



# Sylvie Minot

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

## CONTACT

**P:** 415-272-1896  
**E:** [syzygy@mac.com](mailto:syzygy@mac.com)  
**A:** Sausalito, California



## ABOUT ME

I am the executive director and founder of the nonprofit Syzygy Dance Project. Syzygy Dance Project (SDP) is a non-profit 501(c)(3) organization that transforms lives through dance. SDP offers regular outreach classes for inmates, veterans, recovering addicts, chronic illness patients, and the elderly.

Since 2000, I have been teaching weekly in-person and virtual 5Rhythms® dance classes and workshops in the San Francisco Bay Area, New York, throughout the US, Mexico, and Australia. My passion is to share the power of dance with underserved populations, including inmates, veterans, at-risk youth, recovering addicts, and hospital patients. I have over 30 years of experience in my personal recovery into my work with addiction.

I am often described as a catalytic shape-shifter because of my ability to meet people right where they are and help move with them into new possibilities.

## PROFESSIONAL EXPERIENCE HIGHLIGHTS

- **[2010 - PRES]** **Executive Director**  
 Syzygy Dance Project  
 As co-Founder of the Syzygy Dance Project, I coordinate with multiple organizations to create dance classes for populations in more constraining life circumstances.
- **[2020 - PRES]** **Dance Facilitator**  
 Syzygy Dance Project  
 I teach weekly, currently virtual, 5Rhythms & Beyond dance classes while creatively finding new ways to move my in-person classes & events onto virtual platforms.
- **[2015 - PRES]** **Trainer**  
 Syzygy Dance Project  
 I develop curriculums to train facilitators to bring movement to outreach populations & train professionals to bring movement into their work communities.

## MY SKILLS

- Public Speaking
- Leadership
- Communications
- Training/Mentoring
- Finance
- Teaching
- Budget Management
- Board Relations
- Workshops
- Staff Management
- Creative Direction
- Dance
- Fundraising
- Community Outreach
- Revenue Growth
- Recovery Work
- Program Development
- Strategic Partnerships

## EDUCATION HIGHLIGHTS

- **[1998]**  
 San José State University  
**BFA in Dance**
- **[1994]**  
 De Anza College  
**AA in Speech Communication**
- **[2001]**  
 Gabrielle Roth 5Rhythms™  
**Certification**

## “WHAT PEOPLE SAY

*“Sylvie’s way of working with the body and movement, her strong intuition, generosity, sense of service, and great music guides you through deep, powerful, transformative work.”*

# SylvieMinot



by Dance project

## FEATURED

**TEDx**  
SanRafael  
Women

**SFGATE**



about  
brain<sup>ny</sup>

syzygy  
DANCE PROJECT

## WORK HIGHLIGHTS

Facilitated Programs With:

- 1440 Multiversity
- 5Rhythms® International
- Adaptive Dance Movement for Visually Impaired Kids
- Bay Area Therapeutic Recreation Association
- Berkeley Options Recovery Center
- California Arts in Corrections
- California Family Caregiver Alliance
- California Institute of Integral Studies
- California Pacific Medical Center Foundation Elderly Acute Care
- Dublin Federal Correctional Institution
- East Bay Recovery in Motion
- Haas School of Business University of California Berkeley
- Milpitas Elmwood Correctional Facilities
- New Jersey Center for Addiction Recovery Education
- New Jersey Life Center Stage
- New Jersey NewBridge Services
- New York Omega Institute
- Palo Alto Veterans Administration Medical Center
- San Francisco Center for Somatic Psychotherapy
- San Francisco Chapter of the American Heart Association
- San Francisco County Jail
- San Francisco Department of Public Health
- San Francisco Janice Mirikitani Family Youth & Childcare Center
- San Francisco Jewish Home & Senior Living Foundation
- Santa Clara University
- San Jose Artpath
- Sausalito Elementary School
- Sausalito Martin Luther King Jr Parks & Recreation Center
- Sutter Institute for Health & Healing
- University of San Francisco
- Zuckerberg San Francisco General Hospital Wellness Program

“

*"The body holds stories and old wounds, and medicine as well. It has the antidote to heal itself. Through moving, we release our stories and allow healing to come through."* - Sylvie Minot

