

# 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 desire to find the balance between physical fitness and nurturing the spirit, inspired her to travel to Asia in 2011, to study Yoga, Ayurveda, Meditation, Thai Yoga Massage and Eastern healing modalities. Her interest in transformational healing through an ancient form of therapeutic yoga massage and meditation brought her to Chiang Mai, Thailand for ongoing studies at the Sunshine Thai Massage School as well and then further training in the south of Thailand with the Mudita Thai Massage School.

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

# Certifications and Professional Development

Massage School- Chiang Mai, Thailand <i>Chi Nei Tsang, Tok Sen, Guasha</i>	2018
Yoga Alliance Certified Teacher: <i>Radiantly Alive, School of Yoga, Bali</i>	2011
Ashtanga Yoga, Sanskrit Studies <i>Samudra School of Living Yoga- USA (Shiva Rea)</i>	2011
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
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







## 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

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

## 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



## FILM / TV

Vanity Insanity  
Blonde and Blonder  
Psych  
Ocean's Bodysculpting 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  
Jeremiah  
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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## WELLNESS CALENDAR

Meet the industry leaders coming from all over the world, so you can be introduced to a qualified field of (yoga and fitness).



**HYPNOSIS RELEASED BY  
JAMES STYAN**  
12th - 15th March 2016



**HEALING RETREAT NEWBORN  
CHILDREN**  
12th - 15th March 2016



**CONSCIOUS MOVEMENT THERAPY  
WITH OCEAN BLOOM**  
12th - 15th March 2016

**Hypnosis** is a collection of 20 years experience and wisdom of James Styan, a professional hypnotherapist, who has helped thousands of people to overcome their fears and achieve their goals. This is a unique opportunity to learn from a professional hypnotherapist who has helped thousands of people to overcome their fears and achieve their goals. This is a unique opportunity to learn from a professional hypnotherapist who has helped thousands of people to overcome their fears and achieve their goals.

## CONSCIOUS MOVEMENT THERAPY

Conscious Movement Therapy (CMT) is a powerful, innovative program that has produced many athletic champions and supported countless individuals in accomplishing their personal health and fitness goals. CMT combines physical, emotional, and energetic blockages, releasing the body, mind, and spirit to achieve a state of total well-being. CMT is a powerful, innovative program that has produced many athletic champions and supported countless individuals in accomplishing their personal health and fitness goals. CMT combines physical, emotional, and energetic blockages, releasing the body, mind, and spirit to achieve a state of total well-being.

## CMT SESSIONS

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## BEND. STRETCH. BREATHE. SUNSET YOGA WITH OCEAN BLOOM.

Sunset Yoga with Ocean Bloom is a powerful, innovative program that has produced many athletic champions and supported countless individuals in accomplishing their personal health and fitness goals. Sunset Yoga with Ocean Bloom combines physical, emotional, and energetic blockages, releasing the body, mind, and spirit to achieve a state of total well-being. Sunset Yoga with Ocean Bloom is a powerful, innovative program that has produced many athletic champions and supported countless individuals in accomplishing their personal health and fitness goals. Sunset Yoga with Ocean Bloom combines physical, emotional, and energetic blockages, releasing the body, mind, and spirit to achieve a state of total well-being.

## Visiting Practitioners OCEAN BLOOM

## BEND YOUR BODY, MEND YOUR MIND.

Our varied retreats and programmes can assist you in your journey to complete health & wellbeing.

### CMT (CONSCIOUS MOVEMENT THERAPY)

Sessions combine dialogue, breath work and Thai yoga massage to attract to your inner guidance.

### YIN YOGA / VINYASA / TRANCE DANCE

Customized physical postures, personalized sequences, breath work and meditation.

### RAW FITNESS

Stretch & strength classes - a variety of training styles utilizing your bodyweight and sandbags.

Book through Jaruv Spa reception or your Kathesh/a

## OCEAN BLOOM

## BEND YOUR BODY, MEND YOUR MIND

Ocean's powerful, innovative programs have produced many athletic champions and supported countless individuals in accomplishing their personal health and fitness goals. Ocean's programs combine physical, emotional, and energetic blockages, releasing the body, mind, and spirit to achieve a state of total well-being. Ocean's programs are a powerful, innovative program that has produced many athletic champions and supported countless individuals in accomplishing their personal health and fitness goals. Ocean's programs combine physical, emotional, and energetic blockages, releasing the body, mind, and spirit to achieve a state of total well-being.

### RAW FITNESS

Stretch and Strength Classes

### CMT

Transforming physical, emotional and energetic blockages

### YOGA CLASS

(Yin, Vinyasa, Trance Dance)

### THAI YOGA MASSAGE

Enquire about our 1 day / 3 day / 5 day / 7 day sessions

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## GILI MEETS OCEAN BLOOM

1st October - 30th November 2016

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## OCEAN BLOOM

October 17 - 31, 2015

## ACCELERATE YOUR PHYSICAL, MENTAL, EMOTIONAL AND SPIRITUAL FITNESS

With over 25 years experience as a fitness world champion, celebrity personal trainer and certified yoga teacher, Ocean's pioneering approach combines fitness modalities with the ancient elements of yoga and meditation to create health not just in the body, but in the mind and spirit as well.

Join Ocean for a transformative group or private yoga class, or learn how to bend body and mind, release negative blockages and move forward meaningfully with a private session in Conscious Movement Therapy (CMT).

Group classes daily from 8:15 am to 9:30 am and 5:00 pm to 6:15 pm, USD\$90+ per person  
Private yoga classes are available upon request, USD\$250+ per person

Please call us to make a reservation.

## Atmanjai

Classes for Residents and Visitors

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**FINOLHU**  
Baa Atoll - Maldives

**One&Only**  
Reethi Rah, Maldives

**Amilla**  
Amilla Fushi - Maafushi - Maldives

**GILI LANKANFUSHI**  
MALDIVES

**HUVAFEN FUSHI**  
MALDIVES

**Atmanjai**  
cleansing, energy, vitality

**FOUR SEASONS RESORTS**  
Maldives

The Art of Alpine Luxury. **7132**

**TIGER MUAY THAI**  
A MIXED MARTIAL ARTS

**ไทเกอร์มวยไทย**

**Soneva Jani**