

Curriculum Vitae

Male

D.O.B. 30 March 1967

Number of years working in industry: 7 years 0 months

Candidate ID Number: 15399

Nationality: British

Language Skills:

Fluent: English

Basic: German, Spanish

Permitted to work in: Netherlands, Germany, France, Denmark, Belgium, Austria, UK - United Kingdom, Spain

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

Personal Statement

Honest , hard working , loyal, discreet

Life goal

Open up a centre for life balance and healing

And to find peace in their lives

Seeking work in international locations

Employment History:

February 2006 - January 2013 - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) London , UK - United Kingdom, (Home/Mobile)

Duties included:

- Teaching yoga/pilates on class level and one to one.
- running my own classes
- arranging yoga days and wellness courses

January 2006 - January 2013 - Fitness Professional at Body &.Soul, London, UK - United Kingdom, (Home/Mobile)

Duties included:

- Personal training on a one to on level to a member of the house of lords and his family and friends
- Weight loss, lifestyle balance, rehabilitation of injury and illness
- Nutrition and flexibility

Products worked with:

Life fitness , Techno gym , Power plate ,

Education and Qualifications:

2006 National Academy Sports Medicine

Level 4 Advanced Personal Trainer

- Sports science
- Ashtanga yoga
- Reiki

1984 Kemnal Manor School, Bromley, Kent

O levels - Law, economics

Cse - English, German, biology, history, Maths, Geography

Vocational Qualifications

First aid at work

Childrens athletic coach

Hobbies and Interests

Rugby , cycling , green projects

Charity work , reading , walking , swimming

CV created at www.spastaff.com

