

Rachel Porquet-Chanmugam

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www.ee-ess-see.com

Gender : Female
Age : 45 (23/04/1978)
Married, 1 kid (13 years old)
Nationality : French, in Sri Lanka since 2006
www.instagram.com/rachel.chanmugam



**PROGRAM DESIGNER (WORKSHOPS, MINDFUL TRAVEL EXPERIENCES)
TEACHER SPECIALIZED IN NATURE CONNECTEDNESS, SOUND/MUSIC AND YOGA**

● ACADEMIC EDUCATION

- 2003-2004 :** Master of Adv. Studies / MBA in **Education Sciences-Training of Trainers** , University of Caen, France
2000-2002 : Bachelor's degree in **Education Sciences**, University of Caen, France
1998-2000 : Undergraduate degree (2 years) in **Psychology**, University of Caen, France.
1996-1999 : Undergraduate degree (2 years) in **Economy**, University of Caen, France.
1996 : Baccalauréat (A levels) specialized in **Economics**, with honourable mention.

● CERTIFICATIONS

- NATURE**
- **Wild Blue Facilitator** (2023, 8 weeks): Online course from ForestTherapyHub (mindful practices in/with water)
 - **Green Educator Course** (2021, 8 weeks): Online course from Green School Bali
 - **Nature Connectedness** (2021, 10 hours), online program from the University of Derby
 - **Shinrin Yoku** (2020, 150 hours, certified): Online Forest Bathing course
 - **Ecosystem Restoration Design** (2020, 6 months, certified): Online course
 - **Analog Forestry** (2020, 9 months, certified): in-situ training (Bandarawela, Sri Lanka)
- SOUND**
- **Sonic Science, Music Medicine & Cymatics** (2022, 7-week online course, John Stuart Reid)
 - **Metamusic ~ Become a Sound Alchemist** (<https://www.laurainserra.com/metamusic>) (2021, 20 hours)
 - **Foundations of Sound Healing** (2019, 3 months, certified): Online course (Healing Sound Academy, UK)
- YOGA**
- **Kundalini Yoga:** **Level 1** (2014, 220 hours, certification recognised by Yoga Alliance) (460 Hours completed) **Level 2 & 3 ongoing** (4 modules certified - 60 hours each, 2015-2019)
Kids yoga - Radiant Child Yoga Program (30 hours, 2013, certified)
- OTHER**
- Training in **International Camps** leadership (7-day immersion course) - Solidarites Jeunesses, France

● WORK EXPERIENCE

Yoga - Sound - Music - Nature - Mindfulness (Sept. 2014 to now)

- **Retreats, Workshops, Experiences and Nature camps** (2018 onwards): Programs design & implementation (Alliance Francaise, Workout.lk, Pepper.lk, Shanti Travels, Pekoe Trail UN founded program, AirBnB experiences, etc.)
- **Classes & Workshops** (*Yoga, Gong & Sound Yoga, Nature-Yoga, Sound Healing, Music Composition - with plants and nature sounds, Reciprocal healing with Nature, Creativity through Art, Music*) (2013 onwards) - Sessions in
 - Private villas (designated teacher in Kalukanda House, Ishq & Meda Gedara),
 - Yoga studios (Prana Lounge, Sri Yoga Shala, TheYogaCollective, Wilders, etc.) & in our Ganeshism Studio (Nawala),
 - During yoga-surf retreats (Floating You, Kyo Space, RootsRetreats, Martin Bilodeau, etc.)
 - For public events: concerts, intuitive performances and workshops (Alliance Francaise, Studio Kayamai, Artra, etc.)
 - For tourists & Corporate, via partners (Shanti Travels, Exemplary Voyages, etc.) - Public: kids, teens, teachers, adults.

General Manager of two sister companies (April 2008 to now):

- **Ganeshism Studio Gallery** (www.ganeshism.com) - Sale of original paintings and prints from artist Mahen Chanmugam (yes, my husband ;) and **MCN Creative Associates** (www.mcncreative.com) - Design & Branding boutique agency

NGO mission in Sri Lanka & Country representative (Mar 2006 - Apr.2010) (*Fance Volontaires*) - Strategy & coordination of educational & cultural activities in a tsunami village / Coordinating French volunteers in Sri Lanka

● VOLUNTEERING EXPERIENCES

2022: After-school activities at Galle International College (sustainability, Compass education, nature-connectedness)

2020: 3 months volunteering in Belipola - Implementing **Analog Forestry** (<https://www.belipolaarboretum.earth/>)

2019-2020: **Sound Healing sessions** at **Chitra Lane School for Special Children** (<https://chitralane.org/>).

2014-2020: Chairman of the School Management School / Free yoga classes for kids & teachers / Mindfulness project, **French International School of Colombo**, Sri Lanka (<https://www.eficolombo.com/>)

2003-2005 : **International volunteering workcamps**, Solidarités Jeunesses (www.solidaritesjeunesses.org), in France,

● LANGUAGES & OTHER SKILLS

French : Mother tongue.

English : Fluent (written and oral)

Designing & implementing educational programs (solo / with other experts): Customized programs for Corporate-Yoga & Nature Retreats/ Mindfulness daily activities for schools / “Experiences” such for travel agencies, Airbnb / Family Nature Camps, etc.

Computer literate : Word, Excel, Office / Photoshop, InDesign and Illustrator (design), Ableton (music)

Music: Composing music with healing instruments, loops, effects, beats, nature and plants (MusicOfThePlant® device), software (Ableton) / intuitive-meditative-interactive healing soundscapes, using multimodality techniques

Local and international driving licence

● INTERESTS

Daily practice of **yoga, sound & meditation**

Being in the outdoors, creatively reciprocating with Nature

Sound & music:

Sports: dancing, swimming, hiking, roller-blading, bodyboarding, wakeboarding, cycling...

Discovering. Exploring. Learning. Growing. Sharing. Caring.

● REFEREES

● **Nature, sound & yoga retreats / workshops / sessions:** Cecile Hoorelbeke, Director, Alliance Francaise de Colombo, direction@alliancefrancaise.lk / Teesha, Founder and manager of Workout.lk, teesha_sw@yahoo.com / Dee Gibson, Owner of Kalukanda House, dee.gibson@velvetorange.co.uk

● **Schools:** Curtis Jobe, vice-principal, Galle International College info2012gic@gmail.com / Delysia Gunewardene, Chairman and founder of Chitra Lane School for Special Needs, delysia@chitralane.lk / Gwenaelle Jezequel, prior Principal of the French International School of Colombo, jezequelgwenaelle@gmail.com

● **Nature:** Miguel Cunat, designer of the UN founded Pekoe-Trail project, miguel@srilankainstyle.com / Dr. Ranil Senanayake, PhD, senior Ecosystem Ecologist, frsenanayake@gmail.com

● **Yoga training:** Mr. Tonie Nooyens, Kundalini Yoga Lead Trainer for South Asia region, tonienooyens@loxinfo.co.th / Mrs. Fiona Raymond, Trainer and coordinator for Sri Lanka, raymond.fiona@gmail.com

● SOCIAL MEDIA LINKS

www.ee-ess-see.com

Instagram: [@rachel.chanmugam](https://www.instagram.com/rachel.chanmugam)

Facebook: [@rachel.porquetchanmugam](https://www.facebook.com/rachel.porquetchanmugam)

Youtube: [@Ecosystems Sound Collective](https://www.youtube.com/EcosystemsSoundCollective) Soundcloud: [@rachel-chanmugam](https://www.soundcloud.com/rachel-chanmugam)