


BLISS JOSEPH

 DURANGO, COLORADO

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 828-384-2631

WORK EXPERIENCE

HEALTH AND WELLNESS

Auricular Acu and Herbal Technician, Red Light Specialist

May 2022-Present

Vail Valley Wellness

Vail, CO

- Provide patient consultations in addition to care and hands-on treatment including acu-detox, acupuncture assistance, fire cupping, scar therapy, ionic foot bath, face and body gua sha, facial cupping, ozone therapy, and high oscillation frequency wand.
- As an herbal technician, make teas, tinctures, salves, and capsules.
- Manage the front desk and the doctor's schedule, take payments, and track member info.
- Communicate with and order from vendors and manage inventory.

Yoga Teacher

May 2022-Present

Revolution Power Yoga

Vail, CO

- Teach AromaRestore, Pin+Yin (with Acu-Detox in Shavasana), Power Yoga, Dance Your Flow, Slow Flow classes.

Dance Your Pride

Dec. 2022-Present

Independent Yoga Class

Vail, CO

- Created a monthly yoga class to bring together community, give back, and allow people a safe space to be their true selves. All proceeds go to Mountain Pride (a local nonprofit that brings awareness to the LGBTQ+ community).

Community Yoga Teacher

Jun. 2023-Present

Beaver Creek Village

Vail, CO

- Provide hour-long outdoor yoga class with music for all experience levels.

EDUCATION

- B.S. in Environmental Science, Brevard College, May 2019
- 200hr Yoga Teacher Training at Revolution Power Yoga, May 2022
- WAOTEA Ceremonial Tea Expert Training, February 2023
- Auricular Acupuncture Training, April 2023

SKILLS

Acu-Detox, Acupuncture Assistance, Fire Cupping, Yoga, Sound Baths, Tea Ceremonies, Red Light, Herbal Pharmacy & Inventory, Ionic Foot Detox Bath, Face and Body Gua Sha, Facial Cupping, Scar Therapy via Dolphin Device, Ozone Therapy