

Curriculum Vitae

Female

Number of years working in industry:

9 years 1 month



Candidate ID Number: 186443

Nationality: Italian

Language Skills:

Fluent: English, Spanish, Italian

Good: Danish, Portuguese, French

Permitted to work in: European Union, UK - United Kingdom

Position Sought: Fitness Professional, Yoga / Pilates Teacher, Swim / Aqua Fit Teacher, Receptionist

Personal Statement

I love making people feel good: this is my drive and my passion. I do that through an holistic approach, especially through yoga and meditation. The best feeling for me is when students tell me how well they feel after having a session with me, or how they are solving their physical or mental problems thanks to my classes.

My best quality is a positive approach and problem solving mind. I do not let obstacles stop me, and I love encouraging people to do the same.

I am reliable, always on time and always ready to share my knowledge and expertise. My passion for what I do shines through every day.

My goal is to work in a beautiful place (SPA, hotel, health club) where I can build a good rapport with my students and build a community, sharing knowledge and health through yoga, meditation, reiki, pilates, fitness and principles of ayurveda.

Employment History:

January 2025 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) Aarhus, Denmark, (Health Club)

Duties included:

Yoga and Pilates Instructor

January 2025 - Present - Yoga / Pilates Teacher at FitnessUnited, Aarhus, Denmark, (Health Club)

Duties included:

Yoga, Pilates and Dance Fitness Instructor

January 2024 - Present - Fitness Professional at Dansestudiet, Aarhus, Denmark, (Health Club)

Duties included:

Dance Instructor

April 2023 - Present - Yoga / Pilates Teacher at Sevika Medical, Online, Switzerland, (Hospital / Medical Clinic)

Duties included:

Corporate Yoga Instructor

December 2023 - October 2024 - Fitness Professional at DGI Huset, Aarhus, Denmark, (Health Club)

Duties included:

Yoga (Pre-Post Natal, Yin, Vinyasa, Hatha), Pilates and Dance Fitness Instructor

March 2023 - June 2024 - Yoga / Pilates Teacher at PureGym, Aarhus, Denmark, (Health Club)

Duties included:

Yoga, Pilates and Dance-Fitness Instructor

September 2021 - January 2023 - Yoga / Pilates Teacher at Studio K Richmond, London, UK - United Kingdom, (Health Club)

Duties included:

Yoga and Dance Teacher

March 2021 - January 2023 - Yoga / Pilates Teacher at YogaHook, London, UK - United Kingdom, (Health Club)

Duties included:

Hot Yoga, Vinyasa, Hatha and Yin Yoga Instructor

January 2022 - January 2023 - Yoga / Pilates Teacher at Anytime Fitness, London, UK - United Kingdom, (Health Club)

Duties included:

Vinyasa Yoga Instructor

January 2022 - January 2023 - Yoga / Pilates Teacher at Fitness First, London, UK - United Kingdom, (Health Club)

Duties included:

Hatha and Vinyasa Yoga Teacher

November 2021 - January 2023 - Yoga / Pilates Teacher at PureGym Aldgate, London, UK - United Kingdom, (Health Club)

Duties included:

Yoga Instructor

January 2019 - January 2023 - Fitness Professional at Let's All Dance, London, UK - United Kingdom, (College)

Duties included:

Dance-fitness, Zumba, Aerobics, Pilates and Yoga Instructor

September 2018 - September 2021 - Fitness Professional at Stage Studio, London, UK - United Kingdom, (College)

Duties included:

Dance Instructor for performers (dancers, singers, actors)

March 2019 - March 2020 - Receptionist at Innovation Dance Studios, London, UK - United Kingdom, (Health Club)

Duties included:

Dance Instructor and Receptionist, welcoming members, taking payments and bookings, arranging substitute teachers, etc.

January 2016 - November 2017 - Retail Professional at New Era, London, UK - United Kingdom, (High Street Store)

Duties included:

Sales Assistant for New Era, Westfield, London

Education and Qualifications:**2024 Body Soul Wellness**

CPD

Mat Pilates Instructor

2023 YogaRenew

YACEP

Prenatal Yoga Instructor

2023 YogaRenew

YACEP

Yin Yoga

2022 House of Om, Bali

RYT

Yoga Teacher Training 200 hours and 300 hours

2016 Reiki Academy London

Certificate

Reiki Level 2 Practitioner

2014 Broadway Dance Center

Certificate

Dance Performer and Instructor

2011 Dance Performer / Instructor

Certificate

Debbie Reynolds Studios

2014 Broadway Dance Center

Dance Performer and Teacher Certificate (International Student Visa Program)

Vocational Qualifications

Digital Marketing Certificate

First Aid

Driving License B

IELTS (English)

DELE (Spanish)

DELF (French)

Dansk 3 (Danish)

Hobbies and Interests

I love nature, art, books, yoga, water (the sea is my habitat), dance, music, hiking. I also love writing: I write stories and sometimes poems. I play a little bit of piano and guitar and I love singing.

CV created at www.spastaff.com

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