

Curriculum Vitae

Female

D.O.B. 03 June 1981

Number of years working in industry: 11 years 11 months

Candidate ID Number: 20018

Nationality: New Zealander, British

Language Skills:

Fluent: English

Permitted to work in: New Zealand, UK - United Kingdom

Position Sought: Yoga / Pilates Teacher

Personal Statement

I am proactive. I love learning new things and mastering a challenge.

My biggest goal is to continue my career in Yoga overseas. I want to make this my full-time job.

Seeking to work in the UK, Australia and International Locations

Employment History:

March 2014 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) Auckland, New Zealand, (Home/Mobile)

Duties included:

Yoga Instruction

Meditation

Mind/Body Awareness

Education of benefits of asanas

Yoga Anatomy and Physiology awareness

Mantra

Education and Qualifications:

2013 Global Yoga Shala

Certificate

Ashtanga Yoga, Aryurveda Diet, History of Yoga, Anatomy, Physiology, Spinal analysis, Sequencing

2013 Global Yoga Shala

Certificate in Hatha Yoga

Specialisation: Ashtanga, Yin and Vinyasa

97% pass rate

Level 5 (highest grade) achieved on practicum

Vocational Qualifications

BA in Fashion Technology 1999-2002

Hobbies and Interests

Nature/ outdoors, hiking, running, dancing, music, gym, yoga. Beaches, forests.

CV created at www.spastaff.com

