

Curriculum Vitae

Female

D.O.B. 14 July 1970

Number of years working in industry:

7 years 4 months



Candidate ID Number: 18685

Nationality: British

Language Skills:

Fluent: English

Good: Spanish

Basic: French

Permitted to work in: UK - United Kingdom

Position Sought: Senior Therapist, Massage Therapist, Holistic Therapist, Fitness Professional, dance, music drum teacher

Personal Statement

i spent 9 years being immersed in performance, healing modalities and the incredible subtlety of the indigenous people of Australia and sound and sound healing. This has transformed my life, encouraged my passion and excellence, created a platform for my love of nature and humanity. I am told i look like a thirty something and have the vitality and clarity of a child. I believe that this is down to the practices, that they speak for themselves and i wish to pass this one in a really colourful, enjoyable way. I believe i can hold people in very deep spaces that allow for total transformation. i understand the body as vessel for the spirit and feel i can provide this understanding from a wide range of perspectives to any age group and any culture. I love to learn. I can work independantly, in small or large groups, can lead and direct and follow where necessary. I love to travel. I am a non smoker, non drinker. I have also worked in 'trouble shooting' roles for multi nationals and have a strong analytical mind as well as creative flair.

Seeking to work in UK, International Locations and Cruise Ships

Employment History:

April 2013 - October 2013 - Senior Therapist at (most recent employer hidden for confidentiality) Kuranda, Australia, (High Street Store)

Duties included:

Intuitive, restorative, intergrative practice. From point of receiving client, diagnosis, hands on, any relevant feedback as to diet, exercise and lifestyle changes or enhancement. Running of salon, cash handling, product research, telephone enquiries, media and advertising, interior decoration, cleaning and feng shui of space.

Career Break - relocation to u.k.

August 2006 - May 2013 - Fitness Professional at Earth Frequency Festival, Byron Bay, Australia, (Hotel Fitness Centre)

Duties included:

This was part of a tour that lasted during a number of years. My role was in synthesising dance/contact improvisation/meditation/voice/massage. I performed and taught and spoke at the major outdoor festivals in Australia (no option for this above). Working with small and large groups either in introducing them to these practices for the first time or taking performers in workshops to further develop their skills. Responsible for all media preperation, site preperation, sound and audio tech. liaison with site managers and audio engineers. Also performance, choreography, direction, set design and sculpture where role called for it.

Products worked with:

electronic sound equipment.

Career Break - meditation and fasting

June 2006 - January 2013 - Holistic Therapist at About the Body, Byron Bay, Australia, (Home/Mobile)

Duties included:

Intuitive, restorative, integrative practice. From point of receiving client, diagnosis, hands on, any relevant feedback as to diet, exercise and lifestyle changes or enhancement. Running of business; advertising, cash handling, product research, telephone enquiries, media and advertising, interior decoration, cleaning and feng shui of space

During this time, i was practising, researching and teaching, sensuous and tantra practices, working with men, women and couples. The work was very involved and detailed. Working not only with the core body but core beliefs, client counselling, Also involved written practices of attempting to translate the Eastern mind to the western understanding in a way that was accessible and relevant to clients in Australia.

Yoga and meditation practices with clients.

Products worked with:

Essential oils, singing bowls, crystals.

Career Break - Three months with indigenous elder and medicine man studying and learning healing practices and cultural perspective

Education and Qualifications:

private practitioners - no formal training received. Whilst I have a formal degree in Law, I have no 2006 formal training in the other fields. The teachers were private practitioners who impressed me along the way and who I sought out to study with.

Skinner, Feldenkrais, Alexander and Graham technique. Core yoga practices, kundalini, Ashtanga, Hatha. Contact improvisation. Five Rhythms. Theatre of the Ordinary. Improvisation Technique. Clowning. Quantum Mechanics of the Body. B.M.C. Improvisation for Performance. These systems are all about core, central awareness training. Strengthening, Flexibility both physically and mentally and about emptying the body to prepare for the canvas for creativity.

1987 university of Hertfordshire

Law Degree (2:1 (hons))

A levels in English literature, Politics and History

GCSE's in Geography, Art, Drama, Music, English literature, Science, History, Phys ed. Religious studies.

Vocational Qualifications

Scuba diving, first aid, swimming instructor,

Hobbies and Interests

tecnology, electronica, vibrational science, culture culture, i live to dance, outdoor music and lifestyle festivals, film, nature, wildlife, animals, people, clothing, textiles, colour, exhibiting visual artist, electronic producer.

CV created at www.spastaff.com

