

# Irene Cuesta

Mindfulness,  
Community,  
Dissemination &  
Communication,  
Illustration,  
Love for nature

## Irene Cuesta Mayor

University degree in Journalism (2005)  
Graduate and postgraduate studies on Visual Arts

(+34) 697 28 77 54  
[irenecuesta.info@gmail.com](mailto:irenecuesta.info@gmail.com)  
[irenecuesta.aire@gmail.com](mailto:irenecuesta.aire@gmail.com)

[www.linkedin.com/in/irenecuesta](http://www.linkedin.com/in/irenecuesta)  
[www.irenecuesta.jimdo.com](http://www.irenecuesta.jimdo.com)  
[www.behance.net/irenecuesta](http://www.behance.net/irenecuesta)  
[www.domestika.org/es/dibujarelmundo](http://www.domestika.org/es/dibujarelmundo)



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## Values & Purpose

“Every flower is a smile of the Earth”, says Thich Nhat Hanh. My purpose is to work with this mindful awareness and open heart in creativity and community. Honor our flowers, and give life and care to our best service for these times.

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## Working Experience

**Zahorí Books and Editorial CSIC book ‘[Asilvestrarse](#)’ (Rewilding),**  
illustration and text edition and co-writing of the illustrated album.  
MAY 2024-FEB 2025, MADRID (SPAIN)

Illustration and text edition of the book ‘[Asilvestrarse](#)’, an illustrated non-fiction young readers album which explains the value of rewilding (from the inside out) for planetary health and balance recovery.

**National Spanish Research Council (CSIC),** part of the team of Vice Deputy of Scientific Culture and Citizen Science at CSIC.  
OCT 2015-NOWADAYS, MADRID (SPAIN)

Dissemination of Science: writing, editing, illustrating and creating online contents, as well as coordination-organization of initiatives and events for the dissemination of science and the promotion of scientific culture.

### **Freelance illustrator, contents editor and designer.**

SEP 2007-MES DEL 20XX (MEXICO, SPAIN, US)

Illustration, communication and graphic design services for different organizations focused on nature conservation and restoration, fair social economy, research, etc.: Pronatura Sur A.C., ECOSUR, Oxford University Press, Germinando S.Coo., Freepress S.Coop., and others. Collaboration for the edition and illustration of books, magazines, posters, didactic materials, dissemination of science contents, wall paintings, etc.

<https://irenecuesta.jimdofree.com>.

**Intercultural University of Chiapas (UNICH),** lecturer of Reading and Writing, Community Communication and Critical Thinking.  
JAN 2012-DEC 2014, OXCHUC (CHIAPAS, MEXICO)

Learning together with mayan tzeltal native american students through the role of a teacher (appreciating daily their wisdom).

**El Colegio de la Frontera Sur (ECOSUR)**, participation and learning with the team Laboratories for Life ([LabVida Chiapas](#)).

SEP 2013-APR 2014, SAN CRISTOBAL DE LAS CASAS (CHIAPAS, MEXICO)

Learning at the team 'Laboratories for life: science, local knowledge, nutrition and environmental care in the school garden': community, educators and Citoyenne Science project founded by Bruce Ferguson and Helda Morales at the ECOSUR Agroecology Department.

**Luna Maya**, children, women and families yoga facilitator.

JAN 2011-DEC 2012, SAN CRISTÓBAL DE LAS CASAS (CHIAPAS, MEXICO)

**Fundación Española para la Ciencia y la Tecnología (FECYT)**,

illustrator for science news.

SEP 2007-JAN 2011, REMOTE (SPAIN)

**Maison d'Édition Terrenoire**, original books creation and editing.

JAN 2006-JUN 2006, LYON (FRANCE)

**Fine arts academy L'Atelier and Arjé Excellence S.L.**, drawing, modeling and painting teacher.

OCT 2003-JUL 2006, MADRID (SPAIN)

Teaching creative drawing and painting to children, teens and adults.

**Groupe de presse Libre Belgique**, photojournalism stage.

JUNE 2003, BRUSSEL (BELGIUM)

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## Official Studies

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**Spanish National Research Council (CSIC)**, Inclusive Science course.

ABR 2023, ONLINE (SPAIN)

**Spanish National Research Council (CSIC)**,

Communication and dissemination of Science Course.

JUN 2016, MADRID (SPAIN)

**Fine Arts Faculty of Complutense University of Madrid**, finished the formative part of the postgraduate program 'Art: Plastic, Technique and Concept'.

OCT 2006-JUN 2007, MADRID (SPAIN)

**Complutense University of Madrid**, Degree in Journalism.

SEP 1998-SEP 2005, MADRID (SPAIN)

**Erasmushogeschool Brussel**, Erasmus students Scholarship.

SEP 2002-JUN 2003, BRUSSEL (BELGIUM)

**Escuela de artes y diseño nº 1 de Madrid 'La Palma'**, Titulada Superior en Artes Aplicadas a la Escultura.

SEP 1999-FEB 2002, MADRID (SPAIN)

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**Other  
learning  
and practice**

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[Nonviolent Communication Institute \(Spain\)](#), Nonviolent Communication Training.  
OCT 2024-JUN 2025, ONLINE (SPAIN).

**Plum Village International Practice Center (France)**, Grief and Loss Retreat.  
MAR 2025, LOWER HAMLET (FRANCE).

**'Birth and death' retreat**, group retreat with gestalt therapist Menchu Castán and German Bertrand.  
DEC 2024, HUESCA (SPAIN).

**Plum Village International Practice Center (France)**, Stage I: Embodiment, Educator Retreat (Wake Up School Training).  
AGO 2023, NEW HAMLET (FRANCE).

**Educative Innovation Chiapas (Ined)**, Course: 'The Power of Relationship: An Approach to Trauma-Informed Practice'.  
SEP-DEC 2020, ONLINE (CHIAPAS, MEXICO).

**Meditation practice alone and in community**, mindfulness meditation practice or other guided or vipassana meditation practices (last years also visiting sometimes Kadampa Madrid).  
SEP 2008-NOWADAYS.

**Indeed Chiapas & SAT Program: 'SAT Program 1,2 & 3: Learning to be, live together and educate'**, 1,2,3 courses-retreats of this program created by Claudio Naranjo.  
JUN 2011-AGO 2017, MEXICO (1,2) AND SPAIN (3).

**Reiki Usui and Gendai Reiki Ho**, 1,2,3 & 4 courses with two teachers, in Spain and Mexico (Reiki Sammasati). Frequent practice alone and in community (2008-2015). Since 2022, I practiced mainly alone.  
SEP 2008-NOWADAYS.

**Yoga practice (Hatha, Vinyasa, Iyengar)**, regular practice.  
APR 2008-NOWADAYS, SPAIN & MEXICO.