



irena strzinar

Irena Strzinar Ph 647 235 0082

email [irenabliss@gmail.com](mailto:irenabliss@gmail.com)

web sites [www.aboutbliss.com](http://www.aboutbliss.com) [www.blissdesignstudio.com](http://www.blissdesignstudio.com)



### MY VISION

My vision is to promote health and happiness through yoga, meditation, dance, and creative expression.  
*"Happiness is when what you think, what you say, and what you do are in harmony." M. Gandhi*



### EDUCATION

**Certified Kripalu Yoga Teacher**, Kripalu Center, Lenox, MA, USA, Oct 2000

**Some recent yoga, dance and healing arts training includes:**

**4 day Lomi Lomi Hawaiian Healing Arts Workshop** with Kahuna Harry Uhane Jim, The Big Island, Hawaii April 2008

2 day Lomi Lomi Workshop with Kahuna Papa Kepelino, February 2008, Maui

**5 Rhythms Dance Workshop** (6 day), Studio Maui, February 2008

Lomi Lomi (Hawaiian Healing Arts) Workshop – 3 day Foundations Course and 1 week Intensive, October and November 2007, with instructor Daniel Fowler, Maui

**Flow Yoga** classes, The Studio Maui, Maui 2007-08

**How to Teach Yin Yoga** Workshop, Paul Grilley, Yoga Conference 2006

**How to Float Workshop (Ashtanga)**, David Robson, Downward Dog Studio, 2006

**Yoga for Kids Workshop** (6hr), Marsha Wenig, Yoga Conference 2006

**Anusara Yoga Workshop**, Todd Norian and Ann Greene, Yoga Conference 2006

**Yoga for Women Workshop** (Desikachar family), YogaSpace, 2005

Ongoing Art and Design Education Courses:

George Brown Design Program Courses (10), Ontario College of Art, Ryerson University

M.A.Sc., Engineering, University of Toronto

B.A.Sc. with Honours, Chemical Engineering, U of T, P.Eng. License



### YOGA & MEDITATION TEACHING EXPERIENCE (sampling)

- ❖ **Ongoing Evening Yoga Class at Riverdale Farm**, Toronto through August 2007
- ❖ **Yin Yoga and Yin-Yang classes** at various studios in Maui, Hawaii (2006)
- ❖ **Ongoing weekly and private Yoga classes** (Hatha, Yin-Yang, Kripalu, Flow, Moderate, Gentle and Beginner yoga), **Pilates-Yoga** classes & meditation classes
- ❖ **Weekly Seniors Chair Yoga Class** for Seniors in the Beach and other senior yoga classes
- ❖ Co-facilitated Onsite "Yoga for Kids" classes at east-end public school (Kindergarten through gr 5 classes)
- ❖ **Corporate Wellness Programs:**
  - ❖ Wrigley Canada Wellness Workshop (Yoga and Meditation)
  - ❖ Bell Canada Destress & Energize Workshop (Yoga and Meditation)
  - ❖ Wrigley Canada Breakthrough Training (Mind-Body Connection Training)
  - ❖ Onsite weekly yoga and "yoga/pilates" classes, Wrigley Canada
- ❖ **Yoga for Runners Workshop**, the Beach, Running Room clients
- ❖ **Yoga for Ultimate Players**, pre and post-game sessions
- ❖ **Hawaii Yoga Retreat** and **"Yoga-Dance" classes** in development



To learn more visit [www.aboutbliss.com](http://www.aboutbliss.com) (follow Yoga link)



**CREATIVE EXPERIENCE**

- BLISS Studio** [www.blissdesignstudio.com](http://www.blissdesignstudio.com) 2001 - present  
Owner, Creative Director  
Provide creative services to clients, including web and graphic design, custom painting, and mural design/execution. Through Bliss, I offer innovative creative solutions, effective project and client relationship management, and a commitment to meeting client’s visual design needs and timelines. Please view samples of my work under Portfolio [www.blissdesignstudio.com](http://www.blissdesignstudio.com).
- Project Manager, henderson bas,** [www.theniceagency.com](http://www.theniceagency.com) 2006  
The most awarded interactive (web) agency in Canada
- Director of Production, Innovasium Inc.,** Interactive/web development agency, Toronto 2005
- Set Painter, IATSE Union, Toronto Film Industry** July 2003  
**Intuitive Art Painting Courses, Teacher** 2001, 2002
- “Artist Feature” on City TV’s Cityline “Homeday” television show** July 1994
- Artist’s Design Group/Brushworks Studio, Toronto** Summer '96, Spring '01  
Commercial Artist - Involved with specialty paint finishes, concept development and mural production.  
Office Manager/Designer
- Custom Painted Furniture and Housewares** 1994 to present  
Sold painted furniture pieces and housewares at the ARTS ON KING gallery, Toronto and other venues, and private commissions.
- Fine Art Shows** 2001-2003  
Exhibited in 7 art shows including Markham “Art in the Part”, Uxbridge Lion’s “Art in the Park”, and Honolulu Zoo Fence Art Shows. Exhibited acrylic and watercolour paintings, prints, journals and cards.



**OPERATIONS AND MANAGEMENT EXPERIENCE**

- Apotex Inc.,** Toronto (Healthcare) 2003, 2004
  - Wrigley Canada Inc.,** Toronto (Consumer packaged goods) 1999- 2000, 2002, 2005
  - Global Pharm Inc.,** (formerly The UpJohn Co.), Toronto (Healthcare) 1996-1999
- Progressive positions included: Operations Manager for Canada, Processing & Maintenance Manager, Production Manager, New Business Project Manager
- Effectively managed dynamic operations, multiple departments and staff (150+ people). I left these roles to pursue my “bliss” in the creative and heating arts.



**INTERESTS**

Painting, yoga, meditation, dance, reading, surfing, rollerblading, cycling, running, Ultimate frisbee, Hawaii