

# 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, Ayurveda 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](http://www.spastaff.com)

