

# Curriculum Vitae

**Female**

**D.O.B. 31 October 1977**

**Number of years working in industry:**

**18 years 3 months**



**Candidate ID Number:** 13542

**Nationality:** British

**Language Skills:**

Fluent: English

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Fitness Professional, Yoga / Pilates Teacher

## Personal Statement

I am a dedicated, enthusiastic, highly motivated Ashtanga yoga teacher with almost ten years 'on the mat' experience. I qualified as a Yoga Alliance Certified teacher in July 2007 and am currently the only Yoga Alliance 500 hours registered teacher in the South West of England (a recognition of completing over 500 hours of studying with YA accredited teachers).

### KEY SKILLS

- Adaptable teaching skills to engage all levels of ability from complete beginners to experienced practitioners.
- Creation of themed classes to focus on 'problem areas' as well as dynamic flowing sessions.
- A very strong grounding in Ashtanga yoga, which is utilised to create powerful classes with an essential element of fun.
- Knowledge and interest in all aspects of yoga; anatomical spiritual, and emotional whilst keeping all teachings based in the reality of day-to-day life!

Structuring and delivering engaging classes, with interesting themes, for 60 minutes to a whole day.

I have always worked to provide an exceptional level of teaching to my students, and will always keep my friendly, helpful, approachable, supportive, and above all professional demeanour off the yoga mat too!

My life goal is to make the most of all opportunities which come my way, and to do my best to live this one wild and precious life to its full extent.

Seeking work in International Locations

## Employment History:

**October 2011 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) St Lucia, Saint Lucia, (5 Star Hotel Spa)

### Duties included:

During my time here at The BodyHoliday I have been responsible for creating, presenting and marketing a wide range of group classes and private one-to-one tuition. Each of my classes has its own distinct theme, and the timetable I have created features sessions which are suitable for everyone from complete beginners to experienced yoga devotees. My previous experience as a Public Relations and Marketing Consultant has also been called upon as I have been using creative techniques to promote my one-to-one tuition. I have thoroughly enjoyed working as part of the Health and Wellbeing Team. During my time here I have been responsible for training four of the team members to be able to teach some of the beginners yoga classes, so that I had more flexibility within my own schedule to provide more classes to guests. I have also been working closely with the Wellness Specialist Team, who create packages for guests prior to their arrival, based on each individuals own requirements and desire for their time here.

**January 2008 - September 2011 - Yoga / Pilates Teacher** at LA Fitness, Cheltenham, UK - United Kingdom, (Health Club)

**Duties included:**

Freelance yoga teacher.

**January 2008 - September 2011 - Yoga / Pilates Teacher** at DW Sports Fitness, Gloucester, UK - United Kingdom, (Health Club)

**Duties included:**

Freelance Yoga Teacher

**February 2011 - September 2011 - Yoga / Pilates Teacher** at Cheltenham Yoga & Pilates Studios, Cheltenham, UK - United Kingdom, (Health Club)

**Duties included:**

Freelance Yoga Teacher.

**October 2007 - September 2011 - Yoga / Pilates Teacher** at Self Employed, Gloucestershire, UK - United Kingdom, (Home/Mobile)

**Duties included:**

Running and marketing my own yoga classes, private lessons and weekend workshops.

**Education and Qualifications:**

**2007 Centered Yoga Institute**

Yoga Alliance 200 hours Certificate Yoga Alliance 500 hours Certificate

Yoga teaching qualifications

**1999 University College of St Mark & St John**

BA (Hons) Public Relations

**Vocational Qualifications**

Relax Kids

Teacher Training July 2010

Relax Kids is an innovative and unique teaching system which encourages children to learn to relax, breathe, use their imagination, improve their listening skills and, perhaps most importantly builds their self esteem.

**Hobbies and Interests**

These are varied, to say the least. But they include;

- Watching classic movies and live music
- Drinking Bombay Sapphire with friends!
- Learning to be a 'horse whisperer' and riding skills instructor

