



# GLYNNIS OSHER

---

## PROFESSIONAL

- 2015 - CURRENT     **Creative Director**, online course creation, design, product development  
The Spice Life Ayurveda, aromatherapy, aromanutrition. Vancouver
- 2005 - 2015        **Creative Director, art direction, package design, product development**  
The Mystic Masala Aromatherapy Inc. Vancouver
- 2003 - 2005        **Group Art Supervisor. Art direction, graphic design.**  
Grey Advertising (Grey Healthcare Group), New York
- 2001 - 2003        **Freelance Art Director, Graphic designer, Seattle, New York**  
Represented by Penny & Stermer Group, Illustration and design
- 2000 - 2001        **Senior Art Director. Art direction and design.**  
Grey Advertising (Grey Healthcare Group), New York
- 1996 - 2000        **Freelance Art Director, Illustrator, Graphic designer Seattle, New York**  
Represented by Penny & Stermer Group, Illustration and design
- 1991 - 1996        **VP Senior Art Director. Art direction and design**  
Young & Rubicam, Sudler & Hennessey, New York
- PRIOR                **Art Director.** Lewis and Gace Healthcare advertising, New York
- Graphic Designer, Art Director. Concept, design, and art direction.**  
MS Design Studio, JHB, South Africa
- Associate Art Director. Art direction and design, print, TV, video**  
Kenyon Wiles (Saatchi & Saatchi International), JHB, South Africa

## TEACHING

- 1998 - 2003        **Advertising and Design faculty.** Seattle Central Creative Academy.  
Instructor in graphic design, art direction, branding and illustration
- Branding and Design.** FIT Fashion Institute of Technology New York.  
Graphic design, branding, (guest teacher)
- Ayurvedic Nutrition and cooking.** Bastyr University Seattle.  
Created and taught 3 month certificate course to Nutrition graduates.
- 2009 - CURRENT    **Instructor and curriculum development.** VSOHA. Vancouver School of Healing  
Arts, Vancouver, Ayurvedic Head Massage, Aromatherapy, Self-Care.
- CURRENT            **Aromatherapy online course design and creation.**  
VSOHA (Vancouver School of Healing Arts), part time faculty.
- CURRENT            **Ayurvedic Self-Care.**  
Langara College, Yoga Teacher Training Program. Vancouver.



## EDUCATION

Diploma communication + Design, JHB School of Art & Design, South Africa  
Computer graphics. School of Visual Arts New York.

Ayurvedic Practitioner. AYU Academy, Bastyr University Seattle

Indian Head Massage. Bliss Prema, Vancouver and London School of  
Champissage, NM

Ayurveda Marma therapy Certificate, Dr. Vasant Lad, Ayurvedic Institute NM

Ayurveda and psychology, distance learning, Dr. David Frawley.

Ayurvedic Aromatherapy, David Crow, Floracopeia.

## SPEAKING ENGAGEMENTS

Victoria Yoga Conference 2014-2018, Victoria BC

Share Ayurveda Conference Vancouver 2018

Bellyfit Conference Victoria 2012, 2016

Frockalicious by Design, Vancouver 2015

BCAOA British Columbia Alliance of Aromatherapy, Vancouver 2018

## AWARDS

Small Business BC Business Plan Contest 2005, Vancouver

RX Advertising Club award of excellence, New York 1994 - 2004

Art Director Club of New Jersey, New York 2002

NY Society of Illustrators, 911 Memorial Exhibit, SCCC students, New York

SABC (South African Broadcasting Corporation) Logo Design, South Africa

## PUBLICATIONS

Your Irresistible Life: 4 Seasons of Self-Care through Ayurveda and Yoga  
Practices that Work. Co-author Balboa Press 2014

Vista print Magazine, Vancouver. Ayurveda and aromatherapy column

Maple print Magazine, Vancouver. Ayurveda and aromatherapy column