



Cynthia Orsini-Dahl

Actor
Lifestyle Model
Wellness Cultivator

About

Cynthia grew up in Southern Arizona among cactus, horses, and cattle. She has been active her entire life in one aspect or another in the performing and fine arts, as an equestrian, in track and field, and fitness. She was raised and coached by her father, an All-American level athlete, and John Orsini, who was a world-class powerlifter and trainer of elite and Olympic caliber athletes.

She learned from both the importance of breathing, total body balance, and awareness as an athlete seeking to increase strength and power. Cynthia incorporated this understanding into a yoga practice that she began as a way to repair some of the damage done to a young body that never thought would age.

5 years ago, she was certified as a Traditional Yoga Therapy and has been sharing her teachings with competing inflexible athletes, doctors, people of ages from all walks of life with balance challenges, diabetes, and young students who need a base of balance, including breathing and meditation. She encourages her students to cultivate awareness of the connections that make up "YOU. Be vital to stay vital!"

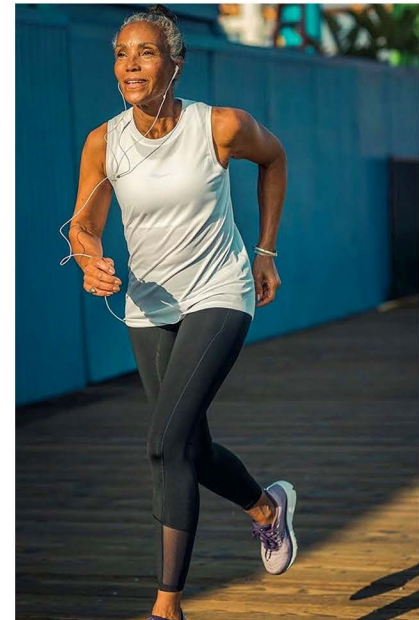
A few years ago, Cynthia plunged back into the world of commercial acting. An opportunity to work with an award-winning, commercial director in 2014 solidified that passion in Cynthia's lifelong interest in the arts of creativity. She became more active in the commercial and print world using the experience she acquired through her studies and the opportunity of having worked for a well-known star's manager in the 70s.

Recently working on a campaign with the message that women should "Never Stop Owning It", really brought Cynthia into her own spirit. Being the Baby Boomer in the campaign encouraged her to remind other Baby Boomers to #OwnIt!

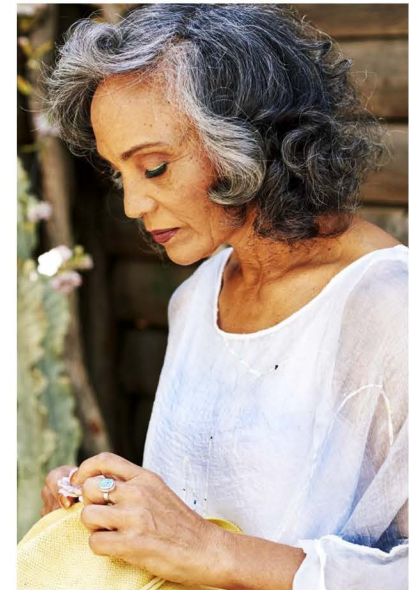
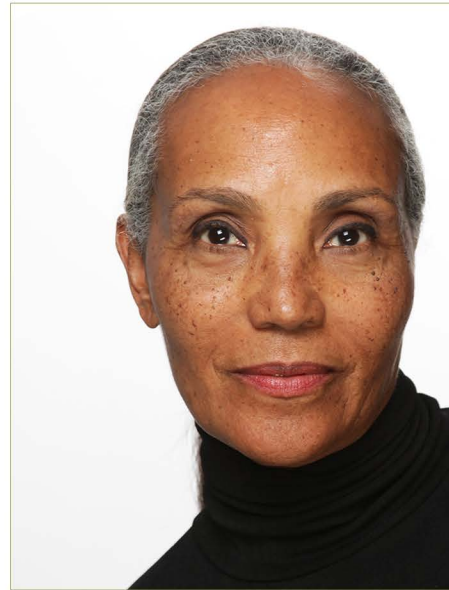
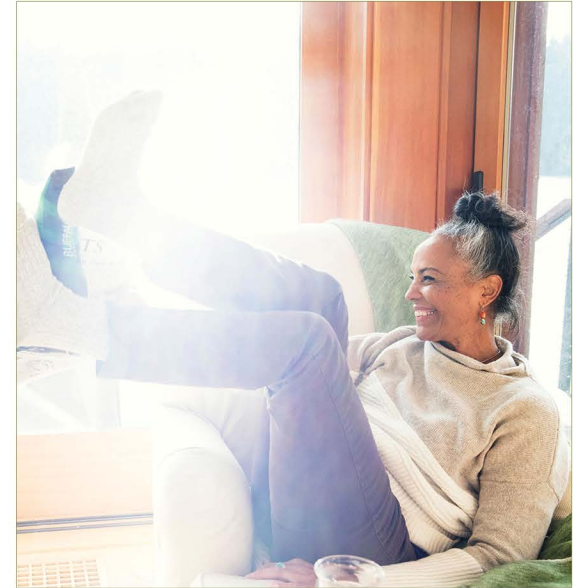
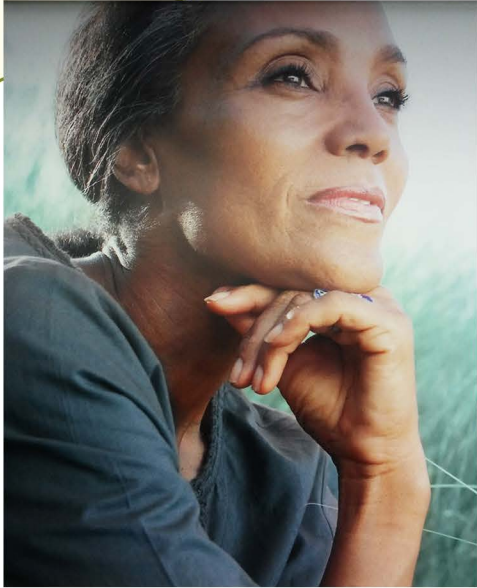
"We are that generation that went outside "the box" and made life groovy. We made life a "Happening" and reminded people to be proud of who and what you are. We taught the "world to sing in Perfect Harmony." We've got legs and still need to use them! I tell my girls #NeverStop".



Gallery



Gallery



Contact

Cynthia Orsini-Dahl

 /corsinidahl

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(714) 264-7896

*"Who says you can't mix
clay, sand, bronze, some
desert dirt and sweat,
a dash of glamour with
a splash of avant-garde,
critters, grit, yoga,
and muscle into a
grey-haired package?*

You just might be surprised!"



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Primary Working Location: Los Angeles, CA

 @corsinidahl www.cynthiaorsinidahl.com
 cynthia@cynthiaorsinidahl.com
 (714) 264-7896

Height and Weight: 5' 8" 135 lbs Athletic Build

Bust:	34A	Hips:	39"
Waist:	29"	Pants:	6 Long
Dress:	6	Shirt:	Medium
Shoe:	9.5	Hat:	6 ¾
Glove:	10		



PRINT AND VIDEO

Target – Easter	Grandmother	Lacey
Machines For Freedom	Cycling Apparel – eCommerce	Jenn Kriske
Athleta	Winter Travel – Generations	Whitney Critchley
Walgreens	Cooking Grandmother	Douglass/Gulish
Amazon Bell	Wife	Anna Wolf
Bright Health	Bike Riding Patient Confident Woman	Arno Salters
Brighthouse Financial	Financial Client	Anna Wolf
Sanuk	Never Uncomfortable	Kevin Smith

Full List Available Upon Request

COMMERCIALS

Huawei CE	Rose Petal Couple	Greg Brunkalla
AARP Disrupt Aging	Obstacle Racer	Michael Williams
Nationwide Insurance	Married for 65 Side	Josh & Xander
Sephora	Family #neverstop	Malia James
Hep C Hope-Forget Me Not	Hero Woman	Elma Garcia

Full List Available Upon Request

INFOMERCIAL

Flawless by GU	Hair Model	Adrienne Raquel
Exerswing	Product Demonstrator	Susan Agostinelli

Full List Available Upon Request

FILM

The Discovery of the Divine Consciousness	Sage	Jordan Taylor Wright
Untitled Short	Catherine	Kyle Alex Brett

MODELING

Catalog/e-Commerce	
Athletic Wear	Upon Request
Runway	Evening, Athletic, Casual
Promotional Model	Product and Trade Show, In-House, High Tea
Illustration Model	Artis Lane, Otis Parsons, Cal Arts, UCLA
Fit Production	Evening, Athletic, Casual

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TRAINING

Commercial Acting	Audition Technique	Killian McHugh
Pit-Bull Snyder Actors Studio	Cold Scene, VO, Commercial, Audition Technique	Stephen Snyder
Basics of Booking	Camera Left/Stage Right	Strittmatter and Daniels
Commercial Audition 1	Carolyn Barry Acting Academy	Jurgen and Letherer
The Business of Commercial Acting and Audition Technique		Joshua Rappaport
Improv	Workshops for all levels actors	John Pirruccello
Actor, Know Thyself	Image, Type and Talent Intensive	Mark Atteberry
Hey I Saw Your Commercial	Workshops for Commercial Acting	Mike Pointer
Cold Read & Monologues	Unnamed roles	Xan Martin

Skills - Sports

Cycling	Cycling – General-Flatland, Freestyle, Trial Riding
Equestrian Sports	Bare Back, Trail riding, English Seat, Jumping, Western Seat, Rodeo-Barrels, Calf Dogging
Gym Sports	Aerobics, Sand Jogging, Pilates, Weight Lifting, Kettle bells, Medicine Balls,
Outdoor Sports	Hiking
Recreational Sports	Hula Hoop
Team Sports	Soccer, Volleyball
Track and Field	Relay, Sprinting
Water Sports	Diving, Swimming (Freestyle)
Dance	Club, Freestyle, Disco
Driving, Boating & Piloting	Boating (General), Canoeing * Road Driving- 5 speed Stick Shift, Truck
Languages –	Spanish - Spanglish
Rodeo -	Barrel Racing, Calf Dogging,
Singing Styles	Singing (General)
Weapons & Firearms	Handgun, Rifle

Lifestyle

Grandparent, Farming, Ranching , Gardening, Health and Wellness

***Certified RYT SVyasa-LA** 200 Hrs Traditional Yoga therapy methods Instructor (asana, meditation, breath). My goal is to help you Cultivate Your Awareness - physical, mental and spiritual. I work with competitive yet inflexible athletes and mature, fitness minded peers. I have been engaged for practice with kids at a G.A.T.E. conference. Future goal is to work with underserved youth.

* **Rep/Consultant** for a unique exercise device that helps people re-establish balance and gait soundness. I was involved in exercise development for instruction of athletes, elders, and “in-betweens” of all ages.

***Former “full cycle” recruiter/staffer** for over 15 years for private industry, manufacturing, and select government entities.

* **Volunteering goals** include yoga therapy for Veterans and under-served youths, and a wish to return to Equine Therapy for children. I am currently volunteering for Meals on Wheels in Whittier, CA.

* **Photography** – not really a hobby but a lifelong passion with projects in the “oven.”

***Animal Lover** – I’ve raised horses, cattle, dogs, cats, and a wolf hybrid.