



Curriculum Vitae

Male

D.O.B. 26 May 1986

Number of years working in industry:

14 years 8 months

Candidate ID Number: 20185

Nationality: Indian

Language Skills:

Fluent: English, Hindi

Permitted to work in: India

Position Sought: Spa Consultant, Spa Manager, Spa Co-ordinator, Assistant Manager, Head Therapist, Treatment Manager / Spa Trainer, Senior Therapist, Massage Therapist, Holistic Therapist, Fitness Professional, Yoga / Pilates Teacher

Personal Statement

Excellent management skills with Spa supervision and training. I am a Master's in Yogic Education, an E-RYT (Experienced Registered Yoga Instructor) by Yoga Alliance as well a Certified Massage Therapist by CIBTAC, UK. I have been worked with the most luxurious properties and have been performed different workings i.e. Team leader, Senior Yoga Teacher and Senior spa Therapist etc. I am looking a position in Spa industry where i could use my experience and skills to be useful for my company as well to grow myself.

Employment History:

April 2022 - Present - Senior Therapist at (most recent employer hidden for confidentiality) Praslin Seychelles , Seychelles, (5 Star Hotel Spa)

Duties included:

Spa supervisor

Staff training

Yoga sessions

Massage

Reiki

Reception

Yoga Therapy

Jin Shin Jyutsu healer

Products worked with:

Kerstin Florian,

Aromatherapy Associates,

Sisley,

Constance products

May 2019 - May 2021 - Yoga / Pilates Teacher at Constance hotels and resorts Maldives, Male, Maldives, (5 Star Hotel Spa)

Duties included:

Yoga sessions

Treatments

Gym supervision

Reiki

Yoga Therapy

Supervision

Reception

Products worked with:

Valmont

December 2018 - April 2019 - Head Therapist at Le Meridien resort and spa, Mahabaleshwar , India, (5 Star Hotel Spa)

Duties included:

Spa Supervision,

Training,

Budgeting,

Spa Roaster,

Yoga sessions,

Area supervision.

Products worked with:

Explore Spa

December 2017 - December 2018 - Yoga / Pilates Teacher at IYMS Rishikesh, Rishikesh, India, (College)

Duties included:

Head of the department, Structuring Yoga sessions for International groups, Supervision of the staff and commencing Yoga and Meditation sessions.

Products worked with:

International Yoga Groups.

Yoga counseling

Anatomy and physiology

Yoga philosophy

May 2017 - November 2017 - Yoga / Pilates Teacher at North Island resort, Mahe, Seychelles, (5 Star Hotel Spa)

Duties included:

Yoga instructor and Therapist

Spa Supervision

Training

Yoga retreats

Products worked with:

Aromatherapy Associates

November 2015 - April 2017 - Yoga / Pilates Teacher at Ved Niketan International Yoga and Meditation institute, Rishikesh, India, (College)

Duties included:

Yoga instructor,

Pranayama

Meditation

Holistic health

March 2015 - October 2015 - Yoga / Pilates Teacher at Raffles resorts, Praslin, Seychelles, (5 Star Hotel Spa)

Duties included:

Yoga counsellor

Spa Therapies

Gym supervision

Aqua Yoga

Products worked with:

Raffles spa

Treatments

Training

Yoga sessions

December 2013 - January 2015 - Yoga / Pilates Teacher at Park Hyatt resort and spa, Goa, India, (5 Star Hotel Spa)

Duties included:

H.o.d of Yoga

Spa Therapies

Products worked with:

Thalgo products

Sereno spa

June 2012 - July 2013 - Yoga / Pilates Teacher at Ved Niketan International Yoga and meditation institute, Uttarakhand, India, (College)

Duties included:

Physical Education Teacher cum Yoga instructor

August 2010 - May 2012 - Yoga / Pilates Teacher at Army school, Dehradun, India, (College)

Duties included:

Hatha Yoga with Pranayama & Meditation

Physical education

December 2009 - December 2010 - Yoga / Pilates Teacher at Ved Niketan International Yoga and meditation institute, Rishikesh, India, (College)

Duties included:

Yoga sessions

Education and Qualifications:

2019 India

Master's

Master's in Yogic Science;

Yoga Asanas,

Pranayama,

Meditation,

Philosophy,

Anatomy and physiology

2019 Uttarakhand Sanskrit University, Haridwar

Reiki

Massages

2013 Ananda Spa Institute, Hyderabad

CIBTAC Anatomay & full body massage. PG Diploma in Yogic Science. Bachelor in Physical Education

Spa Management

Massage

Yoga expertise

Reiki

2013 Ananda spa institute

Cibtac

Spa Management with Massages

2009 Gurukul Kangri University

Bachelor in Physical Education

Master's in Yogic Science,

M.B.A,

Post Graduate diploma in Yogic Science

One Year Hatha Yoga Certificate course from Ved niketan International Institute of Yoga & Meditatio, Rishikesh.

6 Months Yoga Certificate Course from National Open Schooling.Approved by Govt. of India.

2014 Yoga Alliance USA

200 hrs Yoga Teacher training course

2013 Ananda Spa Institute, Hyderabad(India)

Cibtac certification from UK.

Product Training:

June 2015 Aromatherapy Associates London

Raffles, Seychelles

Lavender island treatment, Refinery Men Facials from Aromatherapy Associates, Seashell body treatment, Turkish body Scrub.

June 2015 Aromatherapy Associates London & Kerstin Florian US, Thalgo products, Phytomer products.

In Raffles by trainer Sarah.

Thalgo Products

Vocational Qualifications

Mountaineering course and attained 5,500 Metres in the Himalayas, 6,000 Metres in Spiti valley

Hobbies and Interests

Trekking, Jungle Safari

CV created at www.spastaff.com

