



# STELLA CRUZ

Meditation and Mindfulness Facilitator  
University of Phoenix, Bachelors of Art in Business Management

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## Professional Summary

With an extensive training and my dedicated practice in meditation and mindfulness. I am committed to serving with dignity and honor in culturally diverse communities, where there is limited access to affordable healing opportunities in a manner that truly meets their holistic needs: physically, mentally and spiritually.

## Meditation and Mindfulness Workplace and Experience

Community Based Meditation and Mindfulness Facilitator | 2012 – Present

- Tonalli Studio in Old Town Maravilla, East of Los Angeles | January 2017 – Present  
Conduct weekly community classes on Meditation and Mindfulness
- Emotions Anonymous Group | 2016 – Present  
A 12-step program for adults having difficulty in managing their emotions
- AltaMed Health Services Corp | 2016 – Present  
Facilitate classes for various departments within the organization: Behavioral Health: Health Education; and HIV Services Departments: staff include therapists, physicians, counselors and community health directors
- Star View Community Service – TAY Hot Spot Carson | 2017  
Two-time guest presenter Multi-Service Resource Center for persons of 16 to 21 years: both counselors and teens
- City of Anaheim Parks Recreation Community Center | 2016 Community Workshop
- Individual Coaching and Facilitation | 2012 – Present  
Work with physical therapists, directors of pharmacy, administrative support staff, artists, waitresses, mothers, teachers, etc

## Training

- Insight LA Facilitators Training Program | October 2016
- Insight LA – Mindfulness Stress Reduction | 2015
- Personal Practice – Daily practice | 2011 – Present

## Special Facilitation Skills

- Skillfully create a safe and comfortable environment of mindfulness practice for persons
- Ability to articulate and teach meditation and mindfulness concepts with clarity, ease and humor
- Able to address questions in a manner that promotes self-inquiry and self-compassion
- Skillfully guide students to look inside themselves and begin an inquiry into the parts of their minds, bodies, and hearts
- Ability to connect authentically with the students, to motivate and inspire them to practice on their own
- Ability to effectively facilitate guided meditation in a manner that opens a path for the students to experience the present moment and to view and feel their current state of beingness without judgment
- Embody and model the teaching ethically and with integrity

## Mindfulness Course Curriculum Developed for Community

Topics include:

- Introduction to Meditation and Mindfulness practices
- Mindfulness of the Body
- Mindfulness of Emotions
- Cultivating loving kindness toward one's self and others
- Mindfulness of the Mind
- Cultivating Gratitude
- Addressing anxiety and pain through Meditation and Mindfulness

## Local and International Volunteer and Community Development Work

- Recipient of the American Mindfulness Research Association Professional Development Award in Practice | 2017
- Hospice Care – End of Life Companionship: Certified by AnamCara and Vitas to conduct the volunteer work | 2014
- Corazon: Built homes for families in Tijuana and Tecate | 2012 – 2014
- Sacha Q'ente, Reforestation Project in the Peruvian Amazon jungle: border the National Park of Manu | 2013
- Selva in Action: Founder, Director | 2007 – 2011  
Developed and implemented a Health Care Cooperative in the Peruvian Amazon Jungle, which included growing and managing a group of volunteers from various states within the U.S.

References: Available upon request