

City of Doral Parks & Recreation
RECREATION & FITNESS PROGRAM PROPOSAL FORM

Individuals or companies interested in proposing their programs and services to offer in City Parks & Facilities must complete and return this form attached to the Request for Proposal.

Program Name:

Instructor/Company Name:

1. Program Description

Description should include description of the program and details such as: participant ages, number of times program is offered (weekly/monthly), time of program (morning, afternoon, evening, weekends), materials to be provided by instructor/participant.

Class once a week, Ages: 3 months up to 2.5 years old.

Pattern recognition and pitch-following represent the primary objectives of this educational music program. This class caters to a diverse, multilingual group of students, fostering the development of their language skills. The emphasis on pattern recognition not only enhances mathematical and language understanding but also primes these young learners for a more open and receptive engagement.

In the music classes, Ms Sara incorporates phonetic exercises to aid children in the initiation and improvement of their speaking abilities. These activities serve as a foundation for effective communication.

Program Description Continued

Program Participant Fee(s):

Proposed Hourly rate/per class fee:
(city to pay instructor) if applicable

Any additional Program Requirements:

Other locations you have offered this program:

Instructor Experience & Qualifications:

(provide experience/qualifications of the company and all instructors that will be offering program) Additional sheets can also be attached with resume/CV.

Instructor Experience & Qualifications Continued

Sara Gonzalez
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Career Summary

I have considerable musical experience as a professional singer, recording artist, and composer. I have extended and combined this career with my work as a music teacher for preschoolers, yoga therapist teacher, mindfulness and breathing work teacher.

Objective

To inspire and teach people in a stress-free and joyful environment while continuing to learn and give more. I love what I do and strive to do my best in every session. I am passionate about working with children and find inspiration and challenges in every teaching opportunity.

Experience

2017- Present: La Piazza Academy, Miami, FL

- Music teacher for all Preschool.

2017- Present: Miami Children's Resources School

- Yoga therapy teacher for special needs children.

2017-Present: Adrienne Arsht Center, Miami, FL

- Collaborated on various programs, including Jackson Hospital Rehabilitation Center.

- Worked with patients with neuro-injuries and conducted programs for young adults and seniors. Offered music and performance classes culminating in a final showcase at the theater. Conducted workshops for special occasions and an online music class for children and families during COVID-19.

2018- Present: Miami Village Montessori

- Music teacher for all the preschool.

2018-Present: La Prima Casa Montessori, Miami, FL

- Mindfulness and yoga teacher.

2019-Present: Miami School Piccoli Bambini

- Music teacher for all preschool classes.

2019 - Present Atelier Kids Miami. Music Teacher for all preschool.

2018- Present: Miami Friendship Circle, Miami, FL

- Provided yoga therapy for special needs children, teenagers, and young adults.

2020-Present: Big Brothers Big Sisters Foundation

- Conducted free weekly music classes for children within families with low income during COVID-19.

Key Point International Academy, Miami, FL

- Mindfulness teacher, applying the MBSR (Mindfulness-Based Stress Reduction) program.

2021: "Wonder Woman" Documentary

- Featured as one of the three main characters in a documentary about my life as a teacher in the USA. The documentary has won many prizes at the Miami Film Festival and other international festivals.

2019: Composer for "Key Biscayne for the Homeless"

- Composed "Just for Today - Solo por Hoy" and created a band with individuals recovered from the streets.

2019: Singer for "Welcome to the Journey of Life"

- Sang in a film about top female tennis players, which won multiple awards, including the Hollywood International Documentary Awards.

2018: Spanish Music Ensemble

- Performed Spanish XVII to contemporary music with a violinist and pianist, including Federico Garcia Lorca poems in Miami and New York.

2017-2019: Carpe Diem Schools, Miami, FL

- Yoga therapy instructor for special needs and autistic children (ages 5-18 years old)

2017-2018 Temple Beth Shalom. Volunteer as Music Together Teacher.

Music and Charity Involvement:

2017: Foundation Street Art for Mankind

- Participated in a fundraising concert to support children in slavery.

2016: Acoustic Guitar Project, Miami

- Selected as one of five artists to compose a song within a week, performed at a charity concert on February 2, 2017.

2012-2016: Volunteer Work in Miami

- Composed and performed in charity concerts.

- Volunteered as a Music Together teacher, yoga teacher, meditation teacher, and yoga music teacher at various schools and institutions, including Temple Beth Shalom, Casa Dei Bambini, San Stephan School, and Cool-De-Sac.

- Developed a music program for children with autism and special needs.

- Volunteered during summer and Easter camp sessions, performing music for a children's yoga workshop, Play Learn and Be Fit.

2016: "They Need School" Project, Miami

- Composed and recorded a song to raise funds for building schools in Haiti through the Foundation "Flying High for Haiti."

- Composed a song for the Bands4Good Foundation, winning an international prize and supporting the organization Kids Rock in New York.

2014: Salvadorian American Humanitarian Foundation FAHF, Miami

- Volunteered for this non-profit organization.

2013: Infancia con Futuro, Guatemala

- Performed in a free concert alongside Spanish artist Antonio Carmona and other local artists.

2012: Music Balloon, London

- Worked with new and upcoming British bands and singers.

2002-2010: El Septimo Sello, Spain

- Assistant Talent Manager, scouted for new artists, and managed new media outreach.

2000-2008: Urfirnis, Valladolid, Spain

- Developed cultural events and coordinated teams, including the Bruce Springsteen concert in Valladolid Stadium.

1989-2002: Sabana Producciones S.L., Spain

- Handled music publishing rights, band administrative issues, and taxes.

1993-2002: Virgin Records, Spain

- Singer, songwriter, and recording artist.

- Recorded three albums with own band and six albums with artists such as Miguel Bose and Raphael.

1989-1993: Fonomusic, Spain

- Recorded three albums with the band Greta y los Garbo, among other recordings and remixes.

Education

1989 Business and economics of Valladolid University (Spain)

1988 High School Diploma. (Spain)

Courses

2008 Digital music course. Spain

2006 Environmental Course in Madrid. Spain

2006 Photography course. Spain

2003 Intellectual Property Law in Madrid in the General Authors Society. Spain

1979-1982 Music Conservatory in Valladolid. Spain

Other Studies with Certification.

2024 – Certified International Montessori Teacher Children 3-6 years (AMS)

2020 Mindful Teacher Training Program (MTTP)

2018 MBSR Mindfulness-Based Stress Reduction

2018 Therapeutic benefit of yoga for the heart

2017 Music for early years, supporting preschoolers' brain development through music

2017 Advanced Pranayama. Breathing techniques.

2017 Therapeutic Benefits of yoga for Cancer and people with Chronic Illness

2016 Therapeutic Benefits of yoga for Mental Health. Miami (Anxiety, Depression, Addictions, Mood)

disorders, anxiety disorders, Personality disorders, Thought disorders, ADHD, Insomnia...)

2016 Yoga therapy for children with Autism and special needs. Deerfield Beach, Florida

2015-2016 Sports Nutrition 1 and 2. Miami

2015 Yoga Music Instructor. Miami (Zynthia Zack program)

2015 Yoga Instructor . Miami Power Vinyasa Yoga (Fred Busch)

2015/16/17/18/19. First Aid Child CPR AED certified by the American Heart Association. Miami

2015 Yoga for prenatal and post-natal. Miami

2015 Gentle Yoga. Miami

2014 Teacher of the program: Yoga kids; Play Learn and Be Fit . Miami

2014 Music Together Teacher . Fort Mayers . Florida

Skills

English: written and speaking

Spanish: native speaker. Born and lived in Spain

Italian: spoken to an upper intermediate level. My family is from Italy.

Computing skills(Mac and PC), Word, Excel, Power point

Interests

My interests other than music, cinema, yoga, mindfulness , composing, singing, art, museums, I am a culture seeker.

Personal Awards

While at University, I performed as soloist with the University Choir in two International

Festivals and won the prize for best soloist for both contests. I was the FIRST woman in history to win among 25 music men bands from University. It has been an old context always sang by men until I first won

1.- Coimbra (Portugal) in 1987

2.- Eindhoven (The Netherlands) in 1989

Recent Personal Awards

Bands 4 Good Challenge 2014 1st runner up and best in genre and International soloist,

Discography

1990 Greta y los Garbo

1991 Llamad a Mr. Brown

1993 Buscame

1995- Deseo

1997 Greta y los Garbo

2000 Vive

2001 GrandesExitos

2006 Grandes Exitos

2007 Rebirth

Additionally, many records have included some songs from my band.

Charity Albums

Coca-Cola. Aquí y Ahora. To help children in need.

Unidos Por la Paz. For peace

Hay que volver a empezar. Against gender violence.

Me olvide de vivir. Alzheimer Association. Recorded along with many other artists in Spain including

Julio Iglesias.

Collaborations with other Artists

Miguel Bose. Performed 5 songs on his álbum, Laberinto

Rapahel. Performed on his album, Maldito Raphael.

Robert Freeman. (The Beatles photographer) provided photos for our 3rd album.

Tam Tam Go. Collaborated with on a full album.

Also: Divine, Dakota Moon, CHICAGO COSMOPOLITAN CHOIR, Javier Gurruchaga,

Mikel Eretxu, Joan Valent, Pedro guerra, Kepa Junkera, Azucar Moreno, Manolo Tena, Teo

Cardalda.

Awards - with GRETA Y LOS GARBO

1990 First album. Best vocal album of the year.

1991 Award from Antena 3 T.V. for the revelation music band.

1995 Gold record for the selling with virgin records of their 4th record "DESEO"

Later, They got

platinum record for this album also.

1995 Award for the best pop band by M80 radio

1995 Award for the best female album by cadena 100 radio

1997 Gold record for the 5th Greta y los Garbo album.

2007 SONAR award to the best music band in Xirivella Spain

Awards - Soundtrack for FILMS

Manuelita.

El Gran Marciano

Soundtrack for the short film Lobos Sucios

Awards - TV SERIES for Composing and Performing the Theme Song

Pop Stars. Telecinco T5 TV

Compañeros. Antena 3 TV

MEGATRIX. Antena 3 TV.

The Big Brother (El Gran Hermano). Telecinco TV

Theme for the marketing campaign for TV Chanel Telemadrid

Special professional artistic moments in my life

In 1998, invited by the President of Spain Jose Maria Aznar to a lunch in the Palace "La Moncloa" -- The Spanish President's White House. To talk with him and his wife about culture and music and how to help music to get the same level as literature in questions of taxes. Why a book about Mozart with his operas reading the music sheets you pay 4% because is culture and why if you want to buy a Mozart CD with the same opera to heard it you have to pay 16%....it makes no sense. Both are culture. We were talking about this subject and others while with him and family. The Concert Against Terrorism in Spain. After a terrorist attack in which many people were killed, all the country was in shock. Artists involved in this concert were blackmailed to not do the concert but performed nonetheless. An emotional concert followed by most Spaniards not only in Spain but outside the country, as well as people from all over the world who believe in Freedom.. Being there, in the precious moment to perform, to give the message "Never again" with an audience not only in the venue but via broadcasted by the main Spanish Channel in Spain R.T.V.E.1 and the International Channel was inspiring. I will never forget performing with my band and sharing those moments with all the national and international artists such as the multi Grammy award and World Award winning artists Ricky Martin and Julio Iglesias, as well as the most important artists in Spain. It was a priceless experience. We were again received by the President Jose Maria Aznar who went to the concert along with the Spanish Royal family. One of the most touching moments was when the Pope Juan Pablo II came to Spain and the Greta y los Garbo was asked to perform in " 4 Vientos " a huge venue outside of Madrid for 250,000 people, and broadcast all around the world.