





City of Seattle Boards & Commissions Notice of Appointment

Appointee Name: <i>Diana Garcia (Dhyana)</i>		
Board/Commission Name: <i>Seattle Arts Commission</i>		Position Title: <i>Member</i>
<input checked="" type="checkbox"/> Appointment OR <input type="checkbox"/> Reappointment		City Council Confirmation required? <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Appointing Authority: <input checked="" type="checkbox"/> City Council <input type="checkbox"/> Mayor <input type="checkbox"/> Other:		Term of Position: * 1/1/2024 to 12/31/2025 <input type="checkbox"/> <i>Serving remaining term of a vacant position</i>
Residential Neighborhood: Ballard	Zip Code: 98107	Contact Phone No.: [REDACTED]
Background: Seasoned performing and teaching artist of Mexican origin, with 23 years of living and making art in the United States. With 19 of those in Seattle performing nationally and internationally, both as solo artist and collaborating with interdisciplinary artist, scholars, and scientists. With 15 years of experience teaching in higher education and eight as an entrepreneur in the wellness and fitness industries. Dedicated to improving the life and health of others through mindfulness and mindful movement education, uplifting communities in general and of color in particular, advocating for healthy communities and connection with nature. Mission-oriented learner / educator, who is self-motivated, organized, driven, and collaborative, with a keen interest in bringing mindfulness, mindful movement, and wellness strategies to the workplace and advocacy groups to incentivize inclusion, equity, and equality. Certified Ayurvedic Wellness Counselor, Certified Pilates and Yoga Instructor, and promoter of Mexican and Latino culture through annual retreats to Mexico. https://www.meditationinmotiontoday.com/		
Authorizing Signature (original signature):  Date Signed (appointed): 2/27/2024		Appointing Signatory: <i>Tanya Woo</i> Council Member, Seattle City Council

*Term begin and end date is fixed and tied to the position and not the appointment date.

Diana Garcia (Dhyana)

International Performing and Teaching Artist



Summary

Seasoned performing and teaching artist of Mexican origin, with 23 years of living and making art in the United States. With 19 of those in Seattle performing nationally and internationally, both as solo artist and collaborating with interdisciplinary artist, scholars, and scientists. With 15 years of experience teaching in higher education and eight as an entrepreneur in the wellness and fitness industries.

Dedicated to improving the life and health of others through mindfulness and mindful movement education, uplifting communities in general and of color in particular, advocating for healthy communities and connection with nature.

Mission-oriented learner / educator, who is self-motivated, organized, driven, and collaborative, with a keen interest in bringing mindfulness, mindful movement, and wellness strategies to the workplace and advocacy groups to incentivize inclusion, equity, and equality. Certified Ayurvedic Wellness Councilor, Certified Pilates and Yoga Instructor, and promoter of Mexican and Latino culture through annual retreats to Mexico.

Skills

- **Collaborating** efficiently with artist, team members and colleagues to coordinate projects
- **Teaching** movement and dance for over 20 years
- **Performing** for over 30 years
- **Organizing** successful events and projects for different communities in Chicago and Seattle
- **Passion for promoting positive health behaviors** and life-work balance
- **Experience as grant writing and grant reviewer**
- **Experienced in remote communication**
- **Mindfulness and mindful movement advocate**
- **Warm, friendly, engaging, and positive personality**
- **Currently working on anti-racism** somatic/movement-bases programs
- **Interested in learning build, and sustain wealth within communities.**

Experience

DAIPANButoh Collective | Seattle, WA
Co-founder, Performer and Graphic Designer
06/2009 - Current

Performing, teaching, touring and organizing the annual Seattle Butoh Festival

- Advocating for butoh, an avant-garde performance practice with Japanese origins (1960's) as a healing and transformative practice.
- Co-directing workshops, festivals and residencies for the collective.
- Designing various graphic design projects

MEDITATION IN MOTION Yoga and Pilates | Seattle, WA
Co-founder, Co-Director & Lead Teacher
07/2020 - Current

Mentoring clients looking for effective guidance to improve their physical and mental health.

- Crafting and leading one-on-one personalized sessions, as well as large group classes.
- Recommending exercise and created personalized movement-based programs with nutrition, mindfulness and life-style components.

ONIXBLOOM Retreats | Seattle / Mexico
Co-founder, Co-Director & Project manager
06/2019 - Current

In charge of designing, developing, and delivered wellness retreats for 10-20 individuals in Mexico, meeting 100% enrollment goal.

- Developing open and professional relationships with team members and participants enabling more effective issue resolution and engagement.
- Leading, teaching and public speaking skills and communication abilities to facilitate highest quality experiences for participants.

UNIVERSITY OF WASHINGTON Seattle
Part-Time Faculty/ Visiting Artist
Program of Dance
09/2006 -3/2023

Leading courses and master classes on Butoh, a Japanese avant-garde practice for healing and transformation that it is my specialty

- Teaching in -person and virtually
- Monitored student performance and offered feedback to support goals. achievement, engagement and creativity
- Evaluated student progress and adjusted learning plans to foster progress.

UNIVERSITY OF WASHINGTON Bothell

Part-Time Faculty

School of Interdisciplinary Arts and Sciences

09/2011 - -3/2022

Planned, designed and led 2-4 carefully crafted dance-based interdisciplinary courses a year for over 12 years. In-person, online and study abroad formats

- Exposed and trained 15-35 students on each course, in various dance techniques and mindful-movement practices from the perspective of dance and performance as social technologies for healing and transformation.
- Assessed students' progress and structured lesson plans to facilitate continued learning and an accountable growth mind

Education and Training

University of Washington | Seattle, Washington

Master of Fine Arts: Dance Education

07/2008

Universidad Autonoma Metropolitana | Mexico City, Mexico

Bachelor's Degree: Communication Design

08/1998

Shakti Vinyasa Yoga | Seattle, Washington

Vinyasa Flow Yoga Teacher

06/2009

Vitality Pilates | Seattle, Washington

Certified Pilates Instructor

06/2010

Forrest Yoga | Onalaska, Washington

Advance Forest Yoga Teacher

06/2009

Kerala Ayurveda Academy | Milpitas, California

Level I Ayurvedic Health Counselor Certification Program (AHC)

09/2018

Total	1	5		1	2		2			2			1
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Key:

***D** List the corresponding *Diversity Chart* number (1 through 9)

****G** List *gender*, **M** = Male, **F**= Female, **T**= Transgender, **U**= Unknown, **O**= Other

RD Residential Council District number 1 through 7 or N/A

Diversity information is self-identified and is voluntary.