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.

Submit Date: Apr 19, 2022

Must be a resident of Nevada County to apply.

Which Boards would y	ou like to apply for?		
Mental Health & Substance	e Use Advisory Board (Nevada Co	unty): Submitted	
Question applies to multiple boards Confirm your desired n			
Consumer Memeber			
Incumbent?			
○ Yes ⊙ No			
Sam Sebastian First Name	Echeverria Last Name		
Home Address		Suite or Apt	
		·	05050
Nevada City City		CA State	
Time(s) available to att	end meetings (days, evenings,	etc.)	
Friday's I0am - 12:30 pm			
Mailing Address (if diff	erent from residence)		
Supervisorial District 1	through 5 (Available from Elec	ction Office, 265-1298)	
Email Address			
Home:	Alternate Phone		

Interests & Experiences

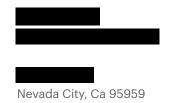
Experience: A resume, or additional sheets, may be attached containing any information that wou be helpful to the Board in evaluating your application.			
Education/Employment Experience			
Current Undergraduate Naropa University - Contemplative Pschology			
Community Experience and Affiliations			
Other 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- 201 S, 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			
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 Agroo			

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



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