

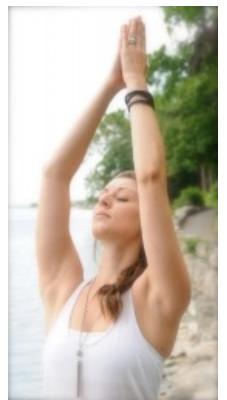
# **Curriculum Vitae**

**Female**

**D.O.B. 25 November 1984**

**Number of years working in industry:**

**3 years 5 months**



**Candidate ID Number:** 18615

**Nationality:** British, Canadian

**Language Skills:**

Fluent: English

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

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

## **Personal Statement**

I am a positive, driven and inspired teacher and practitioner. I am very passionate about my work and the people I serve. I create strong healthy relationships with my co workers, fellow teachers and therapists and offer a steady support system for my clients. My work is a labour of love and I look forward to sharing this work and enhancing peoples health, vitality and capacity for joy for many years to come. It is my goal to one day open my own space in the UK or Europe focused on health, mindfulness and sustainable environmentally friendly living.

Seeking to work in UK, Canada and International Locations

## **Employment History:**

**July 2010 - December 2013 - Yoga Therapy Centre Owner and Practitioner** at (most recent employer hidden for confidentiality) Toronto, Canada, (Health Club)

### **Duties included:**

Reception and Administration duties ie. greeting clientele, setting appointments, answering phone, taking payment and dealing with queries, promotions and cancellation and booking space, setting up the clinic and studio rooms

Ordering stock and doing inventory on mats, clothing and product retail

Teaching private yoga sessions, group classes and workshops intensives.

Private yoga therapy sessions and prescription of individualized programs

Thai yoga massage sessions

Prenatal sessions

Counselling and meditation and mindfulness classes and workshops.

Budgeting and advertising for small business

## **Education and Qualifications:**

**2010 Sheridan College of Southern Ontario**

Diploma

Sheridan College Certificate in Small business management

## **2011 Yoga Therapy Toronto**

30 case study and final exam resulting in a diploma in yoga therapy

## **2002 Ontario Secondary School**

Ontario Secondary School Diploma

## **Vocational Qualifications**

First aid & CPR with the Red Cross (kept current at all times)

Mind Body studio administration program certificate and 3 years experience

## **Hobbies and Interests**

Freelance writer for a wellness and mindful lifestyle e-magazine

reading

traveling

Photography

writing music / singing

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

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