

J A I M E V I N D E R I N E

- artist • yoga instructor • expressive arts practitioner •
- ontario certified teacher • reiki practitioner •

ABOUT ME

I am a creative, and motivated individual with a passion for creating supportive, inclusive, and nurturing communities. I focus my teaching and the work I do with my clients on building safe containers for people to do their own self-exploration and healing work while feeling supported and seen. I believe strongly in the power of self-expression, self-advocacy, and self-love, and encourage my students to tap into their own personal power to find their own voice.

WORK EXPERIENCE

Even Flow Arts & Wellness

October 2019 - Present

Owner/Director

- Responsible for creating dynamic, safe, and engaging yoga classes for participants of varied skill levels
- Craft engaging workshops which weave together aspects of art, yoga, and holistic self-practices
- Design and carry out multi-media art projects with a focus on beadwork and pyrography
- Design and update website – www.evenflow.life
- Create monthly content via [email marketing campaigns](#)
- Offer alternative energy work through reiki
- Offer creative consulting on personal and/or small business web design

SĀANA Yoga North York (Formerly Moksha Yoga)

September 2016 - January 2020

Studio Manager • Full-time • April 2018 - January 2020

- Managed studio staff scheduling
- Responsible for completing weekly staff and monthly teacher payroll
- Responsible for measuring and reporting on studio KPIs
- Ensured the safety and wellbeing of all staff and students in the studio
- responsible for communications between the building management and the studio

Community Ambassador Manager • Part-time • September 2016 - April 2018

- Responsible for greeting, welcoming students into the studio
- Responsible for creating a safe and healthy environment for students and teachers
- Manage a group of volunteers for an energy exchange in the studio
- Responsible for managing membership cancellations/suspensions, and customer retention
- Work with a diverse group of staff, teachers, and students

Thornhill Outdoor Education Centre

September 2016 - June 2018

Leadership Facilitator/Outdoor Educator • Part-time

- Responsible for planning and implementing curriculum-based programs for students in elementary grades
- Responsible for implementing leadership activities for students in grade 9
- Responsible for ensuring a healthy, safe environment where students can learn, have fun, and gain skills necessary for success in any grade
- Creating an inclusive learning environment for a diverse population of students

Budokan Israel

September 2015 – April 2016

Social Media Coordinator • Full-time

- Responsible for taking pictures of group activities and practices
- Responsible for frequent writing of engaging posts for various social media outlets
- Responsible for making calls to potential participants from all around the world

Group Counsellor • Full-time • February – March 2016

- Responsible for ensuring a clean, safe, and inclusive environment for seven participants
- Responsible for planning group activities to promote teamwork, problem solving, and conflict resolution
- Responsible for planning weekly schedules for participants, including organizing class time with instructors
- Responsible for organizing trips and tours around Israel

David's Tea

November 2012 – June 2015

Store Manager • Full-time • January 2014 – June 2015

- Trained new store management teams
- Delivered company Action Sheet to district management team and was first point of contact for inquiries on actionable items
- Responsible for developing and training new hires, as well as managing and scheduling staff
- Helped pilot a green living compost project within the mall community and sat on the Green@Work committee

Assistant Manager • Full-time • June 2013 – January 2014

- Responsible for promoting and maintaining a cohesive working environment
- Responsible for outlining store goals, and following up with team members about performance
- Responsible for handling all customer service issues

Tea Guide/Key Holder • Part-time • November 2012 – June 2013

- Responsible for ensuring customers receive the 'David's Tea Experience'
- Work with a diverse group of staff and customers
- Responsible for maintaining a clean and organized store

Rogers Plus

September 2005 – August 2012

Interim Acting Manager • Full-time • March 2012 – August 2012

- Worked with a diverse group of staff and customers
- Managed and scheduled a group of 10 staff
- Ensured accurate inventory levels and security of high-priced items

Key Holder • Part-time • September 2005 – March 2012

- Handled and resolved customer service issues
- Responsible for organizing and maintaining a clean and organized store
- Processed bill payments and wireless service requests
- Responsible for being up-to-date on the latest promotions
- Responsible for receiving and merchandising new product

Camp Northland B'nai Brith

Summers of 2005 – 2008; 2011, 2012

Arts and Crafts Program Head • Full-time • June – August – 2011 & 2012

Responsible for running a group of staff and maintaining the arts and crafts program and building

Responsible for coaching and developing the arts and crafts staff

Scheduled, organized, and carried out various art activities for campers

Arts and Crafts Specialist/Cabin Counsellor • Full-time • June – August 2005 – 2008

Taught campers skills in arts and crafts

Lived with and cared for groups of campers ages 12 – 15

Provided safe and clean living environments for campers in my specified age group

TEACHING EXPERIENCE

The Feuerstein Center

1 Day/Week • September 2015 – January 2016

English Teacher – Adults with Sustained Brain Trauma

- Created English-language worksheets and activities for a group of adults who have sustained brain trauma. The activities were geared towards a grade three learning level, and the students were receptive to the lessons

York University, Faculty of Arts

As Needed • November 2014 – July 2015

Professor's Assistant – Marker and Teaching Aid

- Help to do preliminary reading and assessment on written exams for second year Modernist Literature class. In February 2015, I gave a lecture on the modernist interpretation of Jack Kerouac's novel On The Road.

Private Client

1 Day/Week • February 2014 – June 2014

Tutor - Grade 10

- Created worksheets and assessments to help student prepare for the Ontario Grade 10 Literacy assessment, and helped student with organization skills as well as history and language coursework. Taught student essential aspects of grammar and language, as well as proper study techniques.

Northern Lights Public School

Practicum • Daily for 6 weeks • October 2013 – December 2013

Classroom Teacher – Grade 2

- Member of professional learning community, where I focused on designing and implementing language and math units; taught students with special needs, and designed specific behavioural tools for a student with ODD. Had an opportunity to interact with many families of the school during student led conferences, growth plan meetings, in-school team meetings, staff and divisional meetings, as well as field trips. Spearheaded Lego Club with host teacher.

Armitage Village Public School

Practicum • Daily for 6 weeks • September 2013 – October 2013

Classroom Teacher – Combined Grade 3 / 4

- Member of a professional learning community, attended staff and divisional meetings; focused on modifications and accommodations for special need students; piloted a special Terry Fox program in which students ran across Canada; implemented classroom management strategies.

EDUCATION

Chromatic Yoga - 300 YTT	Currently Completing
The Art of Bliss Restorative Yoga Teacher Training	February 2020
Reiki Level 1 Practitioner	October 2019
Yoga Alliance Certified Yoga Instructor - Moving With Stillness 200 YTT	June 2019
Associate Expressive Arts Practitioners with the Ontario Expressive Arts Association	July 2016 - Present
Additional Qualification Course - Guidance & Career Counselling Pt. 1.	July 2015
Additional Qualification Course - Special Education Pt. 1	July 2015
Ontario Certified Teacher with the Ontario College of Teachers	February 2014 - Present
Bachelor of Professional Studies, Faculty of Education, Dean's List, Niagara University	December 2013
Bachelor of Liberal Arts with Honours, York University	June 2011
Ontario Secondary School Diploma	June 2006

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