

Curriculum Vitae

Female

D.O.B. 18 January 1981

Number of years working in industry: 20 years 8 months

Candidate ID Number: 17036

Nationality: British

Language Skills:

Fluent: English

Basic: Spanish

Permitted to work in: UK - United Kingdom, Cyprus, Denmark, Finland, Greece, Ireland, Italy, Portugal, Spain, Sweden, Switzerland

Position Sought: Massage Therapist, Holistic Therapist, Complementary Practitioner, Complementary Therapist, Yoga / Pilates Teacher

Personal Statement

As an experienced massage therapist, holistic healing practitioner and yoga teacher, my work is dedicated to supporting people in the process of healing and wellbeing, while helping the body to restore its natural state of balance and health.

My work offers a high standard of expertise, knowledge, compassion and sensitivity, using a unique approach that has been developed through my extensive training of over 14 years. Bodywork treatments I offer include holistic massage, Altai Massage therapy, gentle flowing massage similar to Hawaiian Lomi Lomi, deep tissue remedial massage and healing work.

I have trained throughout the world in yoga, massage, bodywork and healing. I study with several highly respected yoga and bodywork teachers and continue my training, attending regular workshops and personal mentoring sessions, and am also in apprenticeship with a renowned Columbian healer and master of the healing arts. Over the years, I have worked with many clients in my own natural healing practice, as well as at retreat centres, spa's and have led a number of retreats and workshops in the UK and internationally.

Seeking work in SE England, Scotland and abroad

Employment History:

January 2008 - Present - Holistic Therapist at (most recent employer hidden for confidentiality) Kent, UK - United Kingdom, (Home/Mobile)

Duties included:

Owner and practitioner at Aluna Healing - Private natural therapy practice, working with a range of clients on a weekly basis for massage, healing and yoga tuition. Offering a range of bodywork and healing treatments, yoga classes, private tuition, retreats and workshops. Central practice is based in Kent & East Sussex as well as retreats led throughout the UK and internationally.

Products worked with:

Organic Essential Oils

Neils yard products

Flower essences

June 2005 - Present - Yoga / Pilates Teacher at Self Employed, Kent, UK - United Kingdom, (Home/Mobile)

Duties included:

Teaching yoga since 2005, running regular classes, international retreats and private sessions. I have a consistent number of students, including some high profile clients, who I teach on a weekly basis both in public classes and on a one to one basis. My work is person centered and includes remedial work and healing with yoga, based upon my experience and training in the various fields I have studied.

January 2010 - Present - Yoga / Pilates Teacher at Bloomsburys Biddenden, Biddenden, Kent, UK - United Kingdom, (Day Spa)

Duties included:

Self-employed onsite massage/holistic therapist and yoga teacher for guests and local clients. Offering weekend spa packages, bespoke retreats and treatments for individuals and group bookings ie - hen parties, families, business group packages.

February 2010 - Present - Yoga / Pilates Teacher at The Green Health Club, Pluckley, Kent, UK - United Kingdom, (Health Club)

Duties included:

Teacher of weekly Hatha and yoga flow classes for members and guests

January 2012 - December 2012 - Yoga / Pilates Teacher at The Rye Retreat, Rye, East Sussex, UK - United Kingdom, (Day Spa)

Duties included:

Private Yoga Teacher - Working with clients on a one to one basis for personal yoga tuition and therapeutic yoga sessions

July 2010 - August 2012 - Yoga / Pilates Teacher at The Energy Centre, Horsmonden, Kent, UK - United Kingdom, (Hotel Spa)

Duties included:

Seasonal resident yoga teacher at retreat centre, offering yoga classes, bodywork and workshop facilitation

January 2009 - December 2009 - Yoga / Pilates Teacher at London Beach Health Spa, Tenterden, Kent, UK - United Kingdom, (5 Star Hotel Spa)

Duties included:

Yoga Teacher of weekly Hatha and yoga flow classes for members and guests

May 2006 - August 2006 - Holistic Therapist at Tree of Life Centre, California, USA - United States, (Hotel Spa)

Duties included:

Live in work at a retreat centre and organic farm in California. Job involved land and woodland maintenance, growing organic vegetables and medicinal plants, studying nutrition and herbal medicine and work as massage therapist and Reiki to visiting guests.

Products worked with:

Organic Essential Oils

September 2005 - April 2006 - Yoga / Pilates Teacher at Rakshita's Retreat, Pallenque, Mexico, (Hotel Spa)

Duties included:

Live in yoga teacher at a retreat centre/hotel in Mexico. Teacher of yoga classes and massage therapist for visiting guests at the centre. I also spent time learning traditional indigenous healing practices

Education and Qualifications:

2013 Xolar Vibronics School of Natural Healing Arts, North Carolina, USA.

School Certification

- In ongoing apprenticeship with a renowned Columbian healer in the USA. Intensive training in the healing arts, covering natural medicine, shamanism, ayurveda, yoga, martial arts, detoxification, energy clearing, working with Nature, counselling skills, bodywork

2013 various

Ongoing yoga training

Yoga training:

- Kia Miller - Radinat Body Yoga Intensive, USA 2014
- John Stirk - Weekend Workshops and weekly classes 2009-Present
- Kundalini Yoga Course with Guru Rattana, USA 2013-2014
- Sandra Sabatini - Weekend Workshops (twice per year) 2009-Present
- Angela Farmer and Victor van Kooten - Annual 6 day yoga Training intensives. 2010-present
- Erica Rasmussen - Workshops, weekly classes & personal yoga tuition 2011-2013
- Sophie Hoare - Scaravelli Yoga Workshops 2011-2012
- Yoga Teacher Training intensive - Inner yoga Trust (35 hours) 2011
- Yoga From Within Teacher Training 2010
- Kundalini Yoga Classes with Dardum, USA 2006
- Various classes and workshops in Hatha Yoga, USA - 2005-2007
- Shjanta Yoga Teacher Training - 150 hours, 2005
- Tai Chi & Chi Qong Training, 2002-2004

2011 School of Altai Massage

IPTI - Advanced Massage Therapy Practitioner IPTI - Altai Massage Therapist

Altai Massage Therapy is a form of bodywork which incorporates deep tissue and holistic massage, structural bodywork, natural healing and aromatherapy, as well as elements of acupressure, Lomi Lomi and Thai yoga massage. I continue to study with my teacher, receiving personal mentorship and on-going training.

2010 Terra Mai Reiki

Terra Mai Reiki and Seichem Master Practitioner

Reiki & Seichem healing

2009 Yoga From Within - London

Yoga Alliance Yoga Teacher

Yoga Teacher Training

2007 various

Experience

Other Experience and Training

Mentorships and personal tuition 2005-present

Since 2005 I have received personal mentorship and training from my teachers in shamanic healing, meditation, energy healing and Native American medicine.

Lake Titicaca, Bolivia 2006 - 2007

Six months retreat in the Andes mountains, writing and producing a music album and studying indigenous healing.

Pucallpa, Peru 2006

3 month stay and shamanic training with a Shipibo (tribal) family in the Amazon jungle. I co-organized retreats

for people to visit and work with traditional Amazonian doctors (Shamans), learning about the ancient ceremonial practices and medicinal plants of the Amazon jungle. I taught yoga and offered massage to groups and also studied traditional healing practices and plant medicine with the shamans.

Mi'kmaq reservation, 2005

Cape Breton, Canada

Stay with families on a Mi'kmaq (A Native American tribe) reservation, in. This time was spent learning with a tribal medicine man, as well as being involved in day-to-day life on the reservation and community gatherings, where I learnt about medicinal plants, the Mi'kmaq culture and their ancient ceremonial ways.

Earth heart Mountain retreat centre 2005

West Virginia, USA

Six week immersion program and yoga teacher training intensive. An intensive yoga training program covering meditation, philosophy, asanas, meridian work, nutrition, fasting, and Taoist medicine. Work also included assisting with land management and ecological building projects at the retreat centre.

The Sacred Mountains Foundation 2005

Arizona & Colorado, USA

Volunteer and program co-ordinator - A Navajo organisation working to preserve the wisdom of the tribal ways whilst integrating new ideas in permaculture and sustainable living. My role was as an assistant to the founding director. Duties included planning and organization of projects, working with volunteers and the local community, grant writing, research, as well as studying Navajo culture and traditional sacred ceremonies and healing practices with elder Paul Crane Tohlakai.

2005 Shjanta Yoga School of Yoga

Yoga Teaching Certificate

Yoga teacher training based upon yogic and Taoist philosophy covering: movement, posture, breathing, meditation, teaching skills, Chinese medicine theory, meridian work, Taoist practices and bodywork skills.

2003 Way of the Kestrel School of Shamanic Healing

Practitioner certificate

Shamanic Sound healing

2004 Bath Spa university College

BA Honours Fine Art

2001 University of Central England

National Diploma Foundation Studies Art and Design

Vocational Qualifications

- IT Skills
- Business Management
- Event co-ordinator and organisation
- First Aid
- Musician / Singer
- Working with adults with learning disabilities
- Retail Experience
- Professional gardener

Hobbies and Interests

- Yoga
- Meditation
- Healing
- Nature
- Reading
- Music
- Walking
- Gardening
- Healthy lifestyle, nutrition, health and wellbeing

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