

Curriculum Vitae

Female

D.O.B. 16 December 1990

Number of years working in industry:

14 years 1 month



Candidate ID Number: 21452

Nationality: British

Language Skills:

Fluent: English

Permitted to work in: UK - United Kingdom

Position Sought: Yoga / Pilates Teacher

Personal Statement

I strive to live and teach yoga with kindness - helping my students find that little thread that will keep bringing them back to their practice. I'm confident, adventurous and have a terrible sense of humour!

My teaching style is dynamic and challenging but fun, and I aim to make sure that everyone leaves each class feeling more chilled out and, hopefully, a bit more ready to be kind to themselves. I work with hands on adjustments when appropriate to help students find a deeper expression of the asana in their body. I'm also a bit of an anatomy geek!

I've been teaching group and private classes in London for two years, and in a year or two I will be starting my Masters degree in the Traditions of Yoga and Meditation at SOAS, University of London. Before then, I'm keen to get some experience of teaching in another country. I'm open to a challenge and always hard working and enthusiastic.

Seeking to work in the UK, International Locations and Cruise Ships

Employment History:

May 2014 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Hotel Fitness Centre)

Duties included:

Teaching group yoga classes.

January 2014 - Present - Yoga / Pilates Teacher at Zen Yoga, London, UK - United Kingdom, (Health Club)

Duties included:

Teaching regular group yoga classes, all levels

December 2012 - Present - Yoga / Pilates Teacher at Self-employed , London, UK - United Kingdom, (Home/Mobile)

Duties included:

Teaching one to one private yoga classes to clients in their own homes and in hotel gyms.

January 2012 - February 2014 - Yoga / Pilates Teacher at Urbananda Yoga, London, UK - United Kingdom, (Health Club)

Duties included:

Teaching group yoga classes

March 2013 - August 2013 - Yoga / Pilates Teacher at Greenwich West Community Centre, London, UK - United Kingdom, (Health Club)

Duties included:

Teaching group yoga classes

Education and Qualifications:

2012 Yoga London

RYT200

Yoga Alliance 200hr yoga teacher training with Yoga London

2014 Goldsmiths University of London

BA HONS Social Anthropology - First Class Honours

Vocational Qualifications

TEFL (teaching English as a foreign language)

Hobbies and Interests

Yoga, running, writing, bookbinding, dancing, singing, reading, hiking

CV created at www.spastaff.com

