

# Curriculum Vitae

**Male**

**D.O.B. 01 May 1991**

**Number of years working in industry:**

**6 years 10 months**



**Candidate ID Number:** 122580

**Nationality:** Irish

**Language Skills:**

Fluent: English

Good: Spanish

**Permitted to work in:** European Union, UK - United Kingdom

**Position Sought:** Treatment Manager / Spa Trainer, Massage Therapist, Holistic Therapist, Yoga / Pilates Teacher

## Personal Statement

My approach in life is to embrace new ideas, be humble in my approach and find a beautiful balance between joy and focus when undertaking any venture. I have meticulous attention to detail that comes from a natural interest in the human body, mind and overall well-being. This interest transfer outwards, as I have a natural impulse to build strong interpersonal and professional relationships. This comes from years of extensive travel and many different instances of dealing with varying clientele through a variety of successful roles undertaken. Independently I have astute project & time management skills gained from leadership roles and working freelance. To date my work has been carried out in India, UK, Spain, Portugal & my home-country Ireland. I see my future work delving deeper with clients one-to-one using & expanding on other forms of bodywork and healing modalities. I am keen to help individuals grow and make the most of life.

Seeking work in international locations and cruise ships

## Employment History:

**May 2022 - Present - Spa Consultant** at (most recent employer hidden for confidentiality) Malaga, Spain, (Health Club)

### Duties included:

Working closely with Alchemy School of Yoga (IRE) to provide treatments on various retreats in South Spain throughout 2022

**February 2022 - July 2022 - Holistic Therapist** at Obus Wellness Centre, Dublin, Ireland, (Day Spa)

### Duties included:

- Massage therapist within long-established clinic
- Giving treatments specific to people's needs and depending on their particular ailments
- Therapies offered include Swedish Massage, Deep Tissue Cupping, Pregnancy Massage and the signature massage sequence of the clinic

**April 2021 - July 2022 - Yoga / Pilates Teacher** at Yoga Dublin, Dublin, Ireland, (Health Club)

**Duties included:**

Conducting weekly classes for core students. Teaching traditional forms of Hatha Yoga with Pranayama and Meditation techniques as well as Vinyasa based practices.

- Have been conducting workshops including specialised focus on Backbending, Somatic Yoga & Yoga for Beginners
- Core teacher for Teacher Trainings. Teaching asana workshops, the use of props, sequencing and philosophical components

**August 2020 - March 2021 - Yoga / Pilates Teacher** at Pranama, Lisbon, Portugal, (Health Club)

**Duties included:**

Taught at one of Pranama's studios in Lisboa, offering Embodied Practices which places emphasis on bringing somatic awareness to the practice and infusing this with the felt understanding of classical Non-Dual Tantra

- I also gave regular classes in Hatha Yoga as well as conducted Breathwork workshops

**May 2020 - September 2020 - Assistant Manager** at Shanti Space, Lisbon, Portugal, (Health Club)

**Duties included:**

During what was supposed to be a full season of retreats - work mainly centred around cultivating a new permaculture project, designing and building a new vegetable and fruit garden

- After being able to host some small, private groups, my work resumed to liaise with incoming guests and teach Yoga classes

**August 2018 - October 2019 - Assistant Manager** at Riverheart Retreats, Malaga, Spain, (Health Club)

**Duties included:**

Successfully co-created and managed yoga retreats in South Spain

- Lead teacher and activities organiser for retreats, working with clients through yoga therapy, mindfulness and movement-based activities
- Successfully market and promote all retreats as well as undertake all associated administrative duties pre and post retreat
- During my time in Spain, I taught drop-in Hatha yoga classes to adults, conducted workshops as well as managed the Air BnB component of the centre

**Education and Qualifications:****2022 Obus Wellness Centre**

Certificate

Advanced Massage Techniques

Continuing education course which covered specific ailments including TMJ & sciatica problems in depth. Utilised advanced techniques such as Myofascial Release, Deep Tissue and an expansion of preexisting techniques.

**2022 Obus Wellness Centre, Ireland**

Gained a distinction in a Level 3 ITEC accredited course in Holistic Massage Therapy

Holistic Massage Therapy March

Qualified to perform a full-body massage as well as emphasis on specific body-parts. Methods incorporate Swedish massage with Deep Tissue and lymphatic drainage techniques too. Diploma in Anatomy and Physiology

**2020 Authentic Flow Tribe, Portugal**

Certificate

Authentic Flow Yoga Teacher Training

Full teacher training (RYT 200) with an emphasis on Somatics, Embodiment practices and Non-dualistic Tantra with world-renowned teachers Satu Tuomela, Tara Judelle & Christopher Wallis. Also completed extra courses in Embodied Yin (50h), Embodied Tantra (20h) & Embodied Mama (10h).

**2018 Indea Yoga, India**

Certificate

IndeaYoga Training (IYT250+) and Registered Yoga Teacher (RYT 200) certificates approved by Yoga Alliance, U.S. Trained with renowned yogi, Yogacharya Bharath Shetty

**2014 University of Liverpool**

2:1 BA honours in Popular Music

**2003 Abbey Grammar**

7 A star grades at GCSE, 1 B grade, and 2 C grades.

2 A-star grades at A-Level and one A grade

**Vocational Qualifications**

Permaculture Design Certificate

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

