

Ashley Chase

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www.AshleyChase.com

OBJECTIVE

To teach others how to live a healthy life: through yoga, expression, meditation, and mindfulness.

EXPERIENCE

Ashley Chase Enterprises LLC

2014 - Present

HUM, Hearts Uniting Mankind, Atlanta, GA

Wellness Professional & Creative Project Manager/ Consultant

- Yoga Instructor for Walton on the Chattahoochee Apartment Complex (2016- Present)
- Sound Healer & Meditation Teacher for SAMA Meditation Studios (2017 - Present)
- Yoga Instructor for The Reserve at Battery Park (2017- Present)
- Sound Healer & Meditation Orchestra “twilight reveille” (2017-Present)
- Yoga and Meditation Teacher, and Sound Healer at HUM(3M) Productions (2014-Present)
- Mindfulness Presenter and Ambassador for Wanderlust Festivals (2014-Present)
- Corporate Yoga Instructor for Resource Alliance LLC (2017)
- Sound Healer for The Big Quiet: Mass Meditation at The Fox Theater (2017)
- Yoga Instructor for The Ritz Carlton (2017)
- Corporate Meditation Teacher to Iconologic Marketing (2016)
- Yoga Instructor at HeartSpace Wellness Center (2014-2016)
- Yoga Instructor & Meditation Teacher at Counterpoint Music Festival (2015)
- Wellness Speaker at Wigwam Festival (2014)

True Food Kitchen, Atlanta

2016 – 2017

Dr. Andrew Weill PhD. Restaurant and Juice Bar

Wellness Server

Sonic Yoga Studio, NYC

2014

Front Desk Part-Time Administrator

Evelyn Del Valle, Atlanta

2012

Assistant Yoga Instructor

- Assisted students into correct alignment to their anatomy.
- Managed Client sign in & accounting
- Studio Set Up & Breakdown

HOLISTIC EDUCATION

Starr Fuentes & Dr. Susan Rossi, *Life Skills* 2017
Jeff Glattstein, *Meditation, Energy Management, Anatomy* 2016 – Present
ISTA, International Sound Therapy Association 2014 – Present
Master Choa Kok Sui, Pranic Healers of America, *Yoga & Energy Management* 2014 – Present
Dhamma.Org, S.N. Goenka, *Meditation* May 2016
Studied in Okinawa, Japan April - May 2016
Brain Yoga, Ilchi Lee, Okinawa Japan
Yin Yoga, Om with Michelle, Okinawa Military Base
Ogimi Village, Blue Zone, Food, Culture, Art & Meditation, Okinawa, Japan
Janet Ratifs 2015
Sandra LeMieux, *Meditation & Energy Management* 2012 – 2015
Self Yoga Practice & Healing 2005-Present

Yoga to The People Studio, NYC Aug 2006 – May 2008
Hatha & Vinyasa Ashtanga Yoga Student

Moco Studio, Florence, Italy Aug 2005 – May 2006
Vinyasa Ashtanga Yoga Student

COLLEGIATE

Parsons, The New School, New York, NY 2013
Post-Graduate Studies, Scholarship Recipient
Design, Branding, and Sourcing (Eco-Sustainable Design)

Fashion Institute of Technology, New York, NY
B.S. International Fashion Merchandising Management, Summa cum Laude **B.S. 2007**
FITSA Student Government Treasurer, Dean's List

University of Georgia, Athens, GA 2002-2004
Dean's List, Dual Major: Fine Art & Fashion Merchandising

Client References:

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| Jim Eppelin | 404-229-0277 | jimeppelin@hotmail.com |
| Howard Stoudt | 770-789-6817 | hstoudt81@yahoo.com |
| Dejuan Miller | 404-488-6312 | |
| Lysandra Blevins | 843-732-4673 | |
| Liz Franchot | 678-468-1285 | efranchot@gmail.com |
| Mike Moore | 404-386-8664 | mike@selectmgmt.com |