



CASSANDRA MARCELLA METZGER

CERTIFIED TOUR DIRECTOR/GUIDE

CONTACT

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 WASHINGTON DC

 DCA, IAD, BWI



CERTIFICATIONS

- Tour Director Certification
 - **TripSchool Bootcamp**
Completed May 2025
- Verified Travel Advisor
 - **American Society of Travel Advisors** Completed 2021
- Certified Yoga Therapist
 - **International Association of Yoga Therapy** Completed 2017

GUIDE LICENCES

WASHINGTON DC

(Guild Membership in progress)

NEW YORK NY

(License in progress)

ACADEMIC BACKGROUND

JOHNS HOPKINS

MA IN WRITING / 2005

WASHINGTON COLLEGE OF LAW AT AMERICAN UNIV

JD / 1996

VASSAR COLLEGE

AB / 1988 (HISTORY MAJOR)

PERSONAL INTERESTS

BALLET, THEATER, JAZZ, POETRY, HISTORY,
BIKING, ROWING, SWIMMING, TENNIS,
KNITTING, HOSTING THEME PARTIES

PROFESSIONAL SUMMARY

Dynamic communicator, storyteller, and educator with extensive experience in travel, hospitality, media, and wellness. Skilled in curating compelling experiences, leading groups, and bringing destinations to life through historical insight, warmth, and clarity. Adept at engaging audiences with poise, humor, and deep knowledge.

SKILLS

EXCEPTIONAL STORYTELLING & PRESENTATION

- Trained tour guide at the **Washington National Cathedral**; experienced public speaker at national conferences for public television producers and filmmakers at large festivals.

HOSPITALITY & SERVICE

- Former restaurant hostess and waitress, skilled in making guests feel nurtured. Developed an intuitive understanding of group dynamics, timing, and personal service.

LEADERSHIP & TEACHING

- Taught yoga for over a decade at my own studio; Guided guests and clients to more profound experiences. Wrote weekly newsletter featuring storytelling, insights, and inspiration.

HISTORICAL & LEGAL FLUENCY

- AB in History from **Vassar College**, focusing on US history; studied U.S. Legal History, Law & Literature. Planned events inside the **U.S. Supreme Court** and worked on **Capitol Hill**.

COMMUNICATION EXPERTISE

- Former **PBS attorney** and publications manager; strong writing, public speaking, and media literacy skills. Gave speeches in NY and LA to filmmakers, sometimes to hostile audiences. Fielded questions and explained complex concepts to accolades.

EVENT & TOUR PLANNING

- Managed retreats, classes, and professional events with ease and polish; detail-oriented and guest-focused.

LIFELONG LEARNER:

- Deeply curious and intellectually engaged; passionate about conveying ideas with clarity, authenticity, and context. Worked at **NBC News** as a researcher.

RELEVANT EXPERIENCE

TRAVEL CONCIERGE AND CEO

PREMIER WELLNESS TRAVEL / 6 years

Curated high-end experiences with emphasis on storytelling. Produced destination content, including experiences, hotels, dining, etc.

ATTORNEY

PBS HEADQUARTERS / 4 years

Worked with legal and sponsorship development teams to maintain the integrity of public television.

YOGA TEACHER + THERAPIST

NILAMBU YOGA / 10+ years

Operated all aspects of the studio and conducted small private classes. Created early resources on yoga. Recorded guided meditations.

LEGISLATIVE AIDE

CONGRESSIONAL ARTS CAUCUS / 2 years

Monitored legislation and delivered press releases across the US Capitol. Summarized bills and congressional hearings.