

# APPLICATION FOR APPOINTMENT TO COUNTY BOARDS/COMMISSIONS AND COMMITTEES

Instructions: You may fill out this application on-line by tabbing between fields. After you have completed the form, print the application by clicking on the Print button at the bottom of the page. Alternatively, you may print the blank form and fill it out by hand. You must sign and date the application. Attach any additional documents and mail to the address at the bottom of the form.

RECEIVED

Name of Board/Commission/Committee as listed on announcement:

Mental Health and Substance Use Advisory Board

DEC 14 2020

Filing Period (as listed on the announcement):

Type of Member:  Member of the public

Incumbent?  Yes

NEVADA COUNTY  
BOARD OF SUPERVISORS  
 No

Name: Last Echeverria

First Samuel

Residence Address (Must be a resident of Nevada County)

Mailing Address, if different from residence

Address

Address

City

City

State

Zip Code

Supervisorial District 1 through 5  
(Available from Election Office, 265-1298)

1

Home Phone with area code

Unlisted?

Email Address

Work Phone with area code

Extension

Time(s) available to attend meetings (days, evenings, etc.)

Friday's 10 am - 12:30 pm

**Experience:** A resume, or additional sheets, may be attached containing any information that would be helpful to the Board in evaluating your application.

Education/Employment Experience

Resume Attached

Community Experience and Affiliations

Assistant/Diversity Equity Inclusion Liason - Hakomi Comprehensive Training Level II (March 2020 - Current)  
Teacher/Facilitator - Tantra4GayMen Community (August 2019 - Current)

Other County Boards, Commissions, or Committees on which you have served:

Other experience you feel would be helpful to the Board of Supervisors in making this appointment:

I have first-hand experience with addiction. In my twenties, I struggled with substance abuse. In September of 2014 - 2015, I completed the HealthRight 360 Outpatient Program through Walden House and turned my life toward healing myself and helping others. Since then, I have studied various contemplative practices (mindfulness, yoga, and somatic therapies) that have supported me in this process. I hope to bring my background of lived experiences to the board in a way that is beneficial to our

greater community.

References: Please list two references with telephone numbers

Greg Ingram -

Eitan Saenger

Applicants may be required by State Law and County Ordinance to file a financial disclosure statement as part of the appointment process. The form may be viewed at <http://www.fppc.ca.gov>. An Oath of Office will be required upon appointment.

I have reviewed the Financial Disclosure Statement requirement:

Initial

Signature

Date 12/13/2020

Applications must be filed with: **Clerk of the Board of Supervisors, County of Nevada, 950 Maidu Ave., Nevada City CA 95959-8617.** This application is a public document.

Print Form

Document-16360 Rev 1/2008

# SAM SEBASTIAN ECHEVERRIA

---



## PROFILE

Highly-trained and motivated holistic health practitioner with over thirteen years of experience providing exceptional bodywork and alternative health care to thousands of people. Extensive knowledge of human anatomy and somatic therapies.

---

## EXPERIENCE

### **Somatic Mindfulness Coach, CMT, CYT; Nevada City, Ca — 2010 - Present**

I offer 1-on-1 coaching sessions and facilitate group workshops spanning massage, yoga, and Tantra disciplines. Weaving together the somatic arts with the mind-body connection of yoga, presence-based Esalen massage, the erotic intelligence of Tantra, and the psychotherapeutic healing rooted in the Hakomi Method, I help my clients discover the keys to unlock their vitality.

### **Digital Storyteller, How Are You Doing, Really? (Podcast) — 2020 - Present**

I aim to have honest conversations with people around the world. I want to know *how are you doing, really?* These are conversations built to encourage speakers to share what truly wants to unfold due to their recent life experiences. I hope that listeners will be able to empathize with my guests to gain new perspectives of compassion.

### **Certified Massage Therapist, Harbin Hot Springs; Middletown, Ca — 2019**

I provided therapeutic bodywork rooted in presence. I guide my clients to establish a sense of mind-body wholeness, connection, and a greater understanding of awareness of themselves and their bodies.

### **Co-Founder & Wellness Director, New Moon Fest.; SF, Ca — 2017 - 2018**

Co-created the New Moon Festival, Bringing together 150 people up to Yosemite National Park for an experience around Wellness, Nature, and Community. I curated the Wellness program based on my training experiences, workshops, and time spent in conscious living communities.

## EDUCATION

**Esalen Institute, Big Sur, Ca - Esalen Massage Teacher Training, 2018 - 2019**

**Hakomi Institute, Berkeley, Ca — Comprehensive Training I & II, 2017 - 2019**

**Esalen Institute, Big Sur, Ca — Deep Bodywork® - 2017**

**Kripalu, Stockbridge, Ma — LYB Yoga Teacher Training, 2017**

**McKinnon Institute, Oakland, Ca - Acupressure, Shiatsu, Thai Massage, 2017**

**Esalen Institute, Big Sur, Ca — Work-Study - Deep Bodywork®, 2016**

**Yoga to The People, SF, Ca — 200 Hour Vinyasa Teacher, 2016**  
**Esalen Institute, Big Sur, Ca — 100 Hour Esalen® Massage Cert., 2015**  
**Pacific School of Massage, Gualala, Ca - Transformative Bodywork, 2013 - 2015**  
**Therapeutic Learning Center, Fresno, Ca — Swedish Massage Cert, 2007**

**SKILLS**

Active listening, Communication, Computer Skills, Customer service, Interpersonal Skills, Leadership, Project Management Skills, Problem-solving, Time management. Empathy, Willingness to learn, Integrity, Confidentiality, and Mindfulness.

**REFERENCES**

Robin Fann-Costanzo / Mentor

Randy Windham / Client + Friend

Greg Ingram / Client + Friend

