



irena strzinar

Irena Strzinar Ph 647 235 0082

email irenabliss@gmail.com

web sites www.aboutbliss.com 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 Uthane 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 (follow Yoga link)



CREATIVE EXPERIENCE

- BLISS Studio** 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.
- Project Manager, henderson bas,** 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