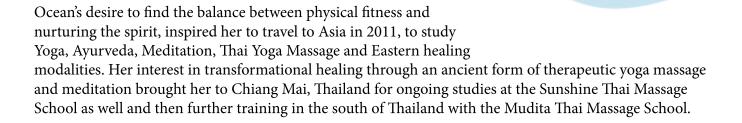
# OCEAN BLOOM World Natural Fitness Champion

Ocean Bloom is known worldwide as a "World Natural Fitness Champion". Originally from Vancouver, BC, Ocean currently travels worldwide where she offers Conscious Movement Therapy\_ sessions, leads Wellness Retreats and teaches Fitness and Yoga Classes.

Ocean's early dance training included Ballet, Jazz and Modern Dance, during her time with a professional dance company she performed for Princess Diana and Prince Charles and was the youngest flag bearer for the Man in Motion Tour (Rick Hansen). While still in her teens, she began extensive training as a film actress and later as a military trained stuntwoman.

She appeared in numerous films and television shows shot in Vancouver. During this time, she began competing in Natural Fitness Contests. Her sculpted physique, unique style, high-octane routines and the latex, urban-super-hero costumes for which she became known, earned her the title of World Natural Fitness Champion in 2005. She continued to compete until 2010.

During this period she began formal training as a yoga teacher under Eoin Finn, and Shiva Rea, both world renowned practitioners.



Ocean's passion, devotion and inspiration come from 25 years of experience in theatre, film, dance, yoga, gymnastics, martial arts and over 14 years as a fitness competitor, fitness model, actress, life coach, teacher, international author and speaker.

Known for her creative and inspirational teaching style, she integrates humour, compassion, empathy and excitement into a unique process of physical and emotional transformation. She offers a personalized holistic approach to total health and fitness, focusing on working from the inside out.

After years of study in Asia, Ocean developed her signature healing modality, which she has named Conscious Movement Therapy or CMT. This powerful mind, body and breath technique enables clients to begin an internal healing process. Ocean helps clients to transform and re-claim their health and their lives, supporting individuals to feel safer in their own skin. Modalities include guided meditation, Thai Yoga Massage, Neurolinguistic Programming, and Emotional Freedom Technique (tapping). During Ocean's time teaching and coaching at Asia's largest mixed martial arts Fight Camp "Tiger Muay Thai" and at "Atmanjai Wellness Centre", she has worked with a wide range of clients, from soldiers with PTSD (Post Traumatic Stress Disorder) and drug addiction, to high profile business leaders suffering from stress and depression. She has dealt with weight loss issues, sexual abuse, and extreme grief.

Ocean has appeared on the covers of, and has been featured in numerous fitness and lifestyle magazines including: Flex, Oxygen, Impact, Status Fitness, Body Talk, American Curves, Ironman, Musclemag, FAME Fitness and Lifestyle, Natural Bodybuilding Magazine, and Planet Muscle.

Ocean is also a contributing author for Status Fitness Magazine and Fresh Vancouver Magazine.

When asked about her Training Philosophy, she explains: "My emphasis is on practical and functional physical fitness; taking people through workouts, classes, and physical and mental journeys that are transformative, inspiring, and limit-breaking. I seek to create a balance between high-intensity, explosively powerful training sessions and the practice of deep relaxation techniques which allow the nervous system to unwind. I love to share my passion for fitness and for life with other like-minded people."





# PROFESSIONAL ACHIEVEMENTS

World Bodybuilding Figure Federation (WBFF) -Figure Pro Athlete

Editorial Manager for Status Fitness Magazine in Vancouver, Canada; Creator of Conscious Movement Therapy

F.A.M.E. World Fitness Champion 2005 (World Natural Sports Organization)

Professional Dancer- Jazz, Modern & Ballet~ Arts Umbrella

Vancouver Youth Theater.

# PROFESSIONAL EXPERIENCE

One & Only Hotel- Maldives	February 2018- May 2018
Fitness & Yoga Teacher, Spa Therapist, Conscious Movement Therap	by Treatments
Huvafen Fushi Hotel- Maldives	November 2017- February 2018
Fitness & Yoga Retreats, Spa Therapist, Conscious Movement Therap	py Treatments
Amilla Fushi Hotel- Maldives Fitness & Yoga Retreats, Spa Therapist, Conscious Movement Therap	January 2018- May 2018 py Treatments
Finolhu Hotel- Maldives Fitness & Yoga Teacher, Spa Therapist, Conscious Movement Therap	December 2017- January 2018 by Treatments
Gillilankan Fusihi Hotel- Maldives Yoga Teacher, Spa Therapist, Conscious Movement Therapy Treatme	October 2017-December 2017 ents
Atmanjai Detox & Wellness- Phuket Thailand Yoga Teacher & Conscious Movement Therapy Treatments	2013 - 2016
Four Seasons Hotel- Maldives Celebrity Yoga and Conscious Movement Instructor	October to November 2015
Tiger Muay Thai Training Camp- Phuket, Thailand September Conducted group fitness, yoga private training and life coaching wor	2011-June 2015 kshops
The Ultimate Fitness & Yoga Retreats Owner and operator of small and large group retreats	2012- Present
YYOGA- Vancouver, Canada Spinning and Yoga Instructor	2008-2010
The Arbutus Club- Vancouver, Canada Fitness, Yoga and Spinning instructor	2007-2010
Hollyburn Country Club- West Vancouver, Canada Fitness, Yoga and Spinning Instructor	2009-2010

# Certifications and Professional Development

Massage School- Chiang Mai, Thailand	2018
Chi Nei Tsang, Tok Sen, Guasha	
Yoga Alliance Certified Teacher:	2011
Radiantly Alive, School of Yoga, Bali	
Ashtanga Yoga, Sanskrit Studies	2011
Samudra School of Living Yoga- USA (Shiva Rea)	
Yoga Trance Dance	2013
Body as a temple- Kerela, India	2011
Yoga Trance Dance	2010
Essential Tools for Teaching	2010
Embodying the flow	2010
Fluid Power	2009
Chakra Vinyasa	2009
Blissology Yoga Training (250 hours), Vancouver, Canada	2003
YYOGA Hot Yoga Training, Vancouver, Canada	2009
Neuro Linguistic Tapping ,Phuket, Thailand Tim Robins	2012
Muditat Thai Yoga Massage, Surritani, Thailand	
Thai Massage and Meditation, (100 hours)	2011
mai massage and meditation, (100 nours)	2011
Sunshine Massage School- Chiang Mai, Thailand	
Touching the emotional body	2010
Advanced Stretches	2010
Side Body Stretches	2010
Herbal Balm Massage	2010
International Society of Traditional Thai Yoga Massage (120 hours), Vancouver, Canada	2010
Advanced Thai Massage (120 hours)	2009
International Sports Science Association (ISSA) Personal Trainer	2005
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# TRAINING

Acting For Film & TV Cold Reading Scene Study Ballet: Jazz, Hip Hop and Modern Dance Acting Acting Voice Movement and Acting Acting for TV and Film Scene Study Scene Study

#### CREDENTIALS

ISSA Personal Trainer Yoga Alliance Certification Thai Massage Certified Certified Spinning Instructor

# SPECIAL SKILLS

Martial Arts; Tactical Aspects of Military & Law Enforcement Wushu Kung Fu Def Con Five

# MODELING & PRINT WORK

American Curves Magazine; Flex Magazine; Impact; Ironman Magazine; Max Muscle Magazine; Musclemag International; Natural Bodybuilding; Natural Muscle Magazine; Planet Muscle Magazine; Oxygen Women's Fitness; Status Fitness Magazine; Women's Physique World

# SUMMARY

Awarded 1st place at 10 international fitness and figure competitions. Placed in the top 5 at 13 competitions. Active competition career span 14 years in fitness career

Andrew Mcilroy June Whittaker Michael Simms Arts Umbrella Eversfield School of Theatre Theatre Works Singing, Dancing and Acting Studio Vancouver Youth Theatre Kelly Ruth/Studio on the Drive Alex Bruhanski



# FILM / TV

Vanity Insanity Blonde and Blonder Psych Ocean's Bodysculprting Secrets Smallville Stargate SG-1 Swimwear Video Ministry Of Social Services - Video Welcome To Hollywood I SPY Mindstorm I-Robot Alone in the Dark Stargate VII X-Men 2 Ieremiah Sony Playstation Wolf Lake Telus Dark Angel Saving Silverman 2 Gether Mindstorm 7 Days The 6th Day First Wave

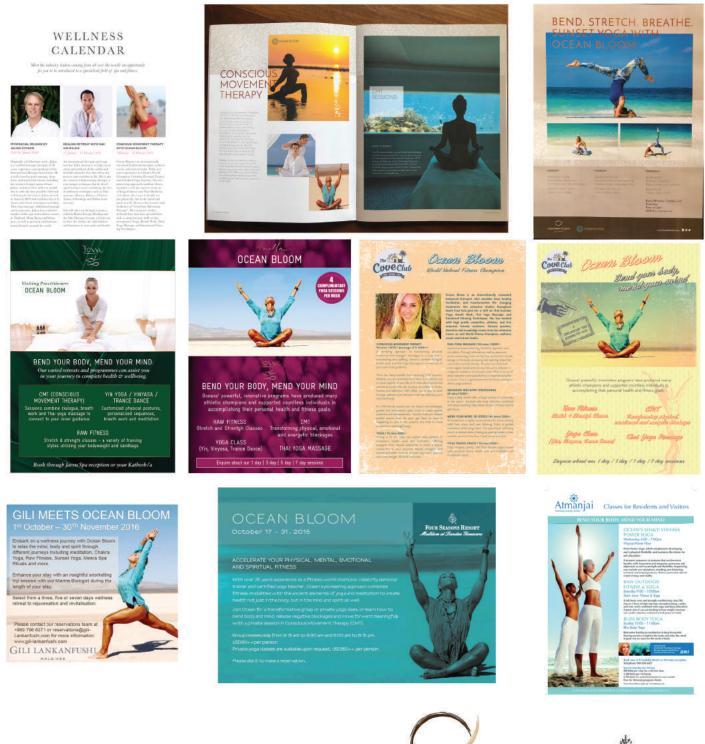
**Personal Trainer** Body Double/Skills driving Body Builder Speed Dater Lead Actor Actor/Lifeguard Female Jaffa Model Principal S.O.C./Principal Stunt/Vegas Show Girl Stunt/Swatt Weapons Fire Weapons Fire Weapons Fire SWAT Bodyguard with fall **Skills** Driving Bandit with Gun Archer firing bow and arrow **SWAT** Nun Boxing Body Double for Actor SWAT firing MP5 Police Officer Technician Assassin firing P-90



Ocean Bloom | Retreat Leader Conscious Movement Therapist

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**One&Only** Reethi Rah, Maldives















