

Curriculum Vitae

Female

D.O.B. 19 May 1998

Number of years working in industry: 3 years 11 months

Candidate ID Number: 188418

Nationality: Indian

Language Skills:

Good: English

Permitted to work in: India, Maldives

Position Sought: Fitness Professional, Yoga / Pilates Teacher

Personal Statement

I have extensive experience in hospitality, wellness program development, and holistic healing, I am eager to contribute my expertise to your esteemed establishment. My passion lies in crafting transformative wellness experiences and guest well-being.

Employment History:

March 2022 - Present - Yoga & Lifestyle Team Leader at (most recent employer hidden for confidentiality)
Kudafushi Resort & Spa, Maldives, (5 Star Hotel Spa)

Duties included:

I lead wellness initiatives, conduct daily yoga and meditation sessions, and design personalized retreats. My expertise spans Hatha, Vinyasa, Ashtanga, and Yin Yoga, complemented by Pranayama, mindfulness, and Reiki healing. Beyond instruction, I specialize in guest engagement, event organization, and team leadership, ensuring that wellness programs enhance the resort's luxury standards.

Products worked with:

n/a

Education and Qualifications:

2022 Dev Sanskriti Vishwavidyala

Diploma in Yogic Science

Yoga , Zumba & Reiki

2015 Happy Model School

