

# RESUME

Michelle Pugh

*500 Hour Experienced Yoga Teacher (E-RYT & R.Y.S.) and Senior Graphic Designer*

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## PROFESSIONAL HISTORY

### **Joonbug Yoga • Owner**

*(January 2010 to present) Shelton, WA*

**Overview:** Owner, 500 Hour Experienced Registered Yoga Teacher through Yoga Alliance, LaStone Hot Stone and Thai Yoga body worker and Reiki Master. Lead trainer for Joonbug Yoga School's 200 Hour Registered Yoga Teacher Training program certified through *Yoga Alliance*. Joonbug Yoga School certified over 30 yoga instructors from 2014 through 2019. Management yoga 12+ instructors for weekly classes, workshops and retreats, communications management (ie. website content, design and editing, promotion, production, social media, budget, community outreach, scheduling, events and written curriculum). Yoga instruction for group and private yoga classes including aqua, trauma sensitive yoga, waterfront, full moon, stand-up paddle board, all levels, senior, chair, Vinyasa, Yin, Hatha, beginning and gentle class formats at various locations in Washington State (ie. Alderbrook Resort and Spa, the Salmon Center, Evergreen Elementary School, Pioneer Elementary School, Olympia Golf and Country Club, Alderbrook Golf and Country Club, Chehalis, Nisqually, Skokomish and Squaxin Island Tribes, WA State government agencies and yoga studios since 2010. Active member of the North Mason County and Shelton Mason County Chamber of Commerce. Joonbug Yoga continues to share weekend yoga retreats, private and group sessions at Alderbrook Resort and Spa for guests and local participants including annual Fall, Spring and Summer wellness offerings that incorporate meditation, yoga, nutrition, art, journaling, etc.

### **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 2017) 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, flyers, 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* and agency rebranding of all park brochures and maps publications (over 120 maps and brochures).

**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 and event volunteering.

**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 (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**

- **300 Hour Yoga Teacher Training Certification**  
Twist Yoga Edmonds  
*2018, Edmonds, WA*
- **Restorative Yoga Teacher Training Certification**  
Jen Mitchell and Janell Hartman, 500 Hour RYT, Twist Yoga Edmonds  
*2018, Edmonds, WA*
- **Myofascial Release for Yoga and Wellness Yoga Teacher Training Certification**  
Betsy Shilling, 500 Hour RYT, Twist Yoga Edmonds  
*2018, Edmonds, WA*
- **The Art of Yoga Nidra Yoga Teacher Training Certification**  
Michele Hausman, 500 Hour RYT, Twist Yoga Edmonds  
*2017, Edmonds, WA*
- **Ayurveda on the Mat Yoga Teacher Training Certification**  
Kate Towell, 500 Hour RYT, Twist Yoga Edmonds  
*2017, Edmonds, WA*
- **The Art of Vedic Thai Yoga Bodywork Yoga Teacher Training Certification**  
Michael Buck, Director of The Vedic Conservatory, Twist Yoga Edmonds  
*2015, Edmonds, WA*
- **The Art of Intuitive Adjustments Yoga Teacher Training Certification**  
Meredith Holcom, 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, Women in Business Conference 2017 and other required Washington State Government employee trainings.

## **VOLUNTEER AND COMMUNITY OUTREACH**

- **Squaxin Island Tribe Community Garden Volunteer**  
Volunteering and yoga instruction in the community garden  
*November 2018 to present, Shelton, WA*
- **Shelton School District Dance Team Volunteer**  
Volunteering and yoga instruction for the high school dance team  
*January 2018 to present, Shelton, WA*
- **The Salmon Center Garden and Environmental Youth Camp Volunteer**  
Volunteering and yoga instruction in the community garden  
*July 2018 to present, Shelton, WA*
- **Alderbrook Resort and Spa St. Paddles Day Event Volunteer**  
Volunteering and stand-up paddle board yoga instruction  
*March 2017 to present, Union, WA*
- **Nisqually Tribe 2017 and 2018 Health Fair**  
Yoga instruction at the Nisqually Youth and Community Center  
*October 2017 and 2018, Lacey, WA*

- **Nisqually Tribe 2017 Elder and Caregiver Conference**  
Yoga instruction at Little Creek Casino for the Nisqually Tribe Elders and Caregivers  
*March 2017, Shelton, WA*
- **Squaxin Island Tribe 2017 Breast Cancer Awareness Walk Volunteer**  
Yoga instruction at the Squaxin Island Community Kitchen about the benefits of yoga and led the pre-stretch for the Breast Cancer Walk  
*February 2017, Shelton, WA*
- **Nisqually Tribe 2016 Protocol**  
Yoga instruction at the 2016 Paddle to Nisqually Protocol in the "Strong Tent"  
*July 2016, Lacey, WA*
- **Hood Canal Events The Traveler 5K Run Pre-stretch Volunteer**  
5K race warm-up taught at Alderbrook Resort and Spa Golf Course (stretching and breathing exercises to prepare the runners and walkers for the race)  
*April 2016, Union, WA*
- **Nisqually Tribe Garden Volunteer**  
Harvesting nettles and medicine making with essential oils for the 2016 Paddle to Nisqually Canoe Journey participants, Earth Day 2016 garden clean-up with the Nisqually Stream Team  
*April 2016, Lacey, WA*
- **Skokomish Tribe Health Fair Volunteer**  
Yoga instruction and volunteer services at Skokomish Tribe Health Clinic's annual health fair  
*August 2015 to present, Shelton, WA*
- **Junior League of Olympia Event Volunteer**  
"Every Child Matters" Gala program design for event at The Hands On Children's Museum  
*March 2014 Olympia, WA*
- **Alderbrook Golf and Yacht Club Event 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*
- **Southside and Pioneer Elementary School Volunteer**  
Booster Club Volunteer Graphic Design Services and Yoga Instruction  
*August 2009 to 2018 Shelton, WA*

## **MEMBERSHIPS, AWARDS AND PERSONAL ENRICHMENT**

- **The Chopra Center Perfect Health Program**  
The Chopra Center  
*2019 Carlsbad, CA*

- **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*
- **Shelton Mason County Chamber of Commerce and North Mason County Chamber of Commerce Member**  
*January 2012 to present Shelton, WA*
- **Washington State Parks and Recreation Commission Awards**  
Certificate of Appreciation and Gold Star Awards "Centennial 2013" and "Lewis and Clark Interpretive Sign" projects