



# Serina Payan Hazelwood, MAIS, CSE {she/her/ella}



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## Summary of Qualifications

Serina Payan Hazelwood {she/her} is a queer, Indigenous-Chicana, scholar and somatic community gatherer. She is a certified Holistic Sexuality Educator and yoga teacher dedicated to liberatory praxis through Indigenous Knowledges. Her work is rooted in the cosmologies of the land. Reclamation, Ritual, and Renewal are the guiding value systems that inform the human experience of her work. Serina’s work is guided by the Nahui Ollin (Mexican Indigenous Way of Knowing). She incorporates anti and decolonial methodologies to facilitate collaborative, circular, self-determined learning spaces.

Serina established a *Sustainability in Justice Policy* and a *Boundary Statement for White Participants* that facilitates dialog and the potential for systemic changes within predominantly and historically white institutions (PHWI). She co-authored the published article, *Reimagining U.S. Federal Land Management Through Decolonization and Indigenous Value Systems* in 2021. The 2024 Routledge publication, *The People’s Book of Human Sexuality: Expanding the Sexology Archive*, features a chapter written by Serina, *Yoga: A Liberatory Praxis*. Serina earned a Master of Arts in Interdisciplinary Studies degree with an emphasis on Liberatory Praxis through Indigenous Knowledges. Serina is a current doctoral student in the Sustainability in Education program at Prescott College. [Serina’s positionality and identity statement can be found here.](#)

## GALLUP® Strengths

Connectedness • Activator • Strategic • Communication • Responsibility

## Honors, Awards, & Accomplishments

AASECT Certified Sexuality Educator	2022
Certified Holistic Sexuality Educator, Institute for Sexuality Education & Enlightenment	2018
Co-Chair AASECT Institute	2021 - 2022
Scholarship recipient, <i>Change Maker</i> , Prescott College	2019, 2020
Presenter, Drum Circle Facilitator Guild	2020
President’s Honor Recipient, Glendale Community College	2017 - 2019
Grant recipient winner, <i>Innovation for Adopting New Technologies and Pedagogies</i>	2017
Presenter, <u>GCC Igntite</u> ®, Glendale Community College	2016
ECHO Magazine Community Profile feature	2013
Intuit® Small Business, Big Wishes recipient	2012
AZ Foothills Magazine® “8 Healthy Spots” award	2012
<i>Sonoran Living</i> ® Community Profile feature	2012
Healthcare Advertising® Gold Winner	2001
Healthcare Advertising® Silver Winner	2001

## Work Experience

- Dean of Student Affairs** 2021 - 2022  
 Institute for Sexuality Education and Enlightenment  
 Managing the implementation of core business models to streamline processes for functionality and efficiency, as well as assisting in program development.
- Co-Chair** 2021 - 2022  
 AASECT Institute  
 Creating virtual training sessions that introduce new tools, perspectives, and strategies for advancing sex positivity and liberation with a decolonial framework.
- Operations Manager** 2018 - 2021  
 Institute for Sexuality Education and Enlightenment  
 Managing the implementation of core business models to streamline processes for functionality and efficiency as well as assisting in program development.
- Facilitator/Organizer, Community Drum Circles & Music Making** 2016 – Present  
 Payan Medicine  
 Leading monthly, community music-making circles as a means to create community through bilateral stimulation. Therapeutic, somatic, and emotional intelligence skill-building for educational institutes, non-profits, businesses, and adult memory care units to help reduce stress, and create a greater sense of belonging.
- Graphic Design Artist and Marketing Consultant** 1997 – 2020  
 Athena Expressions, Banner Health Systems, BC Graphics, Zila Pharmaceuticals, Brazen Graphix  
 Providing turn-key marketing services such as graphic design, website development, branding, marketing management, and promotional products.
- Fitness & Wellness Instructor** 1998 – 2020  
 Phoenix, Arizona  
 Creating body-positive, inclusive classes for community that incorporates movement and somatic awareness for marginalized folx.
- Sex Educator/Sales Associate** 2013 - 2018  
 Fascinations®, My Secret Luxury®, Fascinations®, Castle Mega Store®  
 Educating community about products related to sexual pleasure and function.
- Adjunct Instructor, Yoga 101** Fall 2013 – Fall 2017  
 Glendale Community College  
 An introduction to the history of yoga, postural poses, and meditation that incorporates somatic awareness.
- Adjunct Instructor, Yoga 102** Spring 2014 – Fall 2017  
 Glendale Community College  
 An advanced yoga practice that explores the 8-limbs of the traditional yoga path with an incorporation of somatic awareness.
- Adjunct Instructor, Zumba®** Fall 2013 – 2017  
 Glendale Community College  
 A dance-fitness course that introduces participants to world music and dance rhythms.

- Wellness Instructor** 2013 - 2017  
 Glendale Community College  
 Leading senior adults in wellness courses such as Zumba Gold®, SilverSneakers®, yoga, drum circle, and guided meditation.
- Wellness Instructor, *Demos-on-the-Go*** 2014 - 2017  
 Glendale Community College  
 Leading faculty and student body in community-building activities that included meditation, movement, and drumming
- Owner/Instructor, In the RA Fitness** 2011 - 2013  
 Phoenix, Arizona  
 A boutique fitness studio with a social justice and body-positive business model, featuring classes designed for large-bodied, LGBTQIA+, and 40+ aging adults.

## Presentation, Facilitation, and Leadership Experience

- Panelist, *Finding Home*** May 8, 2024  
 San Francisco Public Library  
 Explored the concept of 'home' amidst a shifting landscape in a panel from *The People's Book of Human Sexuality* to discuss themes of identity and belonging in a world of constant change.
- Facilitator, *Anti-Colonial Professional Communication and Personal Reflection Skills*** December 2, 2023  
 The Sexual Health School  
 Transforming the practice of sexuality Sexuality Professionals through the Re-Humanizing approach and Indigenous values. The workshop taught skills to disrupt power, enhance communication skills, and deepen personal reflection using the Tezcatlipoca model and the Four Rs in their therapy practice.
- Speaker, *La Chola Xola: Reclaiming Indigenous Guerrillera Identities y Celebrating Ceremonia in Chola Spaces*** October 13, 2023  
 Yakima Community College, Yakima, WA  
 Presenting a workshop through the Nahui Ollin to explore storytelling and collaborative re-memberings, challenging colonial systems of power and envisioning Indigenous Indigenous Elsewheres that are "beyond the erasures of coloniality..."
- Facilitator, *Chingona Chicana/x Retreat*** May 25-28, 2023  
 Rosarito, Baja California, Mexico  
 Chingona Retreats are immersive, intimate wellness workshops that focus on the path toward liberation.
- Facilitator, *Reclamation, Ritual & Renewal: A Decolonial Approach to Unsettling Our Story*** February 25, 2023  
 Sex X Southwest, Tucson, Arizona  
 An experiential clay-play course that incorporates somatic observation as individuals investigate the stories of their bodies.

- Facilitator, *Online Sacred Sexuality*** January 21, 2023, 2022  
 Institute for Sexuality Education and Enlightenment  
 A course that invites participants to discover and explore their own ideas about sacredness and sexuality, and how these internal concepts impact their professional work
- Facilitator, *Tucson, Arizona - Creative and Educative: Using Our Hearts & Arts in Sex Education, Counseling & Therapy*** November 11, 2022  
 Institute for Sexuality Education and Enlightenment  
 A deeply playful, in-person workshop will uncover the effectiveness and pleasure of the engagement of our creative selves in the fields of sex education, counseling and therapy.
- Facilitator, *Tucson, Arizona - Exceptional Educator: Theory and Methods of Holistic Sex Education*** November 8 - 10, 2022  
 Institute for Sexuality Education and Enlightenment  
 An experiential, virtual course that leads educators to create their own teaching philosophy statements and curriculum design
- Co-Chair, *AASECT Virtual Programming: Radical Erotic Liberation Through Relationality in the Field of Sexuality*** October 14, 2022  
 American Association of Sexuality Educators, Counselors, and Therapists  
 Institute is intentionally designed with techno-heutagogical (self-determined) approaches to inspire, decolonize, and decrease distance toward liberation in the field of sexuality. Participants are invited to activate embodied wisdom and engage and receive in liberatory discourse as it relates to sexuality, relationality, erotic sovereignty, love, pleasure, passion, justice, and joy.
- Facilitator, *Online Sexuality, Ritual, and Healing*** September 24, 2022  
 Institute for Sexuality Education and Enlightenment  
 A course that teaches professionals how to incorporate the healing benefits of ritual in their practice.
- Facilitator, *Online Cultural Identities and Sexuality in the US: Counter-Narratives and Self-Reflection*** July 30, 2022  
 Institute for Sexuality Education and Enlightenment  
 A course that exposes participants to the systems of oppression that exist within the field of sexuality and help participants to understand how individual identities intersect with power.
- Collaborator, *XITO Institute: Teaching & Organizing for Decolonial Ethnic Studies*** July 8 - 10, 2022  
 Institute for Sexuality Education and Enlightenment  
 An experiential institute that encourages educators in the field to learn more about decolonizing and re-humanizing methodologies.
- Facilitator, *Online Exceptional Educator: Theory and Methods of Holistic Sex Education*** June 24 - 26, 2021  
 Institute for Sexuality Education and Enlightenment  
 An experiential, virtual course that leads educators to create their own teaching philosophy statements and curriculum design

- Facilitator, *Online Principles of Holistic Sex Education*** May 23, 2022  
 Institute for Sexuality Education and Enlightenment  
 A course that empowers participants to self-determined definitions of principles of holistic sex education and how they imagine applying those principles.
- Presenter, *2022 National Traditional Ecological Knowledge Summit*** May 10-11, 2022  
 Oregon State University  
 Guiding TEK attendees in 60-minute morning meditations to calm the nervous system and connect with spirit
- Facilitator, *Online Sacred Sexuality*** April 3, 2022  
 Institute for Sexuality Education and Enlightenment  
 A course that invites participants to discover and explore their own ideas about sacredness and sexuality, and how these internal concepts impact their professional work
- Co-Facilitator, *Online Exceptional Educator: Theory and Methods of Holistic Sex Education*** October 14-17, 2021  
 Institute for Sexuality Education and Enlightenment  
 An experiential, virtual course that leads educators to create their own teaching philosophy statements and curriculum design
- Facilitator, *Reclamation, Ritual & Renewal: A Decolonial Approach to Unsettling Our Story*** October 14, 2021  
 Institute for Sexuality Education and Enlightenment  
 A virtual experiential clay-making course that incorporates somatic art play with individual story-telling regarding lived experience and white supremacy.
- Facilitator, *Online SAR: Sexual Attitude Reassessment*** September 17-19, 2021  
 Institute for Sexuality Education and Enlightenment  
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Facilitator, *Reclamation, Ritual, Renewal: A Call to Liberate BIPOC Bodies, Minds, and Souls*** August 1, 2021  
 Michigan Family Reunion Festival - A Womyn's Space  
 A collaborative music-making workshop that facilitated ritual to connect participants' to reclaim liberation in body, mind, and spirit. The ritual included stillness, meditation, movement, and music.
- Facilitator, *Online SAR: Sexual Attitude Reassessment*** May 21-23, 2021  
 AASECT  
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Co-Chair, *AASECT 2021 Virtual Institute, Unsettling Genders: Honoring Emergent & Indigenous Conversations of Diversity*** April 9, 2021  
 AASECT  
 A virtual conference that celebrates decolonial perspectives about genders that honor and center Indigenous voices; challenging limited notions of genders informed by white supremacy, settler-colonialism, and cissexism.

- Facilitator, *Online SAR: Sexual Attitude Reassessment*** March 19-21, 2021  
 Institute for Sexuality Education and Enlightenment  
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Facilitator, *Online SAR: Sexual Attitude Reassessment*** May 14-16, 2021  
 Institute for Sexuality Education and Enlightenment  
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Facilitator, *Online SAR: Sexual Attitude Reassessment*** January 8-10, 2021  
 Institute for Sexuality Education and Enlightenment  
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Co-Facilitator, *Online Exceptional Educator: Theory and Methods of Holistic Sex Education*** December 10-12, 2020  
 Institute for Sexuality Education and Enlightenment  
 An experiential, virtual course that leads educators to create their own teaching philosophy statements and curriculum design
- Co-Facilitator, *Online Exceptional Educator: Theory and Methods of Holistic Sex Education*** October 15-17, 2020  
 Institute for Sexuality Education and Enlightenment  
 An experiential, virtual course that leads educators to create their own teaching philosophy statements and curriculum design
- Co-Facilitator, *Online SAR: Sexual Attitude Reassessment*** August 21-23, 2020  
 Institute for Sexuality Education and Enlightenment  
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Co-Facilitator, *Online SAR: Sexual Attitude Reassessment*** June 26-28, 2020  
 Institute for Sexuality Education and Enlightenment  
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Presenter, *The History of Playing Indian and Performance Culture Consciousness*** February 21, 2020  
 Drum Circle Leadership Guild 2020 Conference, Prescott, Arizona  
 An examination of the history of why and how European-descendant-Americans identify with other cultures other than their own and the ways in which culture performance is perpetuated in drum circles.
- Facilitator/Organizer, *Reclamation and Renewal: A Yoga Workshop for WOC*** October 26, 2019  
 Twisted Yoga Studio  
 A yoga workshop for women of color to explore and contemplate the impact of the systems of oppression and privilege within the yoga community.

- Co-Facilitator, SAR: Sexual Attitude Reassessment** August 1– 3, 2019  
 Institute for Sexuality Education and Enlightenment  
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Co-Facilitator, Community Sustainability Retreat** July 25, 2019  
 Western New Mexico University  
 Facilitating community drum circles for WNMU core faculty to promote emotional intelligence, connection, and stress relief.
- Co-Facilitator/Organizer, Spiritual Revolution Retreat** July 4 – 8, 2019  
 Montezuma, Costa Rica  
 A chronicle of the soul's journey for queer-women that combines music, movement, and message.
- Co-Facilitator, Night of American Tantra** June 15, 2019  
 AASECT Conference  
 An experiential activity offering participants the opportunity to explore connection to others and general intimacy through breath work, drumming, body movement, and energy practices.
- Instructor, Our Bodies, Our Sex Lives: Adult Sexual Development** April 16, 2018  
 Institute for Sexuality Education and Enlightenment  
 A course that explores young adulthood to senior age sexual development.
- Assistant/Small Group Facilitator, SAR: Sexual Attitude Reassessment** April 13 - 15, 2018  
 Institute for Sexuality Education and Enlightenment  
 A course that introduces participants to a broad range of human sexual behavior through media and experiential learning for the purposes of identifying personal bias.
- Facilitator/Organizer, Weekend of La Loba Retreat** March 16 – 18, 2018  
 Shakti Drummers, Payson, Arizona  
 An empowerment retreat for women seeking freedom from an over-aculturated society; inspired by *Women Who Run with Wolves* by Clarissa Pinkola Estés.
- Facilitator, Women in Leadership Retreat** July 2017  
 Glendale Community College  
 Leading community-building experiential activities to promote connection, emotional intelligence, fun, and stress relief.
- Facilitator, GCC Leadership Retreat** July 2016  
 Glendale Community College  
 Leading community-building experiential activities to promote connection, emotional intelligence, fun, and stress relief.
- Facilitator, Yoni Goddess Workshop** September 2015  
 Brazen Pleasures  
 A sexuality-education workshop for women with a focus on anatomy and pleasure.

**Facilitator, *OM My Goddess Yoga Workshop Series***

April 2015

Brazen Yoga

A sexuality-empowerment workshop that incorporated postural yoga poses with a focus on female anatomy and power.

**Publications and Writings**

Payan Hazelwood, S. 2024. Yoga: A Liberatory Praxis. In B.I., Laureano. *The People's Book of Human Sexuality: Expanding the Sexology Archive*. Routledge.  
<https://www.routledge.com/The-Peoples-Book-of-Human-Sexuality-Expanding-the-Sexology-Archive/Laureano/p/book/9781032021126>

Jacobs, L. A., Payan Hazelwood, S., Avery, C. B., & Sangster- Biye, C. (2021). Reimagining U.S. federal land management through decolonization and Indigenous value systems. *Journal of Park and Recreation Administration*. doi:10.18666/JPRA-2021-10973

Payan Hazelwood, S. (2020). *Disenfranchised grief: uranium poisoning on Indigenous lands in the United States* [Essay].  
<https://w.taskstream.com/ts/payanhazelwood/SerinaPayanHazelwood.html/uczjzbzt00ufzczqzlkzgzlzi>

Payan Hazelwood, S. (2020). The history of yoga and the impact of colonization in the United States [Thesis].  
<https://w.taskstream.com/ts/payanhazelwood/SerinaPayanHazelwood.html/k7eef6eu00kffafgaf8ecfgfs>

**Education & Certifications**

Prescott College, Doctoral Student in Sustainability Education Program	Present
Prescott College, Master of Arts in Interdisciplinary Studies with an emphasis on Liberatory Praxis Through Indigenous Knowledges	2023
Prescott College, Interdisciplinary Bachelor of Arts	2020
Glendale Community College, Associate of Arts	2019
Institute for Sexuality Education & Enlightenment, Holistic Sex Educator Certificate	2018
Zumba®, Zumba Gold®, Zumba Toning®, Aqua Zumba®	2009 – 2017
Drum Circle Leadership Facilitator Training	2017
Principle-Based Partner Yoga® Training	2016
Yoga Nidra® Certification	2015
Venus Code Tantra Training®	2015
SilverSneakers® Training	2014
Yoga Teacher Training, 300-Hour	2014
FiTour® Personal Trainer Certificate	2014
Yoga Teacher Training, 200 Hour	2013
Real Ryder® Group Cycle Training	2012
ISSA Personal Trainer Certificate	1999