

# Curriculum Vitae

**Female**

**D.O.B. 16 August 1976**

**Number of years working in industry:**

**12 years 2 months**



**Candidate ID Number:** 17927

**Nationality:** British

**Language Skills:**

Fluent: English

Basic: Spanish

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

**Position Sought:** Massage Therapist, Holistic Therapist, Yoga / Pilates Teacher

## **Personal Statement**

### **Employment History:**

**March 2015 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) Brighton, UK - United Kingdom, (Day Spa)

#### **Duties included:**

Massage Therapist using Swedish Massage, Deep Tissue Massage, Trigger Point Therapy, Myofascial Release and Sports Stretching.

Building and maintaining a regular client base.

Supporting other therapists.

Excellent time keeping and maintaining a high standard of cleanliness.

**January 2015 - March 2015 - Massage Therapist** at Fitness First, Brighton, UK - United Kingdom, (Health Club)

#### **Duties included:**

Massage Therapist using Swedish Massage, Deep Tissue Massage and Advanced Clinical Massage techniques. Booking in clients.

**November 2013 - December 2014 - Massage Therapist** at Equilibrium Complimentary Health Centre, Lewes, UK - United Kingdom, (Day Spa)

#### **Duties included:**

Massage Therapist using Swedish Massage, Deep tissue Massage and Advanced Clinical Massage Techniques.

### **Education and Qualifications:**

**2015 Jing Institute, Brighton**

Certificate in Advanced Clinical Massage

Advanced Clinical Massage for treating pain, include trigger point therapy, soft tissue release, stretching and sports massage techniques.

**2013 The College of Classical Massage, Brighton**

ITEC in Holistic Massage, Anatomy and Physiology

Holistic Massage, Anatomy and Physiology

**2012 Amrit Nam Sarovar School, France**

Level 2 certificate in Kundalini yoga

Kundalini yoga training

**2009 Amrit Nam Sarovar, France**

Level 1 teacher training certificate

Kundalini Yoga training

**2001 Salford College, Manchester**

NVQ 3

Childcare training

**1998 Plymouth College, Plymouth**

NVQ 2

Childcare training

**1994 PLYMSTOCK**

10 GCSE's grade A-D

**Vocational Qualifications**

I hold a current first aid certificate.

I have worked as a reception in a Holistic Health Centre and in different office environments.

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

