

Erica Ross

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VISUAL, EXPRESSIVE & HEALING ARTS EDUCATOR, DANCER, ARTIST & AUTHOR

STRENGTHS:

- Continuously growing and learning; flexible and willing to explore new concepts, ideas and projects.
- Experienced facilitator of groups, classes, workshops and retreats for children and adults, with strong love and expertise of dance, art, relaxation, and Divine Feminine spirituality.
- Unique ability to blend visual, healing, spiritual and expressive arts into holistic, creative, and nurturing programmes; trained in numerous modalities from varied cultures and teachings.
- People person, caring, positive, compassionate, creative, and joyful by nature.
- Generosity of knowledge, energy and wisdom; inspiring positive change and growth.
- Committed to providing safe, warm and welcoming spaces; offering a sense of belonging and connection.
- Dedicated, reliable and grounded, with a clear, gentle and direct communication style.
- Appreciation, understanding and respect of the whole self - body, mind, emotion, energy and soul.
- Well-travelled with global awareness; respects diversity; is curious and open minded/hearted.
- Ability to dream-in and conceptualize long-term visions and strategic planning, with attention to detail.
- Enjoys cooperative community-building; collaborating and implementing of projects from big to small.
- View everyone as exquisitely unique and beautiful; unconditional love and kindness inspires healing and growth.

EXPERIENCES - GUIDING, TRAINING, FACILITATING & DJING:

GUIDING:

- **Creativity Doula**, Private Creativity Coaching, online, 2021-Present
- **DEEPER DIVE**, Group Support, online, 2021-Present

TRAINING:

- **“RADICAL RADIANCE Training”**, Dovercourt House, Toronto, 2013-2016
- **“DOWH Facilitator Certification Training”**, Dovercourt House, Toronto, 2010-2016

FACILITATING:

Dance Our Way Home (DOWH) Workshops, Series, Sessions and Retreats, 2001-2016:

- **“Abundance Workshop”**, The Yoga Studio & Dovercourt House, Toronto
- **“After GLOW Workshop”**, Buffalo Yoga, Buffalo, NY
- **“Attainment Series”**, Dovercourt House, Toronto
- **“Awakening Aphrodite Retreat”**, Stowel Lake Farm, Salt Spring, BC
- **“Bellylicious PWYW Workshop”**, Dovercourt House, Toronto
- **“Bellylicious Workshop”**, Dovercourt House, Toronto
- **“Blossoming PWYW Workshop”**, Dovercourt House, Toronto
- **“Dancing with Everything Workshop”**, Tenth Ox Yoga, Belleville, ON
- **“Divine Mirrors”**, Serendipity Festival, Cloverdale, IN, USA
- **“DOWH Series”**, Temple of Dance, Arambol, Goa, India
- **“DOWH Weekly Support Groups”**, Sheena’s Place, Toronto

- **“DOWH Workshop, for Teens”**, North York General Hospital- Eating Disorders Clinic, Toronto
- **“Follow your Bliss Workshop”**, ‘Positive Fabulous Women’ Organization, Toronto
- **“Love Comes Dancing Series”**, Habeeba Studio, Toronto
- **“Love Comes Dancing Workshop”**, Serendipity Festival, Cloverdale, IN, USA
- **“LOVE COMES DANCING Workshops”**, Dovercourt House, Toronto
- **“Move and Be Moved Workshop”**, Grounding Trauma Conference, Alliston, ON
- **“Phenomenal Woman PWYW Workshop”**, Dovercourt House, Toronto
- **“Radiant Pearl Series”**, Dovercourt House, Toronto
- **“Set Your Life in Motion Workshop”**, Dovercourt House, Toronto
- **“SHINE! PWYW Workshop”**, Dovercourt House, Toronto
- **“Soft Sanctuary Workshop” & “Wild Sanctuary Workshop”**, Dovercourt House, Toronto
- **“Sundays with the Muse Workshop Series”**, Dovercourt House, Toronto
- **“The Dark Embrace Workshop”**, Dovercourt House, Toronto
- **“The Great Thaw Workshop”**, Dovercourt House, Toronto
- **“Warm by the Fire”**, Dovercourt House, Toronto

Other Workshops, Groups, Retreats & Conferences, 1995-Present:

- **“Open Studio: Creativity in Community”**, online
- **“Soul Speaks”**, Collage, online
- **“Make Space”**, Decluttering with Jessica Tudos, online
- **“Celebrate Women Workshop”**, Women Connect Conference, University of Toronto, Toronto
- **“Ceremonial Movement Weekend Retreat”**, Sacred Dance Guild, Ottawa
- **“Ceremonial Movement, Sound, Breath & Yoga Series”**, The Yoga Studio, Toronto
- **“Collage Groups”**, Sheena’s Place, Toronto
- **“Creative Movement Series”**, Gilda’s Club, Toronto
- **“Dance & Art Workshop”**, Ont. Society for Training & Development Conference, Convention Centre, Toronto
- **“Dance Expressions for Kids”**, YMCA Family Development Centre, Toronto
- **“Dancing the Goddess Series”**, Dovercourt House, Panda Dance Studio, The Yoga Studio, Toronto
- **“Drum Making and Dance Workshop”**, Hawthorne 2 Bilingual School, TDSB, Toronto
- **“Flowing Movement Workshop”**, Aleila; Expressive and Healing Art Retreat, Haliburton
- **“Goddess Night Series”**, The Yoga Studio, Toronto
- **“Guided Journeys for Healing Group”**, Sheena’s Place, Toronto
- **“Honouring the Belly Group”**, Sheena’s Place, Toronto
- **“Inner Peace and Relaxation Workshops”**, Bridgepoint Health Hospital, Toronto
- **“Journey and Journal Series”**, Equilib Fitness and Wellness, Toronto
- **“Learn Relaxation Workshop”**, Scarborough Town Centre, Toronto
- **“Learning Relaxation and Stress Management Group”**, Sheena’s Place, Toronto
- **“Let’s Dance Camp”**, YMCA of Greater Toronto, Toronto (Created the entire camp & manual)
- **“Movement for Kids Workshop”**, Diabetes Day, The Hospital for Sick Children, Toronto
- **“OASIS Workshop”**, Aangen Community Centre, Toronto
- **“Relax & Rejuvenate Workshops”**, Canadian Center for Victims of Torture, Toronto
- **“Relaxation for Caregivers Series”**, Central Neighbourhood House staff, Toronto
- **“Relaxation Oasis Series”**, Fairlawn Neighbourhood Centre, Toronto
- **“Relaxation Series, for Children”**, Hawthorne 2 Bilingual School, Toronto
- **“Sacred Self Portraits Workshop”**, Dovercourt House, Toronto

- **“Sacred Sexuality Workshop”**, Dovercourt House, Toronto
- **“Sound Body, Sound Heart Workshop”**, Aleila; Expressive and Healing Art Retreat, Haliburton, Ontario
- **“Sound Healing for Women Workshop”**, Oasis Chiropractic and Wellness Centre, Toronto
- **“Spirit Dance Series”**, Equilib Fitness and Wellness, Toronto
- **“Summer SOULstice Retreat”**, Mysthaven Retreat Centre, Stouffville Ontario
- **“The Goddess Within Groups”**, Sheena’s Place, Toronto
- **“The Goddess Within Series for Teens”**, Ursula Franklin Academy, TDSB, Toronto
- **“The Goddess Within Workshops”**, Aangen Community Centre, Toronto
- **“The Many Voices of Women Workshop”**, Oasis Chiropractic and Wellness Centre, Toronto
- **“Transcendance; Dance as a Healing Path Sessions”**, Panda Dance Studio, The Dovercourt House, Toronto
- **“Wheel of the Year Workshops”**, Sheena’s Place, The Healing Garden, Toronto
- **“Women’s Holistic Spa Retreat”**, Smoothwater Ecolodge, Temagami, Ontario

DJING: 2003-Present:

- **DJ**, “Rise & Shine Shake”, online
- **DJ & Co-Founder**, “The Move Dance Collective”, Dovercourt House, Toronto
- **DJ & Founder**, “Body Temple Ecstatic Dance”, Breathing Space Studio, Toronto
- **DJ**, “Divine Mirrors”, Dance Temple, Salt Spring Island, BC
- **DJ**, “Ecstatic Dance Toronto”, Dovercourt House, Toronto
- **DJ**, “Love Fest Fundraiser”, Toronto
- **DJ**, “Poa Spa”, Toronto
- **DJ**, “Serendipity Festival”, Cloverdale, IN, USA
- **DJ**, “SHINE!”, Salt Spring Island, BC

EXPERIENCE: VISUAL ART & PRODUCTION:

- **“Calling In the Muse” Open Studio Exhibition & Salon**, Creator/Producer, online, 2022
- **Painter & Beader**, Toronto, 2019-present
- **“She Reflects” Author & Illustrator**, Self-Published, Toronto, 2018
- **Accessory Designer**, Produced in India & Vietnam, 2010-2016
- **Associate Producer & Film Programmer**, Fantasy Worldwide Film Festival, Toronto, 2005
- **Home muralist/painter**, Toronto, 1999-2005
- **Children’s Book Writer & Illustrator**, Toronto, 1999
- **“Island Electric” Clothing Designer**, NYC & Bali, Indonesia, 1988-1990
- **Jeweller**, Philadelphia, PA, 1982-1987
- **Enamellist**, Spring Street Enamels Gallery and Studio, NYC, 1979-1981
- **Art Director**, Uproar Magazine, Toronto, 1978-1979

EXPERIENCE: PERFORMING ART:

- **Choreographed Judith Thompson’s play “Hamlet”**, Toronto, 2003
- **Improvisational dance performances**, Toronto, Indonesia & USA, 1983-2003
- **“You are Beautiful”- solo dance** Commemoration of the Montreal Massacre, Toronto, 2003
- **“The Birth”- dance with Erica’s daughter** Commemoration of the Montreal Massacre, Toronto, 2001
- **“12-12”- solo dance** 12-12 Celebration, Dance Makers Studio, Toronto, 2000
- **“Metamorphosis”- collaborative dance** fFIDA, Toronto, 1999
- **Solo and collaborative dance performances**, Bali, Indonesia, 1989-1990

- **Solo dances**, Philadelphia & NYC 1983-1989

EDUCATION & TRAINING: 1960-Present

Dance Training:

- **Belly Dance**, NSW, Australia, & Roula Said, Toronto
- **Creative Dance**, Frau Tille's Centre for Creative Movement, Toronto
- **Ecstatic Dance, 5 Sacred Rhythms**, Gabrielle Roth & various teachers, NYC & Toronto
- **Ecstatic Dance, Soul Motion**, Vinn Marti, Toronto & Portland
- **Flamenco**, Esmerelda Enrique, Toronto
- **Folk**, Olga Sandolowich, Toronto
- **Kathak**, Ontario College of Art, Toronto
- **Modern**, Toronto Dance Theatre, Toronto
- **Russian Ballet**, Boris Volkoff, Toronto
- **Trance Dance**, Parashakti, Toronto

Expressive & Creative Arts Training:

- **African Hand Drumming**, Cavan Young, Toronto, and Ubaka Hill, Toronto
- **Art Graduate Certification (OACA)**, Ontario Art College, Toronto
- **Mythic Writing**, Michelle Tocher, Toronto
- **Singing**, Ellen Gould, Toronto

Healing & Spiritual Arts Training:

- **Buddhist Metta Meditation**, Wales, Great Britain
- **Chi Kung, breath and energy work**, David Gibeaut, Toronto
- **Empathy, Focusing and Compassionate Listening Techniques**, Zan Redcrow, Toronto
- **Expressive Mind/Body Trauma Therapist Training**, Mountain Stream, Toronto
- **Foundation Skills for Trauma Therapy**, Mountain Stream, Toronto
- **Hatha Yoga**, Sivananda Ashram (Quebec) & Centre, & Cecil St. Community Centre, Toronto
- **Hypnotherapy Certification**, Hypno Healing Institute, Toronto
- **Kriya Yoga Initiation**, Marshall Govindan, Toronto
- **Reiki Initiation**, Amira, Toronto
- **Tai Chi**, Heyoka Centre, Wales, Great Britain
- **Visualization**, Heyoka Centre, Wales, Great Britain

Marketing Training:

- **"Marketing for Hippies" Network**, Tad Hargrave, online
- **"B-School"**, Marie Forleo, online
- **"Platinum Program Secrets"**, Elizabeth Purvis, online

ADDITIONAL & RELEVANT INFORMATION:

- **Recorded a relaxation and guided imagery CD, "UNWIND"**, online.
- **Created the first Toronto Dance Walk**, Toronto.
- **Developed a DOWH Apprenticeship Program** with 2 candidates, Twyla Kowalenko and Mari Rossi.
- **Developed a DOWH Community Outreach Program with Director Twyla Kowalenko.**

- **Developed a DOWH Facilitator Certification Training Program**, in Toronto.
- **Featured and Interviewed** in the Globe and Mail Newspaper, Vitality Magazine, CIUT and CKLN Radio, “Aware Talk” and “Living Lighter’ Radio, Omni and ‘Extraordinary Women’ TV, the ‘Field-guide to Evolutionary Leadership”, the “Wild @ Heart” Interview Series, iTunes Podcast for Conscious Dancer, “Awakened Woman Self Care” Podcast, “Universal Dancer” Podcast.
- **Lived, worked and studied** in Canada, USA, Indonesia, India and Wales, and has visited 70+ other countries.
- **Panelist for Rendezvous with Madness Film Festival**, in Toronto.

