




Chiara (Sahaja) Guarducci


Date of birth: 24/07/1973


Nationality: Italian

Gender: Female

CONTACT


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ABOUT ME

Creative, dynamic, reliable, skilled, multitasking, great team member, great leader

EDUCATION AND TRAINING

1988 – 1992 Florence, Italy

Degree "Maestro d'Arte" in Graphic Design and Photography Liceo Artistico Statale "Porta Romana"

Website <https://www.artisticofirenze.edu.it/>

1992 – 1993 New York, United States

Certificate of Attendance, Graphic Design New School for Social Research

Website <https://www.newschool.edu/nssr/>

1992 – 1993 New York, United States

Certificate of Attendance, Miniature Sculpture Art Students League

Website <https://theartstudentsleague.org/>

1993 – 2000 Florence, Italy

Honours Degree in Design ISIA

Website <https://www.isiadesign.fi.it/>

1999 – 2000 Minneapolis, United States

Scholarship in Digital Video and Interactive Multimedia MCAD

Website <https://www.mcad.edu/>

2002 – 2006 Florence, Italy

Academic Degree in Painting Accademia di Belle Arti

Website <https://www.accademia.firenze.it/it/>

2006 – 2008 Bologna, Italy

Licence Ministry of Education, Cobaslid Accademia di Belle Arti

Website <https://www.ababo.it/>

2008 – 2010 Reggio Calabria, Italy

MA in Cooperative Learning Università per stranieri "Dante Alighieri"

Website <https://www.unidarc.it/>

2011 – 2012 Pune, India

Certificate of Art Therapist by "Meera Hashimoto" Multi
versity, OIMR

Website <https://www.osho.com/>

VOLUNTEERING

1992 – 1993 Wajskol Associates, Design Studio, New York, U.S.A.

● Internship

Multitasking, helping the designer Jonathan Wajskol and learning Quark X-Press

Link <http://designwajskol.com/>

2011 – 2017 India, Spain, Sweden, Japan, Italy

● Helper

Team member and personal assistant to the artist and art therapist Meera Hashimoto in her Trainings around the world

Link www.meera-art-foundation.com

03/2014 – 06/2014 Istituto Osho Miasto, Italy

● Work as meditation

Living the Commune Program

Working in the kitchen

Link <https://www.oshomiasto.it/en/>

WORK EXPERIENCE

2000 – 2002 London, United Kingdom

● Web designer Eclipse

- building and maintenance of websites, HTML, Java Script codes

2005 – 2006 Florence, Italy

● Assistant art director Bates, Catoni & Ass.

- helping designing layouts

- assisting all the phases of a project (from brainstorming/rough to finish layouts/presentations)

09/2006 – 12/2006 Florence, Italy

● TA Prof. Umberto Borella, Painting department Accademia di Belle Arti

- assisting students in the creation of art works

2006 – 2022 Florence, Empoli, Sesto F.no, Livorno, Siena, Italy

● Art teacher, high school Liceo Artistico Statale, Istituto Professionale

- teaching the art of graphic design, photography, xilography, typography, silk printing, drawing, painting
- teaching Adobe Photoshop, Indesign, Illustrator, Creative Cloud

2016 – CURRENT India, Thailand, Japan, Spain, Sweden, Croatia, Italy

● Co-facilitator Art therapy Trainings Meditations Centers

- team member of Meera Art Academy Certified Teachers

- co-facilitating groups, retreats and events around the world

- carrying on Meera Hashimoto approach and method to art therapy

2017 – 2020 Siena, Italy

● Art teacher, painting workshop Casa circondariale "S.Spirito"

- co-facilitating a painting workshop with prisoners "Atlantide project"

2020 – CURRENT Bibbona LI, Italy

● Art therapist Osho Nirvesha, Meditation Center

- leading groups on primal painting, meditation, inner polarity, life tree

2022 – CURRENT Siena, Italy

● **Art teacher, alternative educational project (secondary school)** Scuola di Noceto

- chair teacher of art
- collaborating with colleagues in multidisciplinary projects

2023 – 2023 San Rocco a Pilli SI, Italy

● **Head of workshop** Centro di aggregazione giovanile - Diritto di transito

- group painting with young refugees and migrants

2023 – CURRENT Quarna Sopra VB, Italy

● **Art Facilitator, Painting workshop** Mandali Retreat Center

- leading an awakening of creativity workshop for 50 people - ADULTS

OTHER TRAININGS

2018 – 2019

● **Zen counseling with Svagito Liebermeister**

Skill to give sessions around counseling
Gestalt and meditative approach

2019 – 2020

● **Family constellation with Svagito Liebermeister**

Skill to lead a family constellation
Berth Hellinger and meditative approach

2019 – 2020

● **Trauma healing with Svagito Liebermeister**

Skill to give session around trauma healing
Peter Levine and somatic experiencing approach

2011 – 2012

● **Active meditations**

Skill to facilitate actives meditations by Osho

PUBLICATIONS

2022

● **Roots Painting**

Sahaja Kunkunate, artist and facilitator of workshops on the awakening of creativity, recounts the journey of meeting her ancestors and offers a guide to exploring genealogy to help you paint your family tree.

PROJECTS

2016 - 2022

TalentA

Promotion of the Young Art through the printing of a selected and collective annual

2012 - CURRENT

DipingiAMO

Facilitation of primal painting workshops for CHILDREN. Painting is experienced in a fun way to empower the creativity

2012 - CURRENT

Colourful

Facilitation of workshops in which CHILDREN and PARENTS paint together, empowering the creativity in their relation

2024 - CURRENT

Kiara Skuro

An autobiography in colours
A self inquiry reading their own painting
A practice to empower the creativity in life

LANGUAGE SKILLS

MOTHER TONGUE(S): Italian

Other language(s):

English

Listening C1

Reading C1

Writing B2

Spoken production C1

Spoken interaction C1

Spanish

Listening B1

Reading B1

Writing A2

Spoken production A1

Spoken interaction A2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

DRIVING LICENCE

Driving Licence: B