

Gabriela Masala M.A.

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Education:

Master of Arts, Creation Spirituality

The Institute for Culture and Creation Spirituality
Holy Names College, Oakland CA, May 1994
Focus: Ecumenical Spirituality and Expressive Arts

Bachelor of Arts, English-Journalism/Creative Writing

The University of Delaware, June 1992
Focus: Women's Studies and World Religions

Professional Experience:

9/02 to Present

Source Consulting Group LLC (www.sourceconsultinggroup.com)

Owner / Director

Austin, TX

A consulting company specializing in corporate and community wellness and development. Source Consulting Group offers services and programs to revitalize and educate groups and individuals making their lives and their work more dynamic, enjoyable, and effective. Services include facilitation, facilitation training, leadership development, wellness and expressive arts programs, community building, and change management. Programs may also include ropes and challenge courses, team initiative experiences, and powerful interactive learning modules.

9/99 to 7/03

Canyon Ranch Health Spa and Resort

Fitness Educator/Movement Therapist

Tucson, Arizona

Private and group facilitation of several levels and styles of yoga, meditation, dance, martial and healing arts, and expressive movement therapy.

6/96 to Present

EarthFlow Yoga & Wellness

Yoga, Meditation and Wellness Consultant

Nationally

Private and group instruction in Hatha and Ashtanga Yoga, mindfulness meditation practices, wellness, and lifestyle consultation.

4/98 to Present

The Rhythm Of Life![™] (www.rhythmoflifedrumming.com)

Educator, Performer

Nationally

Educational performance and instruction integrating percussion, dancing, singing, multi tracking and centering. Programs designed to encourage community, celebration, communication, and self-expression. Clients have included: SHAPE Magazine, The Chopra Center for Well Being, and Canyon Ranch Health and Fitness Resort.

12/97 to 4/98

Conscious Kids

San Diego, CA

Curriculum Developer, Educator

Created and facilitated programs for children (K-Middle School) in expressive arts, yoga, and meditation. Activities consisted of visual art creation, storytelling, singing, and movement. Clients included the Children's Mobilization Project, The Chopra Center for Well Being and, Kids Korps USA.

6/95 to 3/98

The Chopra Center for Well Being

Educator, Facilitator, Curriculum Developer

San Diego, CA

Instructed Wellness seminars, designed and facilitated *Conscious Kids* programs and Ayurvedic Culinary Consciousness classes.

Summary of Further Skills:

Bi-lingual fluency (*Spanish-English*)

Women's Wellness Program Developer

Performance Artist

Certified Ashtanga Yoga Instructor

Certified Ace Group Fitness Instructor & Personal Trainer

Certified NIA Dance Technique Brown Belt level

Creative Writer and Editor

World Fusion Dance instructor

Expressive Arts Facilitator



Recent Consulting Projects Overview

Gabriela Masala M.A.

Project: *Shape Your Life® , Inc.*

Overview: SHAPE magazine began developing experiential programs, providing opportunities for magazine readers to embody SHAPE's "full-life" approach to fitness. When the program *Shape Your Life®* was launched in 2001, I was one of eight core faculty chosen to help develop the program, and to present at various locations nationally and abroad. *Shape Your Life®*, Inc. is now its own company, and in its fifth season of programming (www.shapeyourlife.tv). My primary focus while serving on the faculty is to facilitate community development, health awareness, expressive and dance arts sessions, which include yoga, meditation, yoga, afro-fusion and Nia technique dance. Further, I participate in creating and holding a context for optimal wellness, participant safety, awareness, creativity and transformation.

Contact: *Kathy Soverow M.Ed., Owner, Creative Director; 818.581.5869*

Project: *Spiral Fusion Visionary Healing Arts Ensemble*

Overview: I gathered over 30 talented artists from the Tucson community under the theme of visionary creativity and its power to impact personal and collective change. I served as creative director, choreographer, artist, and producer. The production created vast inspiration and community as the artists developed dances, musical arrangements, spoken word and performance art, rooted in art as a medium of social change and transformation. The interactive performance captivated the audience with an intimate experience of universal themes and visionary expression.

Contact: *Kimi Eisele, Professional Writer; 520.882.6092*

Project: *Real Bodies Moving*

Overview: I served on a committee of movement and dance therapists to develop private sessions and workshops at Canyon Ranch Resort Spa. Additionally, I served as one of the primary facilitators of this unique service. Real Bodies Moving blended authentic movement, expressive arts, and dance therapy. It was developed to support participants in the areas of body image, self-esteem and enhancing wellness through embodiment.

Contact: *John White, Director of Movement Therapy; 800.742.9000*



Project: *Las Hueseras Women's Wellness Retreats*

Overview: I designed and facilitated expressive arts, meditation, and movement programs for international feminist activists retreats. Programs were tailored to fit group needs utilizing the replenishing mind-body-spirit modalities of fitness, restoration, creative expression and healing. The practices of Yoga, Chi Gong, dance, journaling, mandala art, chanting, walking, and meditation were skillfully blended to serve the participants in optimizing their wellness, expressing joy, discovering their needs and assimilating their life experiences within the retreat setting.

Contact: *Cindy Luchi, Las Hueseras Director; 505.455.0389*

Project: *Voicing the Body ~ Dancing The Soul*

Overview: I developed and facilitated an expressive arts women's workshops series for the Tucson community. Through practices of authentic dance, improvisation, journaling and "art as meditation," participants were guided to explore and celebrate the voice of their bodies and the dance of their spirit. Women received insight, healing, creative inspiration, deeper self-awareness and empowered self-expression.

Contact: *Yarrow King, Bodywork Practitioner Trainer; 520.465.8856*

Project: *Society for Public Health Educators*

Overview: Presented keynote address and all women's Nia movement breakout sessions for the 2004 Arkansas conference.

Contact: *Alison Rose, Conference Chair; 501.569.8237*

Project: *Inner Wealth Expressive Arts Curriculum for Women's Wellness*

Overview: Developed a comprehensive expressive arts curriculum for women's wellness, integrating eight expressive modalities for dynamically empowering women in all life stages. These popular sessions occur ongoingly at the BodyVida Expressive Arts Studio in Austin, TX. (www.bodyvida.com)

Contact: *Elissa Shapiro LCSW; Studio Owner; 512.447.9900*

Project: *Revitalize and Energize; Weekend Retreat, Omega at the Crossings*

Overview: Facilitated a new year's retreat focused on brining health and wellness to all areas of life with experiential tools from movement, fitness, and mental health.

Contact: *Saxz Stevens; Program Director; 512.258.7243*

Abridged Professional Bio on following page...



Professional Bio

Gabriela Masala, M.A., is an energetic, creative, and multi-talented facilitator. She works extensively with groups and individuals in the areas of wellness and personal growth. She masterfully blends expressive arts, yoga, dance, and ecumenical spirituality in programs that nurture mind, body and spirit. Her diverse clients speak highly of her playful vitality, which inspires their innate joy, and life celebration.

Gabriela is committed to radiant health and balanced life integration. She currently serves as faculty for the resort based, Shape Your Life, Inc. programs, and is a Brown Belt in the NIA Technique. Gabriela is also an apprentice of Zen-Yoga master, "Ranjani" Dr. Mary-Elaine Cobo. She holds certifications in ACE Group Fitness, Personal Training, Yoga, and Meditation. A former employee of The Chopra Center for Well Being and Canyon Ranch Health Resort, Gabriela currently guides classes, events, and retreats locally, nationally and abroad.