

# RESUME



Michelle Pugh

*200 Hour Experienced Yoga Teacher (E-RYT) and Senior Graphic Designer*

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## PROFESSIONAL HISTORY

### Joonbug Yoga • Owner

*(January 2010 to present) Shelton, WA*

**Overview:** Owner, 200 Hour Experienced Registered Yoga Teacher (E-RYT) through Yoga Alliance, Thai Yoga Bodyworker and Reiki Master at Joonbug Yoga, established in 2010 in Mason County. Instructor and lead trainer for the annual 200 Hour Registered Yoga Teacher Training program certified through Yoga Alliance at Joonbug Yoga. Management of 8+ yoga instructors, website content, design and editing, promotional material, production, social media, budget, community outreach, scheduling, events and written curriculum. Yoga instruction (7 classes per week), Thai Yoga Bodywork and Reiki treatments at Joonbug Yoga. Yoga instruction at Alderbrook Resort and Spa (weekly aqua yoga and waterfront yoga sessions and monthly full moon yoga classes, by appointment stand-up paddle board yoga and private yoga group sessions for corporate and wedding parties), Skokomish Tribe Health Clinic (weekly employee/tribal member yoga class) and other locations. Active member of the North Mason County and Shelton Mason County Chamber of Commerce.

### **Yoga instruction at the following locations:**

(2009 to 2012) Ignite Fitness weekly yoga classes, Tumwater, WA

(2010 to 2014) Attorney General's Office weekly employee yoga classes, Tumwater, WA

(2010 to 2012) Newman Family Chiropractic weekly yoga classes, Shelton, WA

(2010 to 2012) Living Spirit Yoga Studio weekly yoga classes, Olympia, WA

(2011) Shelton Yacht Club wellness events, Shelton, WA

### **Joonbug Graphic Design • Owner**

*(August 2006 to present) Shelton, WA*

**Overview:** Owner and freelance Senior Graphic Designer providing web and print design services, including company branding, books, maps, packaging, events, illustration, invitations, posters, advertisements, catalogs, brochures, logos, trade show displays, interpretive exhibits, social media marketing and website design. Freelance graphic design services for The Washington State Parks and Recreation Commission, Office of the Superintendent of Public Instruction, Saint Martin's University, Washington State Parks Foundation, Washington State Senior Games, Junior League Olympia, and non-profits and small businesses. Management and implementation of graphic and web design, writing, editing, proofreading, developing contracts, marketing, community outreach, social media, budgets, timelines, production and vendor liaison, printing, press checks, production proofs, delivery and quality standards. Supervise one contract employee (Illustrator).

### **Washington State Parks and Recreation Commission • Senior Graphic Designer**

*July 2001 to present/currently on-call Tumwater, WA*

**Overview:** Senior level graphic designer for agency, including management of two contract graphic designers, develop and maintain print and logo guidelines, fulfill all graphic needs of agency by designing complex publications, displays, electronic presentations, computer and web graphics, advertisements, posters, fliers, signs and logos. Interpretive signs, maps, exhibits, PowerPoint presentations, videos, photography, embroidery, screen printing, specialty items, hand-painted and printed displays, color consultation for interior painting and other non-print media work. Park map designs for 120 state parks based on GIS/USGS source files and used on web pages/publications. Serve as agency liaison with staff and printers including Department of Enterprise Services (formerly Washington State Printer). Provide expert consultation to executive staff, legislative liaison and other staff to determine best design approach, budget factors and formats. Consult with printers for press checks, proofs, paper stock, ink, folds, die cuts, embossing, binding and more. Maintain agency photo inventory.

Budget, account and file management. Computer maintenance and upgrades. Diversity Taskforce member, lead artist for the City of Olympia *Salmon Run Public Art Display*, information board program liaison and design of agency's special license plate for the Department of Licensing. Consult with park staff regarding art direction, presentation, photo shoots and interpretive display. Fulfill the Boating Program graphic design work, including 2015 Seattle Boat Show banners, ads, floor decals and maps. In collaboration with agency staff, complete graphic design work for interpretive signs and displays special projects and interpretive centers. Recent design of the multi-agency Washington State Parks and Recreation Commission *Discover Pass* (2015).

**The News Tribune Newspaper • Marketing Graphic Designer**

*December 2000 to July 2001 Tacoma, WA*

**Overview:** Graphic designer for marketing publications and advertisements, including rate sheet package, bookmarks, partnership projects and internal displays. Press production, press checks, proofs, paper stock selection, ink, folds, binding and more. Print and web designs for general and special marketing sections. Purchasing, lighting, display and art direction for product photo shoots. Collateral illustration for the Festival of Trees and the Sound to Narrows Race events, including logo, t-shirts, entry forms, advertisements and other specialty products.

**The Olympian Newspaper • Graphic Designer**

*September 1997 to December 2000 Olympia, WA*

**Overview:** Graphic designer and key member of production team. Scanned transparencies, negatives and other photography, designed special section covers, including the Career Expo 2000. Performed pagination, press and negative proofing and approval, developed custom illustrations and provided design consultation to staff members. Displayed personal paintings in the company building as a member of the staff art group and volunteered face painting services at events.

**Indian Country Today Newspaper • Graphic Designer**

*June 1997 to September 1997 Lacey, WA*

**Overview:** Graphic designer for the northwest region of the national newspaper based in North Dakota. Photographer, illustrator, writer, advertising sales and distribution.

**Olympia Frame Makers • Custom Framer, Art Sales Representative and Photo Restoration**

*January 1996 to January 1997 Olympia, WA*

**Overview:** Fine art sales, color consultation, graphic services for printing, murals and restoration.

## **TECHNICAL PROFICIENCY**

**Operating systems:** Macintosh and PC platforms

**Software:** Expert/senior level knowledge of Adobe Products, including Creative Suite 6 (InDesign, Illustrator, Photoshop and Acrobat Professional), QuarkXPress, PageMaker, Freehand, Microsoft Outlook, Microsoft Office (Outlook, Excel, PowerPoint and Word), SquareSpace and all current web browsers. Moderate use of Image Ready, GoLive, DreamWeaver, Flash and HTML web applications.

## **EDUCATION**

### **The Art Institute of Seattle**

Associate of Applied Arts Degree in Visual Communication, March 27th, 1998  
*Seattle, WA*

### **Bellevue Community College**

Graphic design, illustration and basic courses completed and transferred to A.I.S.  
*September 1995 to September 1996 Bellevue, WA*

## **HEALING ARTS CERTIFICATIONS**

### **The Art of Vedic Thai-Yoga Bodywork**

Michael Buck, Licensed Founder/Director of The Vedic Conservatory, Twist Yoga Edmonds  
2015, Edmonds, WA

### **The Art of Intuitive Adjustments Yoga Teacher Training Certification**

Meredith Holcon E-RYT 200, Twist Yoga Edmonds  
*2015, Edmonds, WA*

### **Refining Verbal and Hands on Adjustments Yoga Teacher Training Certification**

Laura Prudhomme E-RYT 200, Yoga Loft  
*2014, Olympia, WA*

### **Yin Yoga Yoga Teacher Training Certification**

Janell Hartman E-RYT, Twist Yoga Edmonds

*2013, Edmonds, WA*

### **200 Hour Yoga Teacher Training Certification**

Living Spirit Yoga

*2009, Olympia, WA*

### **YogaFit Prenatal, YogaFit Kids, YogaFit Level 1 and YogaFit Sweat Certifications**

YogaFit Training Systems, Beth Shaw

*2009, Seattle, WA*

### **Usui Reiki Master Certification (Levels 1 - Master)**

Reiki Fitness/Julie Armstrong, Jennifer Rosendale and April Swan Talbott

*2001-2015, Olympia and Shelton, WA*

### **LaStone Hot Stone Therapy Certification**

Mary Pat Marshall, L.M.P.

*2002, Olympia, WA*

### **SPECIAL TRAINING IN WASHINGTON STATE GOVERNMENT**

Personal service contracts, writing documents in Plain Talk, DreamWeaver, HTML, InDesign, writing policies and procedures, presentation skills, designing effective training programs, entry to management development core/phase II, PowerPoint and other required Washington State Government employee trainings.

### **VOLUNTEER AND COMMUNITY OUTREACH**

#### **Shelton Mason County Chamber of Commerce 2014 "Business of the Year"**

#### **Nominee for Joonbug Yoga**

Shelton Mason County Chamber of Commerce 2014 Gala at Little Creek Casino

*January 2015 Shelton, WA*

#### **Junior League of Olympia Event Volunteer**

"Every Child Matters" Gala program design for event at The Hand's On Children's Museum

*March 2014 Olympia, WA*

**Pioneer Elementary School "Community Nights" Volunteer**

Yoga Instruction at Pioneer Elementary School

*October 2013 Shelton, WA*

**Alderbrook Resort and Spa Country Club Volunteer**

"Love Inc." Golf Tournament Sponsor

*August 2013 Union, WA*

**Hands On Children's Museum Volunteer**

"Sand in the City" Event Volunteer on the Olympia Free Clinic Team

*August 2012 Olympia, WA*

**Shelton Mason County Chamber of Commerce Member**

*January 2012 to April 2014 Shelton, WA*

**Southside Elementary School Volunteer**

Booster Club Volunteer Graphic Design Services

*August 2009 to present Shelton, WA*

**Dr. Toy Award**

Green Toy Award for "I Cherish Planet Earth" Book and Game

*September 2009 Olympia, WA*

**Washington State Parks and Recreation Commission Awards**

Certificate of Appreciation and Gold Star Awards "Centennial 2013" and

"Lewis and Clark" branding and display projects

*October 2005 Olympia, WA*

**DESIGN HIGHLIGHTS AND ACCOMPLISHMENTS**

**Websites**

[www.Academy4Kids.net](http://www.Academy4Kids.net)

[www.AvalonYurtSanctuary.com](http://www.AvalonYurtSanctuary.com)

<http://cbonline.org/>

[www.Crossroads-Housing.net](http://www.Crossroads-Housing.net)  
[www.DJRaines.com](http://www.DJRaines.com)  
[www.HotYogaOlympia.com](http://www.HotYogaOlympia.com)  
[www.LillyDreamLightly.com](http://www.LillyDreamLightly.com)  
[www.LooseEndsFiberArts.com](http://www.LooseEndsFiberArts.com)  
[www.MasonCountyBarAssociation.com](http://www.MasonCountyBarAssociation.com)  
[www.MyongSaeSalonandSpa.com](http://www.MyongSaeSalonandSpa.com)  
[www.OlympicBakery.com](http://www.OlympicBakery.com)  
[www.RadianceYogaOnline.com](http://www.RadianceYogaOnline.com)  
[www.ThePaintMachine.com](http://www.ThePaintMachine.com)  
[www.TwinkleYoga.com](http://www.TwinkleYoga.com)  
<http://westcoastk9.com/>  
<http://wilsonrecycling.com/>  
[www.YellowYogaKids.com](http://www.YellowYogaKids.com)

## **Company Branding**

### **Washington State Parks and Receptions Discover Pass Design (all agency)**

January 2015, Tumwater, WA

### **Mason County Bar Association**

July 2015, Shelton, WA

### **Blogiit Search Engine**

June 2015, Shelton, WA

### **Island Belle Farm**

June 2015, Shelton, WA

### **The Paint Machine Painting Company**

May 2015, Shelton, WA

### **Washington State Parks and Recreation Boating Programs Seattle Boat Show Campaign**

February 2015, Tumwater, WA

**Academy for Kids**

December 2014, Oregon

**Myong Sae Salon and Spa**

May 2014 Olympia, WA

**Ursula Popp, Therapist and Educator**

February 2013 Seattle, WA

**GearUp Washington "My Dream" Campaign**

August 2013 Shelton, WA

**Patty Desrochers, LMFT**

August 2013 Shelton, WA

**Patty Desrochers, LMFT**

August 2013 Shelton, WA

**D.J. Raines, Artist**

October 2012 Shelton, WA

**West Coast K9**

August 2012 Grapeview, WA

**South Sound CrossFit**

September 2011 Olympia, WA

**Alderbrook Resort and Spa Women's Wellness Retreat**

June 2011 Shelton, WA

**Shepherd's Soap Company**

July 2012 Shelton, WA

**Washington State Senior Games**

January 2012 Olympia, WA

**Saint Martin's University Summer Campaign**



June 2010 Lacey, WA

**Briggs YMCA “Swim Pink for Hope” Event**

*October 2009 Olympia, WA*

**FocusBloom “I Cherish Planet Earth” Book and Game**

*October 2008 Olympia, WA*

**Sound to Narrows Race**

*May 2001 Tacoma, WA*

**City of Lacey Chamber of Commerce Brochure**

February 1997 Lacey, WA