diploma

2001 Spencer Welch – Private instruction on Speech Level Singing

2005 Asana Yoga Teacher Training with Eoin Finn

2006 Kundalini Yoga Teacher Training with Yogi Bhajan

2007 Arkaya Yoga Teachers Program with Maitreyi

2008 Applied Psycho Neurobiology Level I – training with Dietrich Klinghardt, MD, PhD

2011 Acro Yoga and Thai Massage – training with Jason Nemer and Maral Hadidi

2012 First Aid for Surfers Certification – training with Wilderness Medical Consultants

2023 Google Certification with Coursera – Introduction to Front End Development

Google Certification with Coursera – Foundations of UX Design

Work Experience

1990 – 2006 Contractual – Actor : Film and TV- talent, principal, background, stand in, photo double

1993 – 1996 Southland Meadows Equestrian Facility – Instructor and Barn Manager : responsible for 20 horses and weekly group and private riding lessons

1993 – Present Musician – Performer and Instructor: tailored to suit situation and/or client needs

1996 – 1999 Loose Change Auto – Sales, Purchasing, Office Manager : used car dealership sales and purchases, organized and maintained contract files, business records and other documentation

1997 – 1999 Lancaster Group – Seasonal Sales : perfume and cologne in person and telephone sales in a variety of malls and office during fall/winter/spring holiday seasons

1999 – Present Creative Director : contractual/freelance, lead customers through design,layout and implementation of promotional material, advertising, branding, graphics, packaging, website, multimedia, social media : for a multitude of companies

2000 – 2002 Volunteer Assistant with Dr. Martin : veterinary equine medicine and breeding, twice weekly day calls to farms in the Langley and surrounding area of BC, in clinic surgeries and care

2000 Graphic Design with Alliance Printing : pre press to film, Xerox and Fiery printers, design, layout and corrections of all client documents

2001 Instructor with Vancouver Career College : beginner HTML, Dreamweaver, Photoshop, ImageReady, internet development, graphic arts and design; curriculum, projects, tests, one on one and groups
Instructor with Metro Training College : same as above

2002 Instructor with TrueVista Training : Adobe Photoshop and ImageReady introductory classes

2003 – 2004 Caregiver for Bobbi Style : in home personal care assistant for physically disabled man confined to wheelchair

2005 – 2008 Owner and Instructor Ananda Yoga Inc : 2000+ hours of teaching to all ages and levels of ability

2006 – 2019 Owner and Instructor Zen Zwing Yoga : developed, marketed and implemented all inclusive certified training program of 40 Hours

2010 – 2020 Owner and Instructor Nosarananda : in home or hotel, private and group yoga therapy developed, marketed and implemented all inclusive certified training program in Hatha of 216 hours

2008 – Present Physical Therapist : acupressure and massage therapy tailored to client needs

2008 Office General Manager Nosara Civic Association : opened and closed office, organized all files, paperwork, bills, computer files, website data input, emails, answered phone calls and questions from public, liaison with President, staff and volunteers, set appointments for business meetings, took notes at meetings, phone call and in person accounts receivables and sales

2008 – 2014 Yoga Instruction and Office General Duties Tica Massage : organized invoices and receipts in prep for tax returns, intermittent and substitute yoga instructor

2009 Instructor Del Mar Academy : physical education and yoga for all students

2009 – 2011 Course Facilitator and Instructor Anamaya Retreats Montezuma : twice yearly, 30 Day contract; 216 hour Hatha YTT program to 30 clients at an all inclusive resort

2011 Instructor, Yoga, Massage, Food Nutrition Green Iguana Surf Camp : clientele services, healthy choice guidance, restaurant management and procurement, staff education

2012 – 2013 Yoga Program Director Tamarindo Diria Hotel : created and integrated yoga program, graphic design promo material and agendas, scheduled and instructed yoga classes, integrated healthy options to restaurant and menu, staff education

2014 – 2019 Owner operated Raw Orange Nosara : fresh squeezed orange juice, additional drinks and health products, bottled with locally recycled glass

2019 – present Investor Cryptocurrency : BTC, ETH, LTC, BCH, DFI, HEX, SURF, ENJ amongst others- experienced “ Defi Summer”

2022 – present Instructor General Computer Use : Private, one on one instruction based on client needs

Additional Skills

Attentive - Creative - Musical - Classically trained in Piano and Voice - Being trusted to do the job I was hired for with minimal oversight - Tactile, work/arts with my hands - Color theory - Connecting seemingly disparate bits of information - Creative writing - Dealing with and getting comfortable in gray areas - Developing relationships with people I disagree with - Getting other people to talk about themselves and listening to their stories - Event Planning - Logic problems - One-on-one mentoring and teaching with people of all ages and abilities - Problem solving, particularly related to accessibility, design, 3D/spatial problems, and task processes - Recognizing patterns - Research - Seeing issues holistically - Setting my own schedule or having a fair amount of flexibility in my schedule - Taking constructive criticism - Theoretical physics in - Trying again if my first idea or attempt fails, and learning from mistakes - Photo editing - Business Identity - Working alone - Working with others in a collaborative, bounce-ideas-off-each-other kind of way - Health conscious - Non violent communicator - Yogini - Processing auditory information - Refocusing after interruptions - Spelling - Strict attention to details - Flexible - Responsive - Responsible

References

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