

Curriculum Vitae

Male

Number of years working in industry:

14 years 7 months



Candidate ID Number: 13475

Nationality: Indian

Language Skills:

Fluent: English

Permitted to work in: India

Position Sought: Spa Manager, Assistant Manager, Yoga / Pilates Teacher

Personal Statement

To educate and emphasize the self responsibility for health and the therapeutic potential of natural elements which optimizes the body's self healing ability.

Key Skills

- Natural Therapies, Hatha Yoga, Therapeutic Yoga, PNF Stretching
- Innovative and resourceful way of thinking and creating of a competitive yet spirited working environment
- Ability to interact with people belonging to different backgrounds and ages
- Designing personalized and professional health packages by understanding individual needs
- Multitasking

Seeking work in national and international locations

Employment History:

February 2011 - February 2018 - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) Motor City, Dubai, UAE - United Arab Emirates, (Health Club)

Duties included:

- Overlooking Day to Day Operations
- Scheduling yoga classes and Managing a team of teachers
- Yoga therapy in weight and stress management

Career Break - Job hunting

December 2006 - November 2009 - Yoga / Pilates Teacher at Banyan Tree Desert Spa and Resort, Bahrain, Bahrain, (5 Star Hotel Spa)

Duties included:

- Provide yoga training for clients of Beginner and Intermediate level
- Yoga therapy in weight and stress management
- Assist Manager in daily operations of Health and Recreation department
- Supervise recreational activities
- Create and send monthly newsletter to all health club members

Career Break - Transfer with in the company got delayed in Visa Processing

June 2006 - August 2006 - Yoga / Pilates Teacher at Banyan Tree Spa and Resort, Bintan, Indonesia, (5 Star Hotel Spa)

Duties included:

- Provide yoga training for clients of Beginner and Intermediate levels
- Special yoga training for golfers

April 2005 - May 2006 - Naturopath at Dr Ishak's Nature Cure Centre, Melaka, Malaysia, Melaka, Malaysia, (Hospital / Medical Clinic)

Duties included:

- Prescribing and Giving natural therapies (Hydrotherapy, Acupuncture, Yoga therapy, Massage therapy)
- Provide training to therapists in Swedish and Ayurvedic massage
- Provide training to therapists in Panchakarma treatments
- Therapeutic yoga sessions for life style disorders like Diabetes and Hypertension
- Conducted a week yoga program for cancer patients (Stress management and Yogic cleansing)

March 2004 - March 2005 - Yoga / Pilates Teacher at Banyan Tree Spa and Resort, Phuket, Thailand, (5 Star Hotel Spa)

Duties included:

- Provide yoga training for clients of Beginner and Intermediate levels
- Provide therapeutic yoga training for various lifestyle disorders
- Provide Pre natal and Post natal Yoga sessions
- Teaching basic Anatomy and Physiology for students at Banyan Tree Spa Academy, Phuket

August 2001 - January 2004 - Naturopath at JSS Institute of Naturopathy and Yogic Sciences, Ooty, India, (Hospital / Medical Clinic)

Duties included:

- Prescribing and Giving natural therapies (Hydrotherapy, Acupuncture, Yoga therapy, Massage therapy, Electro therapy, Physiotherapy)
- Teaching Human Physiology and Yoga therapy for students at the institute
- Deputed as Internal and External Examiner by Dr. MGR Medical University to various Naturopathy and Yoga institutes of the State
- Deputed as evaluator by Dr. MGR Medical University
- Active participation in various Yoga and Naturopathic awareness camps in Rural areas organized by NIN (National institute of Naturopathy) and CCRYN (Central council for Research in Yoga and Naturopathy)

Education and Qualifications:

2001 SDM College of Naturopathy and Yogic Sciences, Karnakaka, India

Bachelors in Naturopathy and Yogic Sciences

Massage Therapy, Yoga, Hydrotherapy (Baleno Therapy), Pelotherapy, Physiotherapy, Acupuncture, Nutrition and Dietetics

Vocational Qualifications

- MS Office
- Micros Fidelio

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