

# Curriculum Vitae

**Male**

**D.O.B. 04 May 1980**

**Number of years working in industry:**

**6 years 0 months**



**Candidate ID Number:** 181163

**Nationality:** Nepalese

**Language Skills:**

Fluent: English, Nepali, Hindi

**Permitted to work in:** Nepal

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

## Personal Statement

I'm a passionate & versatile wellness professional dedicated to helping others achieve balance through fitness, yoga, massages & holistic healing. My current goal is to secure fulfilling roles at luxury resorts or hospitality, where I can bring my expertise to an exclusive clientele while growing both personally & professionally.

Seeking work in international locations and cruise ships

## Employment History:

**August 2024 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Kathmandu, Nepal, Nepal, (Hotel Fitness Centre)

### Duties included:

- Conducting personalized fitness/Personal/ HIIT training, Pilates, Barre, Yoga, and Wellness sessions for guests.
- Provided Tennis instruction and sports coaching for individuals and groups.
- Performing sports massage, foot reflexology, and sound healing sessions.
- Supervising and coordinate wellness programs, ensuring a premium guest experience.
- Managing fitness facilities, maintain equipment, and ensure safety standards.
- Organizing wellness events, sports activities, and relaxation programs.

### Products worked with:

Elemis (UK) - Anti-aging skincare and body wellness treatments

E'Spa (UK) - Botanical and marine-based luxury spa products

Thalgo (France) - Marine-based skincare and body treatments

Cinq Mondes (France) - Ritual-inspired spa treatments from global traditions

**February 2024 - July 2024 - Fitness Professional** at Joy Island, Maldives, (5 Star Hotel Spa)

### Duties included:

- Designed and conducted personalized and group fitness training programs, including strength training, Pilates, yoga, and functional workouts.
- Organized and led sports activities such as Tennis, Paddle, Football, Volleyball, and water sports for guests and members.
- Provided wellness services, including Swedish and deep tissue sports massage, foot reflexology, and sound healing

therapy.

- Supervised and coordinated the recreation team, ensuring smooth operation of all sports and wellness & entertaining activities.
- Created engaging wellness and fitness schedules to enhance guest experiences and promote a healthy lifestyle.
- Maintained fitness and recreation facilities, ensuring safety and cleanliness standards were met.
- Developed marketing strategies to promote wellness programs and increase guest participation.

**August 2019 - September 2023 - Fitness Professional** at Baglioni Hotels & Resorts, Maldives, (5 Star Hotel Spa)

#### **Duties included:**

- Conducted fitness training sessions (personal and group) including strength training, yoga, HIIT, Aqua Gym and functional workouts.
- Led sports activities such as Tennis, Football, Volleyball, and other recreational games for guests and members.
- Managed daily operations of the fitness and sports department, ensuring smooth execution of programs and activities.
- Designed and implemented fitness and wellness schedules to enhance guest experiences.
- Ensured safety and maintenance of fitness and sports facilities, conducting routine inspections and equipment checks.
- Handled guest inquiries and complaints, providing professional solutions to enhance satisfaction.
- Coordinated with other departments as spa, recreation, and hospitality to deliver integrated wellness experiences.

#### **Education and Qualifications:**

##### **2025 AIPA Kathmandu, Nepal**

CIDESCO

- Management & leadership training.
- Sports Massages & Foot Reflexology training.
- Yoga (RYT 200 Hrs) Teacher's training.
- Sound Bowl healing teacher's training.
- Grass-root Tennis training.
- First Aid & Safety. Fire & Safety training.
- Disaster management plan awareness, Health safety & well-being, Waste management plan.
- Awareness guest enhancement training.

##### **1991 Siddartha Residential School**

+2 College passed

#### **Vocational Qualifications**

First Aid

Safety & management

Many more

#### **Hobbies and Interests**

Yoga & Meditation, Hiking, Reading, Sports & Meeting new peoples.

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