

Curriculum Vitae

Male

D.O.B. 02 December 1981

Number of years working in industry: 16 years 1 month

Candidate ID Number: 11178

Nationality: Indian

Language Skills:

Fluent: English, hindi

Permitted to work in: India

Position Sought: Spa Manager, Spa Co-ordinator, Assistant Manager, Yoga / Pilates Teacher

Personal Statement

My best qualities are adaptability, creativity, and a thirst for knowledge. My current life goals are personal and professional growth, making a positive impact, and continuous learning

Employment History:

March 2023 - Present - Head of Wellness at (most recent employer hidden for confidentiality) Colombo, Sri Lanka, (5 Star Hotel Spa)

Duties included:

Overseeing spas for the 'Resplendent Ceylon & Reverie' in five breathtaking locations. With a focus on delivering outstanding guest experiences and a talent for building and leading high-performing teams. I am committed to staying up-to-date with industry trends and leveraging my expertise to elevate the guest experience

Products worked with:

Frella, Green leaf

December 2020 - January 2023 - Wellness Coach at Taj Rishikesh Resort & Spa, Rishikesh, India, (5 Star Hotel Spa)

Duties included:

• I started working as a Wellness & Yoga coach at Taj Rishikesh Resort & Spa and later joined as a full-time employee in June 2021. I was responsible for overseeing all in-house yoga & wellness programs, assisting in day-to-day spa operations, including guest handling, staff schedules, inventory management, recruitment, and revenue-related reports

Products worked with:

Subtle Energy

January 2018 - September 2019 - Spa Manager at Six Senses Resort, Con dao, Vietnam, (5 Star Hotel Spa)

Duties included:

Overseeing spa operational including Yoga and fitness. • Monitoring the delivery standards and measurement of guest service consistent with the service standards and brand attributes. • Offering yoga and meditation classes to the resort guests. Classes includes Hatha & Vinyasa flow, aqua yoga, meditation and breathing practice (pranayama) • Intensive yoga teacher training to in-house aspiring yoga instructor.

Products worked with:

Subtle energy

June 2017 - December 2017 - Spa Manager at Woods at Sasan, Gujrat, India, (5 Star Hotel Spa)

Duties included:

Joined in a pre-opening team as a spa manager and was responsible to assist and setup spa for the opening and operation. • Recruitment & training for spa team (Therapist, Receptionist, Yoga/ fitness instructor & attendants.) • Creating spa menu, packages, general sop's and accordingly conducting training for spa team. • Setup and conducted result-oriented group and private yoga classes for in house guests

October 2015 - October 2016 - Spa Manager at Aman Resort, Sri Lanka, Sri Lanka, (5 Star Hotel Spa)

Duties included:

Responsible for Aman India & Srilanka spa operations, development, setups and new projects to enhance the spa and wellness program and activity for the guest. • Review annual & monthly budget, P&L, scrutinizing departmental costs to optimize profit margins without compromising quality. • Implementing new spa packages, spa menu and marketing activities within the spa. • Created and successfully launched yoga and Ayurveda based wellness program at Amanbagh, India. • <https://www.aman.com/resorts/amanbagh/wellness-immersions>

Products worked with:

Aman Products

July 2011 - May 2015 - Assistant Manager at Aman Resorts, turks & caicos island, Turks and Caicos Islands, (5 Star Hotel Spa)

Duties included:

- Responsible for day to day spa operations.
- Oversee the spa and make sure that all services are carried out with utmost efficiency and customer service.
- In the absence of Spa manager full responsible to taking care of spa operation, attending HOD's meeting/ departmental meeting or any other meetings/ trainings conduct by management.
- Taking care of spa inventory, maintaining and ordering stock for spa operational ,retail sale, staff duty schedule/ training plans and other reports.
- Assisted spa manager to design new spa menu, spa packages and yoga program.
- Ensuring maintenance of all Yoga setup, and able to safely and responsibly guide an Individual, Couple and Group yoga classes through invigorating and encouraging Hatha yoga practice including yoga asana, Pranayamas & Meditation and fusion yoga class.
- Offering Fusion yoga class, Aqua yoga, Kids yoga class, Abs workout

Products worked with:

Aman Products

January 2010 - March 2011 - Spa Co-ordinator at Constance Ephelia Resort , Seychelles, Seychelles, (5 Star Hotel Spa)

Duties included:

- Pre opening team to the opening team of the hotel

Assisted to set up the whole Spa in terms of Rooms, furniture and display set up, protocol for massages and create operation modules for other areas

- Designed and prepared yoga programs for spa and special package for spa villas guests i.e. Group yoga session, Individual Yoga session, Fusion yoga, Aqua Yoga, kids Yoga.
- Supervising team of 35 staff and directly reporting to Spa Manager.

Products worked with:

May 2009 - December 2009 - Yoga / Pilates Teacher at Ananda In the Himalayas , Rishikesh, India, (5 Star Hotel Spa)

Duties included:

- Join as a Team Leader/ Yoga Instructor was fully involved in daily spa operation and also conducted yoga classes of various levels for in house guest.

December 2006 - April 2009 - Head Therapist at Shanti Maurice , Mauritius, Mauritius, (5 Star Hotel Spa)

Duties included:

- Worked with the pre-opening team to the opening team of the hotel. Assist to setup the spa, training plans, prepared spa treatment and yoga programs for spa menu and also performed International/ Ayurvedic massages and actively involved to teach private and group yoga and meditation sessions to the guest.

Products worked with:

own company product

Education and Qualifications:

2023

Yoga

2005 Pt. L.M.S. College

Educational Qualification

- 2004 – 2005 Master Degree in Commerce from H.N.B.University, Srinagar, INDIA
- 2001 – 2003 Bachelor Degree in Commerce form H.N.B.University, Srinagar, INDIA

Professional Qualification

- One year Yoga course (course conduct Hatha Yoga Asanas, Pranayama, Meditation) from “Prakash Yog-Sewa Trust, Rishikesh, Uttrakhand, INDIA
- Diploma in Yoga Therapy from Arogya Yoga and Nature cure Association, Mauritius. (Affiliated to Indian Academy of Acupressure Science, India.)
- 6 month certificate course in computer including MS-word & Excel.
- Possess knowledge of Windows, Spa software ie. Gumnut, Spa Reservations Assistance, inteli spa

Vocational Qualifications

- 300hrs Yoga Teacher Training Course from Vyasa Yoga Peeth (Yoga Alliance USA), Rishikesh, India
- • 200hrs. Yoga Teacher training from Jeevmoksha Institute of Yoga Studies (Yoga Alliance USA), Rishikesh, India
- • One-year Yoga course (course conduct Hatha Yoga Asanas, Pranayama, Meditation) from “Prakash Yog-Sewa Trust, Rishikesh, Uttarakhand, INDIA
- • 6 months’ certificate course in computer including MS-word & Excel.

Hobbies and Interests

Yoga, singing, listing music, cooking

