

Sylvie Rokab, M.A. – C.V.

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Professional Summary

Sylvie is a certified mindfulness teacher, nature-therapy guide, and an Emmy-nominated filmmaker. By blending these three disciplines, Sylvie offers simple but powerful techniques that help participants find freedom from suffering, to access the healing, wisdom, and wonder that can only be found in mindful relationship with nature. Narrated by Liam Neeson, her film LOVE THY NATURE earned 27 awards and has helped viewers realize that the illusion of separation from the natural world is at the root cause of our dire human and ecological condition. Through her teachings, Sylvie helps participants rekindle loving awareness and awaken to the power of nature to help transform their lives, and to their own power to heal and regenerate our world. They often share that they take home a renewed sense of belonging, joy, aliveness, and a desire to protect our spellbinding world.

Selected Workshops, Retreats, and Talks

- Nature-Inspired Mindfulness 8-Week Online Course - Oct-Dec 2023
- Rocky Mountains EcoDharma Retreat Ctr – Inner/Outer Nature Meditation Retreat – Jul 2023
- Esalen Institute, CA – Revitalize Your Purpose with Forest Bathing – workshop – Jul 2023
- Belize Expedition/ Holbrook Travel– Forest Therapy with Love Thy Nature Journeys–Nov 2022
- Ojai, CA – A Forest Bathing Retreat for Women – Oct 2022
- Esalen Institute, CA – Nature Therapy to Unleash Creativity – workshop – Sept 2022
- Canyon Ranch, CA – Nature Mindfulness - workshop series – Aug 2022
- Esalen Institute, CA – Nature Therapy from Self to World, an Earth Day Workshop – Apr 2022
- Sounds True – Online Mindfulness Class Series – MMTCP Practicum – Feb & Mar 2022
- Esalen Institute, CA – Forest Bathing for Homecoming and Belonging – Oct 2021
- Esalen Institute, CA – Revitalize 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
- Circle X Ranch, CA - Forest Bathing Workshops | Jun, Aug, & Sept 2018
- InterpTech 2018 Conference, CA – Mindful Filmmaking Workshop | May 2018
- Esalen Institute, CA – Forest Bathing Workshop | Apr 2018
- Public Lands Alliance Conference, CA – Mindful Filmmaking Workshop | Feb 2018
- Green Festival, OR – “Deepening Nature Connection” - Talk | Dec 2016
- Richmond Film Festival, VA – Talk: “Flow: Unleashing the Muse” | Feb 2015

Selected Film Screenings & Q&A

- 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
- Shift Your World, CA - Love Thy Nature screening and interview with director's | Apr 2021
- Conscious Good TV – Love Thy Nature virtual screening + Filmmaker's Spotlight | Apr 2020
- Ojai Art Center, CA - Love Thy Nature screening with director's Q&A | Nov 2019
- 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 – Screenings and talks series | 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
- Laemmle 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 Pgm - under Tara Brach & Jack Kornfield – 2023
- 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

- Proficient teacher and mentor in the fields of Mindfulness, Nature Therapy, & Filmmaking
- Excellent written and verbal communication skills
- Deep attunement with and compassion for the more-than-human world
- Fine perception through the creativity prism
- Extensive knowledge of story structure
- Film directing, cinematography, writing and editing

Memberships

- Mindfulness Meditation Teacher Certification Program (MMTCP) - Alumni
- Association of Nature & Forest Therapy (ANFT)
- Insight LA Meditation
- Bioneers

Interests

- Communing with wild beings and places
- Healthful & yummy cooking
- Spiritual community
- Drumming circles
- 5 Rhythms dance