

APPLICATION FOR APPOINTMENT TO
COUNTY BOARDS/COMMISSIONS AND COMMITTEES

Submit Date: Apr 19, 2022

Profile

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.

Must be a resident of Nevada County to apply.

Which Boards would you like to apply for?

Mental Health & Substance Use Advisory Board (Nevada County): Submitted

Question applies to multiple boards

Confirm your desired member position:

Consumer Memeber

Incumbent?

Yes No

Sam Sebastian

First Name

Echeverria

Last Name

Home Address

Suite or Apt

Nevada City

City

CA

State

95959

Postal Code

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

Friday's 10am - 12:30 pm

Mailing Address (if different from residence)

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

District 1

Email Address

Home:

Primary Phone

Alternate Phone

Interests & Experiences

Sam Sebastian Echeverria

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

Current Undergraduate Naropa University - Contemplative Psychology

Community Experience and Affiliations

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 [REDACTED] Eitan Saenger [REDACTED]

[Sam Sebastian Echeverria Resume.pdf](#)

Upload a Resume

Other attachment

Agreement

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.

I Agree

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.
Document-16360 Rev 1/2008

SAM SEBASTIAN ECHEVERRIA

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Nevada City, Ca 95959

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

Naropa University, Boulder, Co-BA Contemplative Psychology, 2021-Present

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 + Teacher — (823) 337-1797

Randy Windham / Client + Friend — (415) 920-3667

Greg Ingram / Client + Friend — (212) 879-4377