

# Curriculum Vitae

**Female**

**D.O.B. 19 November 1967**

**Number of years working in industry:**

**7 years 9 months**



**Candidate ID Number:** 100107

**Nationality:** British, New Zealander

**Language Skills:**

Good: English

Basic: French

**Permitted to work in:** New Zealand, UK - United Kingdom

**Position Sought:** Yoga / Pilates Teacher

## **Personal Statement**

A highly experienced professional, recognised for developing group Yoga classes, on to one tutelage and teacher training Yoga programs. A self- motivated and highly skilled teacher that is able to forge and develop community groups of different cultures, religion and diversity. Has a proven track record of being organised and committed in supporting wellness and sustainable health through the teachings of Yoga. Teachings are in Hatha, Vinyasa flow, Restorative and Yin Yoga format.

Seeking work in international locations

## **Employment History:**

**May 2018 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) Colchester, UK - United Kingdom, (Home/Mobile)

**Duties included:**

A highly experienced professional, recognised for developing group Yoga classes, on to one tutelage and teacher training Yoga programs. A self- motivated and highly skilled teacher that is able to forge and develop community groups of different cultures, religion and diversity. Has a proven track record of being organised and committed in supporting wellness and sustainable health through the teachings of Yoga. Teachings are in Hatha, Vinyasa flow, Restorative and Yin Yoga

**Products worked with:**

Not applicable

**Career Break** - Traveling

## **Education and Qualifications:**

**2012 - Naturopathic College of New Zealand Advanced Anatomy and Physiology 2016 - Sadhana Yoga School Savusavu, Fiji RYS 200-hour Yoga teacher training 2016 - Yoga Alliance accredited at 2500 hours of teaching (always current) 2016 - Donna F**

2012 - Naturopathic College of New Zealand Advanced Anatomy and Physiology 2016 - Sadhana Yoga School Savusavu, Fiji RYS 200-hour Yoga teacher training 2016 - Yoga Alliance accredited at 2500 hours of teaching (always current) 2016 - Donna F

2012 - Naturopathic College of New Zealand Advanced Anatomy and Physiology  
2016 - Sadhana Yoga School Savusavu, Fiji RYS 200-hour Yoga teacher training  
2016 - Yoga Alliance accredited at 2500 hours of teaching (always current)  
2016 - Donna Farhi Pathways to a Centred Body™ and Restorative Yoga Training® for Yoga Teachers, NZ  
2018 - St John full first aid certification (always current)  
2018 - British School of Yoga Level 1 Yoga Therapy  
2019 - British School of Yoga Level 2 Yoga Therapy  
2020 - Indra Yoga Institute, Utah, USA, RYS 300-hour Yoga teacher training  
2020 - Yoga Alliance accredited at 3000 hours of teaching  
2021 - Advanced E-500 hours RYT

## **Product Training:**

### **August 2021**

Sadhana Yoga School

Indra Yoga Institute

A highly experienced professional, recognised for developing group Yoga classes, on to one tutelage and teacher training Yoga programs. A self- motivated and highly skilled teacher that is able to forge and develop community groups of different cultures, religion and diversity. Has a proven track record of being organised and committed in supporting wellness and sustainable health through the teachings of Yoga. Teachings are in Hatha, Vinyasa flow, Restorative and Yin Yoga

## **Hobbies and Interests**

- Further education
- Writing
- Reading
- Poetry
- Movies
- Cooking
- Nutrition
- Horses
- Biking
- Being in nature

CV created at [www.spastaff.com](http://www.spastaff.com)

**SPA STAFF.COM**  
