

# **Curriculum Vitae**

**Male**

**D.O.B. 19 August 1980**

**Number of years working in industry: 16 years 11 months**

**Candidate ID Number:** 15337

**Nationality:** Greek

**Language Skills:**

Fluent: English, Greek

Basic: German, Italian

**Permitted to work in:** European Union, Isle of Man, Grenada, UK - United Kingdom

**Position Sought:** Spa Consultant, Assistant Manager, Massage Therapist, Holistic Therapist, Yoga / Pilates Teacher

## **Personal Statement**

Reliable and committed Yoga teacher and Massage Therapist. Experienced in communicating with clients, employees and partners. Good ability to establish and maintain good working relations with people of different national and cultural backgrounds. Enjoying life worldwide.

Seeking work in Greece, international locations and cruise ships

## **Employment History:**

**April 2014 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) Argolida, Greece, (5 Star Hotel Spa)

### **Duties included:**

Thai Massage Therapist - Yoga Instructor

### **Products worked with:**

Aman Spa products

**November 2013 - March 2014 - Yoga / Pilates Teacher** at Birkenhead House, Hermanus, South Africa, (5 Star Hotel Spa)

### **Duties included:**

Massage Therapist - Yoga Instructor

**April 2012 - June 2013 - Yoga / Pilates Teacher** at One and Only Reethi Rah, Maldives, Maldives, (5 Star Hotel Spa)

### **Duties included:**

- Yoga Instructor
- Private Classes
- Group Classes
- Ashtanga Yoga
- Hot Yoga
- Hatha Yoga
- Vinyasa Flow
- 5 Tibetan Rites

- Jivamukti Yoga
- Breathing Techniques
- Bhakti Flow
- Meditation
- Budgeting

**Products worked with:**

E' Spa

**September 2009 - November 2012 - Yoga / Pilates Teacher** at Yoga for the people, Athens, Greece, (Product Company)

**Duties included:**

- Yoga Instructor
- Group Classes
- Private Classes
- Ashtanga Vinyasa Yoga
- Hatha Yoga
- Hot Yoga
- Jivamukti Yoga
- Bhakti Flow
- Vinyasa Flow
- Breathing Techniques
- 5 Tibetan Rites
- Meditation

**September 2009 - September 2011 - Yoga / Pilates Teacher** at Well Being and Relaxation Centre, Athens, Greece, (Health Club)

**Duties included:**

- Yoga Instructor
- Group Classes
- Private Classes
- Ashtanga Vinyasa Yoga
- Hatha Yoga
- Hot Yoga
- Jivamukti Yoga
- Bhakti Flow
- Vinyasa Flow
- Breathing Techniques
- 5 Tibetan Rites
- Meditation

**October 2009 - June 2011 - Yoga / Pilates Teacher** at Fit For Fun, Athens, Greece, (Health Club)

**Duties included:**

- Yoga Instructor
- Group Classes
- Private Classes
- Ashtanga Vinyasa Yoga
- Hatha Yoga
- Hot Yoga
- Jivamukti Yoga
- Bhakti Flow
- Vinyasa Flow
- Breathing Techniques
- 5 Tibetan Rites
- Meditation

**September 2008 - May 2011 - Yoga / Pilates Teacher** at Esencia Academy, Athens, Greece, (Health Club)

**Duties included:**

- Yoga Instructor
- Group Classes
- Private Classes
- Ashtanga Vinyasa Yoga
- Hatha Yoga
- Hot Yoga
- Jivamukti Yoga
- Bhakti Flow
- Vinyasa Flow
- Breathing Techniques
- 5 Tibetan Rites
- Meditation

**Education and Qualifications:****2014 Alpine Center for Hotel and Tourism Management Studies**

Diploma

Spa management (Online Studies)

still studying

**2013 ITM, Chiang Mai, Thailand**

Certificates

Deep Tissue massage

Herbal Oil Massage

Thai Foot reflexology

**2013 TMC, school of Chiang Mai, Thailand**

certificate

Thai Massage Certificate - 90 hrs

**2011 Yoga Practice**

Intermediate series of Ashtanga Yoga 120 hours

Intermediate Series of Ashtanga Yoga

**2010 Manju Patabhi Jois**

Certificate

Ashtanga Teacher Training in Primary and Intermediate Series

with Manju Patabhi Jois

**2009 Manju Patabhi Jois**

certificate

Ashtanga Yoga Primary and Intermediate Series

Teacher training with Manju Patabhi Jois

**2009 School of Yoga Pada**

Yoga Instructor

Yoga Alliance International 200 hrs

**2009 Yoga Practice**

Ashtanga Yoga Teacher Training 120 hours

**Vocational Qualifications**

Alpine Center for Hotel and Tourism management Studies 1998-2000

Driving Licence,

## **Hobbies and Interests**

Reading, cooking, photography

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

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