



Serina Payan Hazelwood

602-373-1840

Payan.Hazelwood@gmail.com

PayanMedicine.com

Summary of Qualifications

Serina is a certified holistic sex educator, master-level yoga teacher, and professional drum circle facilitator. She brings body-centered, holistic approaches to her work, drawing on her study of religion and spirituality, ancestral trauma and healing, social justice, ecopsychology, and colonization. Serina has over 20 years of experience creating innovative approaches in the wellness field, leading programs that bring people together using accessible, intersectional modalities. Her methods are rooted in liberation and supported by the pillars of reclamation, ritual, and renewal. Serina's liminal identities make her a natural connector, messenger, and community healer.

GALLUP® Strengths

Connectedness • Activator • Strategic • Communication • Responsibility

Honors, Awards, & Accomplishments

Scholarship recipient, <i>Change Maker</i> , Prescott College	2019, 2020
Presenter, Drum Circle Facilitator Guild	2020
President's Honor Recipient, Glendale Community College	2017 - 2019
Grant recipient winner, <i>Innovation for Adopting New Technologies and Pedagogies</i>	2017
Presenter, <i>GCC Ignite®</i> , Glendale Community College	2016
ECHO Magazine Community Profile feature	2013
Intuit® Small Business, Big Wishes recipient	2012
AZ Foothills Magazine® " <i>8 Healthy Spots</i> " award	2012
<i>Sonoran Living®</i> Community Profile feature	2012
Healthcare Advertising® Gold Winner	2001
Healthcare Advertising® Silver Winner	2001

Work Experience

Operations Manager	2018 - Present
Institute for Sexuality Education and Enlightenment Managing the implementation of core business models to streamline processes for functionality and efficiency as well as assisting in program development.	
Facilitator/Organizer, Community Drum Circles & Music Making	2016 – 2020
Shakti Drummers, Payan Medicine Leading monthly, community music-making circles as a means to create community through bilateral stimulation. Therapeutic, somatic, and emotional intelligence skill-building for educational institutes, non-profits, businesses, and adult memory care units to help reduce stress, and create a greater sense of belonging.	

- Graphic Design Artist and Marketing Consultant** 1997 – 2020
 Athena Expressions, Banner Health Systems, BC Graphics, Zila Pharmaceuticals,
 Brazen Graphix
 Providing turn-key marketing services such as graphic design, website development,
 branding, strategic marketing management, and promotional products.
- Fitness & Wellness Instructor** 1998 – 2020
 Phoenix, Arizona
 Creating body-positive, inclusive classes for community that incorporates movement and
 somatic awareness for marginalized folx.
- Sex Educator/Sales Associate** 2013 - 2018
 Fascinations,® My Secret Luxury®, Castle Mega Store®
 Educating community about products related to sexual pleasure and function.
- Adjunct Instructor, *Yoga 101*** Fall 2013 – Fall 2017
 Glendale Community College
 An introduction to the history of yoga, postural poses, and meditation that
 incorporates somatic awareness.
- Adjunct Instructor, *Yoga 102*** Spring 2014 – Fall 2017
 Glendale Community College
 An advanced yoga practice that explores the 8-limbs of the traditional yoga path with
 an incorporation of somatic awareness.
- Adjunct Instructor, *Zumba*®** Fall 2013 – 2017
 Glendale Community College
 A dance-fitness course that introduces participants to world music and dance rhythms.
- Wellness Instructor** 2013 - 2017
 Glendale Community College
 Leading senior adults in wellness courses such as, Zumba Gold®, SilverSneakers®,
 yoga, drum circle, and guided meditation.
- Wellness Instructor, *Demos-on-the-Go*** 2014 - 2017
 Glendale Community College
 Leading faculty and student body in community-building activities that included
 meditation, movement, and drumming.
- Presentation, Facilitation and Leadership Experience**
- Presenter, *The History of Playing Indian and Performance Culture Consciousness*** February 21, 2020
 Drum Circle Leadership Guild 2020 Conference, Prescott, Arizona
 An examination of the history of why and how European-descendant-Americans identify with
 other cultures other than their own and the ways in which culture performance is perpetuated
 in drum circles.
- Facilitator/Organizer, *Reclamation and Renewal: A Yoga Workshop for WOC*** October 26, 2019
 Twisted Yoga Studio
 A yoga workshop for women of color to explore and contemplate the impact
 of the systems of oppression and privilege within the yoga community.

- Co-Facilitator, *SAR: Sexual Attitude Reassessment*** August 1– 3, 2019
 Institute for Sexuality Education and Enlightenment
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Co-Facilitator, *Community Sustainability Retreat*** July 25, 2019
 Western New Mexico University
 Facilitating community drum circles for WNMU core faculty to promote emotional intelligence, connection, and stress relief.
- Co-Facilitator/Organizer, *Spiritual Revolution Retreat*** July 4 – 8, 2019
 Montezuma, Costa Rica
 A chronicle of the soul’s journey for queer-women that combines music, movement, and message.
- Co-Facilitator, *Night of American Tantra*** June 15, 2019
 AASECT Conference
 An experiential activity offering participants the opportunity to explore connection to others and general intimacy through breath work, drumming, body movement, and energy practices.
- Instructor, *Our Bodies, Our Sex Lives: Adult Sexual Development*** April 16, 2018
 Institute for Sexuality Education and Enlightenment
 A course that explores young adulthood to senior age sexual development.
- Assistant/Small Group Facilitator, *SAR: Sexual Attitude Reassessment*** April 13 - 15, 2018
 Institute for Sexuality Education and Enlightenment
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Facilitator/Organizer, *Weekend of La Loba Retreat*** March 16 – 18, 2018
 Shakti Drummers, Payson, Arizona
 An empowerment retreat for women seeking freedom from an over-aculturated society; inspired by *Women Who Run with Wolves* by Clarissa Pinkola Estés.
- Facilitator, *Women in Leadership Retreat*** July 2017
 Glendale Community College
 Leading community-building experiential activities to promote connection, emotional intelligence, fun, and stress relief.
- Facilitator, *GCC Leadership Retreat*** July 2016
 Glendale Community College
 Leading community-building experiential activities to promote connection, emotional intelligence, fun, and stress relief.
- Facilitator, *Yoni Goddess Workshop*** September 2015
 Brazen Pleasures
 A sexuality-education workshop for women with a focus on anatomy and pleasure.

Facilitator, *OM My Goddess Yoga Workshop Series*

April 2015

Brazen Yoga

A sexuality-empowerment workshop that incorporated postural yoga poses with a focused on female anatomy and power.

Owner/Instructor, In the RA Fitness

2011 - 2013

Phoenix, Arizona

A boutique fitness studio with a social justice and body-positive business model, featuring classes designed for large-bodied, LGBTQIA+, and 40+ aging adults.

Education & Certifications

Prescott College, Interdisciplinary Bachelor of Arts	2020
Glendale Community College, Associate of Arts	2019
Institute for Sexuality Education & Enlightenment, Holistic Sex Educator Certificate	2018
Zumba®, Zumba Gold®, Zumba Toning®, Aqua Zumba®	2009 – 2017
Drum Circle Leadership Facilitator Training	2017
Principle-Based Partner Yoga® Training	2016
Yoga Nidra® Certification	2015
Venus Code Tantra Training®	2015
SilverSneakers® Training	2014
Yoga Teacher Training, 300-Hour	2014
FiTour® Personal Trainer Certificate	2014
Yoga Teacher Training, 200 Hour	2013
Real Ryder® Group Cycle Training	2012
ISSA Personal Trainer Certificate	1999

Professional References

Dr. Rosalyn Dischiavo
 Director, Founder
 Institute for Sexuality Education and Enlightenment
 860-614-5279
roz@instituteforsexuality.com

Meghan Kennedy
 Instructional Designer, CTLE
 Glendale Community College
 623-845-3981
meghan.kennedy@gccaz.edu

Lara Jacobs
 Mvskoke Creek Citizen, Prescott College MAES Alumna
 Oregon State University; Forest Ecosystems and Society
 707-951-5105
lara.jacobs@alumni.prescott.edu