

Curriculum Vitae

Female

D.O.B. 31 December 1962

Number of years working in industry:

16 years 4 months



Candidate ID Number: 133209

Nationality: British

Language Skills:

Fluent: English

Good: Italian

Basic: German, Spanish, French

Permitted to work in: Bahrain, UK - United Kingdom

Position Sought: Spa Manager, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Fitness Professional, Yoga / Pilates Teacher

Personal Statement

Seeking work in international locations and cruise ships

Employment History:

October 2009 - Present - business owner at (most recent employer hidden for confidentiality) Sanabis, Bahrain, (Health Club)

Duties included:

Functional Fitness and Movement Therapies. Running the company single handedly for the past 11 years, and teaching the general public various movement disciplines, in both groups and privately.

As an instructor trainer, I run courses and workshops on many topics throughout the year in Bahrain, Saudi Arabia and Italy, but I have also taught in Egypt, Lebanon, UK and Turkey.

I look after all aspects of the business, from marketing, to accounting, to administration and stock control.

Education and Qualifications:

1992 open university degree taken whilst working in a full time job in the city of london

BA

- Jan 2020: Dissection Course with Thomas Myers in Colorado, one week project dissecting the fascial lines.
- 2019: Teacher Trainer for Physical Mind Institute since January
- Created Kizz-on-Barre, Standing Pilates, Self-Care Rolling Classes
- Certified as Instructor of MARHYTHE in July and presented at their 25th Anniversary congress in Turkey
- 2018: BODYFLYING Acrobatics, Prenatal and Athletic specific Workshops
- EBFA Barefoot Specialist
- Attended the Fascia Congress in Berlin
- 2017: Certified as Matrix Rhythm Therapie Practitioner

Master Instructor for freeFORM Board

The Roll Model Certified

Introduced DISQ workouts

- Choreographed and performed at La Fontaine an 8mins Bodyflying Show
- 2015: Yoga 500 hours teacher training with RYA
- Certified as a Specialist in Athletic Conditioning for Golf
- Created TOSU, TBW
- 2014: Regional Master Trainer for BOSU.
- Master Trainer in Totalbarre, Halo, CORE, Zenga Mat & Reformer
- 2012/2013: Post graduate workshops for physiotherapist on the Vojta Techniques for treatment of scoliosis, Manual Therapies in using the Mulligan Method, Kinesiology taping, Introduction to Osteopathy
- 2012: Created YogaFitLates and PoolFitLates
- 2009/2013: Training in inversion/suspension therapies, and through Stark Bodyflying in 2013 completed the teacher training course.
- 2012: Certified as a TRX and RIP Trainer, TRX Sports Medicine
- 2011: Certified through the Pink Ribbon Program as a Post Rehab exercise specialist for breast cancer survivors
- May 2009: Certified as an Instructor Trainer in the Stott Pilates method for mat and reformer
- Feb 2009: Certified as a Kinesiologist through Touch for Health
- 2007/2008: Attended various courses in alternative therapies like EFT, Open Play, Learning Styles through Brain Dominance Profiles
- 2007 Dec: Certification to teach BOSU classes through BOSU training centre
- 2006 Dec: Diploma Certification with Stott Pilates
- 2004 Oct: Mat and Ball Certification with Spencer Pilates
- 2004 Jul: Spent a month in Pune at the Iyengar Institute studying and practicing Yoga
- 2004 Completed a Diploma in Yoga Teaching with the Kevala Institute UK
- Started training in Pilates whilst working at La Fontaine Centre of Contemporary art.
- 2002 Sep: Completed a Diploma in Reflexology with the International College of Natural Health Sciences in the UK
- 2001 Oct: Completed a Diploma in Massage Therapy with the International College of Natural Health Sciences in the UK
- 2001 Apr: Completed a Diploma in Aromatherapy with the International College of Natural Health Sciences in the UK. I am currently an overseas member of the UK International Federation of Aromatherapists
- 1994: Passed the Lloyds test, which allows to transact business at Lloyd's of London.
- 1992: Commenced Teacher Training Course in Iyengar Yoga at the New Cross Institute and Maida Vale Institute in London, which later led to achieving a diploma in Yoga teaching

1992 university

BA

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