

ELLEN WATSON

Personal Information:

Home & Office: PO Box 248, 225 Town Lot Drive, Bethania, NC, 27010, USA
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Date of Birth: January 28, 1948

Married: Steven H. Lane, Husband

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Ellen@MovingVentures.org

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Professional Experience:

1996 – Present: Founder, Director and Certifying Instructor/Leader, Moving Ventures, now: Serve&Thrive, a 501-c3, educational organization.

From 1998 through present, Moving Ventures has focused on offering personal and professional development and vocational training to women and men in Indonesia. MV produces retreats and certification trainings in various Somatic Arts, combining Indonesians on scholarship and work exchange, with people from off island cultures who come to Bali to study and train. This work fosters cross cultural appreciation, socio-economic blending, and dissolves traditional religious and social prejudices.

1984 – Present: Student, Staff, & Faculty, Esalen Institute, Big Sur, CA.

During my tenure on site in Big Sur, 1984-2011, I studied, worked, and taught with a focus on Somatic and Healing Arts.

I served as a staff Chef for four years, as Director and lead teacher for Esalen's Movement Arts program from 1985-2003, and as faculty offering classes, in house and catalog workshops, retreats and certification trainings in: Esalen® Massage & Bodywork, The 5Rhythms™, Touching Essence™, Vibrance™, and Grof™Breathwork.

Co-Creator of **Vibrance™, conscious dance and song (expressive arts) practice**, with Daphne Tse and Ashley Smith Johnson
Creator of **Touching Essence™**, a multi-cultural, multi-sensory, neo shamanic, healing through touch art form.

1970 – 1979: Owner, The Sundial and Shells Atlanta, Atlanta, GA. The Sundial had four locations and a wholesale division, offering gifts and decorative accessories, made of natural products.

1979 – 1984: Financial Services, Raucher-Pierce, Fort Worth, Texas. I assisted commodities traders and trained to be a trader/broker. Due to existential personal and family crises, I went to Esalen for 2 weeks as a seminarian, returned to be a work scholar, became staff, and the rest is history.

Education:

2020-2021: Integrative Gestalt Coach training

2001-2005: Leadership Training: Steven Covey Group

1984 - 2003: E-RYT-1000, Yoga Alliance

1984 -1994: Certified 5Rhythms™ Teacher

1984 – 1994: Center for Spiritual Healing: Ministerial training

1984-1994: Gestalt Communication Practice

1984-1988: Certified in Holotropic Breathwork™

1989-1993: The Ridhwan School: The Diamond Approach

1988 –1992: The Center for Spiritual Healing, Marin: Minister

1984-1988: Certification Pacific Institute Sacred Studies – Clinical Hypnosis & NLP

1984-1987: Teacher's Certification, Esalen®/Massage & Bodywork

1974-1978: Georgia State University, Atlanta, BA, Cultural Anthropology & Political Science

1971-1973: DeKalb Community College: Accounting, AB

1966-1968: Virginia Commonwealth University, Richmond, VA, Marketing & Advertising

Other Studies:

1984-1998: Research assistant to Terence McKenna, Ayahuasca project. I kept records for private and group sessions.

1988 – 2001: Facilitated regular Grof Holotropic Breathwork workshops at Esalen, for staff, and assisted Stan in the larger world.

1985-1995: Weekly Singing Gestalt classes, and annual Musical Theater training.

