

Sylvie Rokab, M.A. – C.V.

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Professional Summary

Sylvie is a mindfulness teacher, nature therapy guide, and award-winning filmmaker with over 25 years of experience working on films for television networks and the silver screen. She is passionate about inspiring people to deepen connection with nature, others, and self.

Her latest movie **LOVE THY NATURE**, Narrated by Liam Neeson, received critical acclaim including 27 awards, and had nearly 300 screenings internationally. Blending her global upbringing (she speaks 4 ¼ languages), with her 30+ years of meditation practice, and her life-long love affair with nature, Sylvie’s inspiring, inclusive, and warm rapport with her audiences, students, and mentees makes her a beloved speaker, workshop leader, and nature therapy guide.

Through Love Thy Nature Journeys and Workshops, Sylvie helps rekindle mindful loving awareness and the realization of nature’s power to heal and transform. Participants, students and mentees often share that they experience a renewed sense of belonging, joy and aliveness.

Selected Workshops, Classes & Talks

- Canyon Ranch, CA – Nature Mindfulness workshop – Aug 2022
- Esalen Institute, CA – Nature Therapy from Self to World, an Earth Day Workshop – Apr 2022
- Spirit Rock, CA – Online Mindfulness Class Series – MMTCP Practicum – Feb & Mar 2022
- Esalen Institute, CA – Forest Bathing for Homecoming and Belonging – Oct 2021
- Esalen Institute, CA – Revitalize Sacred Purpose through Nature Therapy – Jun 2021
- The Nature Talks | Mindful Filmmaking Webinar | Feb 2021
- The Best Year of Your Life | Nature Mindfulness Webinar | Feb 2021
- GP RED National Think Tank | Deepening Nature Connection | Nov 2020
- Holbrook Travel Webinar | Forest Bathing during Covid | Sept 2020
- 1440 Multiversity Webinar | Virtual Forest Bathing during Covid | May 2020
- Esalen Institute, CA – Forest Bathing Workshop | May 2019
- TEDx Talk - Monta Vista Talk | April 2019
- Santa Monica College – Talk | Mar 2019
- AORE/WEA UT – Mindful Filmmaking Workshop | Oct 2018
- Circle X Ranch, CA - Forest Bathing Workshops | Sept, Aug, & Jun 2018
- InterpTech 2018 Conference, CA – Mindful Filmmaking Workshop | May 2018
- Esalen Institute, CA – Forest Bathing Workshop | Apr 2018
- Rocky Oaks, CA - Forest Bathing Workshop | Mar 2018
- Yamato Scrubs, FL - Forest Bathing Workshop | Mar 2018
- Public Lands Alliance Conference, CA – Mindful Filmmaking Workshop | Feb 2018
- National Assoc. of Interpretation Conf. – Mindful Filmmaking Workshop | Nov 2017
- Green Festival, OR – “Deepening Nature Connection” speech | Dec 2016
- Green Festival, LA, CA – “Deepening Nature Connection” speech | Sept 2015
- Richmond Film Festival, VA – Speech “Flow: Unleashing the Muse” | Feb 2015

Selected Film Screenings & Speeches (See full list [here](#))

- Canyon Ranch, CA - Love Thy Nature screening with director's Q&A - Aug 2022
- Esalen Institute, CA - Love Thy Nature screening with director's Q&A Apr 2022
- Cinema Center, IN - Love Thy Nature screening with director's Q&A | Apr 2022
- Hello Revel - Love Thy Nature screening with director's Q&A | Apr 2022
- Port of LA High School - Love Thy Nature screening with director's Q&A | Jun 2022
- Conscious Good TV – Love Thy Nature virtual screening + Filmmaker's Spotlight | Apr 2020
- Esalen Institute, CA – Love Thy Nature screening with director's Q&A | Apr 2018
- Association of Nature & Forest Therapy, Costa Rica - Love Thy Nature Q&A | Jan 2018
- Unitarian Universalist Church of Santa Monica, CA – Love Thy Nature Q&A | Oct 2017
- Mid Atlantic Arts Foundation, MD – Filmmaking Tour Presentation | May 2017
- Santa Monica College, CA – Love Thy Nature screening with director's Q&A | Apr 2017
- Sustainable Works, CA – Connect to Protect Speech | Mar 2017
- Aero Theatre, CA – Love Thy Nature screening with director's Q&A | Feb 2017
- Mid Atlantic Arts Foundation – On Screen/In Person – Series of 10 Love Thy Nature film screenings and speeches in Mid Atlantic theatres and universities | Nov 2016
- Green Festival, LA, CA - "Deepening Nature Connection" speech | Sept 2016
- Keynsham Community Screening, UK - Love Thy Nature screening with Q&A | Aug 2016
- Laemle Theatres week long run, CA - Love Thy Nature events with Q&A | May 2016
- Cinema Village week long run, NY - Love Thy Nature screening events with Q&A | Apr 2016
- FilmAmbiente, Brazil - Love Thy Nature screening events with Q&A | Aug 2015

Film & Television Production

- "Love Thy Nature" – 2016 - Feature Documentary
Credits: Producer, Director, Writer, Cinematographer, Editor
- "A Life Back" – CNN, MSNBC, FOX Affiliates – 2009 - Public Service Announcement
Credits: Producer, Director, Writer, Director of Photography, Editor
- "House of Babies" – Discovery Networks - 2005-2006 - TV Series
Credits: Director, Line-Producer, Writer, Director of Photography, Editor
- "Innervation - The Dance of Incest" - Film Festivals – 2003 - Feature Documentary
Credits: Producer, Director, Writer, Director of Photography, Editor
- "Miccosukee Magazine" - FOX Affiliate- 2001-2002 - Television Series
Credits: Co-Director, Director of Photography, Editor
- "Man Shaving" - NBC, CBS, & ABC Affiliates – 2000 - Award-winning PSA - Credit: Director
- "Alaskan Dreams & Eco-Florida" - Art Events Screenings -1999 - Meditative Video Art Series
Credits: Director, Editor
- "American Comedy Awards" - Comedy Central – 2000 – Credit: Editor
- CBS Brazil – 1998-1999 - Daily Newsmagazine – Credit: Editor
- "Gloria Estefan: the Evolution Concert" - HBO – 1996 – Credit: Editor
- "Reaching Out - to LGBT Youth" – Cinema Guild (NY) – 1996 - Documentary
Credits: Producer, Director, Director of Photography, Editor
- "Opening Young Minds" – WLRN- Miami affiliate – 1996 – Master's Thesis Film
Credit: Producer, Director, Director of Photography, Editor
- "Healing: A Holistic Approach" – 1995 - Master's Program Film - Barry University

Selected Awards:

- International Movie Awards (4 Platinum and 2 Gold) – 2015
- IndieFest Film Awards – Outstanding Achievement Humanitarian Award - 2014
- Accolade Competition (3 awards of Excellence) - 2014
- Cosmic Cine Film Festival – Grand Jury Award - 2015
- Emmy Award Nomination- “A Life Back” - 2009
- Telly Awards – “Silver” for “House of Babies” - 2006
- Aurora Awards - "Platinum Best of Show" for "Innermotion"- 2004
- Telly Awards - "Finalist" for "Innermotion" - 2004
- Communicator Awards - "Excellence" for "Innermotion" -2003
- Aurora Awards – "Platinum Best of Show" for "Man Shaving"- 2002
- Telly Awards – "Silver" for "Man Shaving"- 2002

Education & Training

- Mindfulness Meditation Teacher Certification Program - under Tara Brach & Jack Kornfield – 2021-2022 (ongoing)
- Association of Nature & Forest Therapy - 2018
Certified Forest Bathing Guide
- Barry University- Master of Arts - 1996
Television Production (Emphasis: Documentaries) – Communications School- Miami, FL
- New York University (NYU) - BA - 1995
Film Production, TISCH School of the Arts - New York, NY

Languages

English, French, Portuguese, Spanish – Fluent
Italian – Enough to draw a few giggles

Skills

- Heart-centered approach with all beings, including audiences, students, mentees, and clients
- Deep attunement with and compassion for the more-than-human world
- Excellent written and verbal communication skills
- Finely attuned perception through the creativity prism
- Extensive knowledge of story structure
- Film directing, cinematography, writing and editing

Memberships

- Association of Nature & Forest Therapy (ANFT)
- Insight LA Meditation
- Bioneers
- International Documentary Association (IDA)

Interests

- Visiting wild places and beings
- Music & dance
- Paddle ball & boogie boarding
- Turning into a kid for beach fun