

Curriculum Vitae

Female

D.O.B. 20 June 1985

Number of years working in industry:

12 years 7 months



Candidate ID Number: 22581

Nationality: British, South African

Language Skills:

Fluent: English

Basic: French

Permitted to work in: South Africa, UK - United Kingdom

Position Sought: Yoga / Pilates Teacher, meditation guide

Personal Statement

I am very friendly, open, enthusiastic and passionate about what I do, in my opinion teaching yoga is a responsibility of sharing my knowledge and skills, not just a job to do.

I truly believe that the universe looks after those who try to live a good, hardworking and honest life and therefore try to live my life accordingly.

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

Employment History:

July 2013 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) Dusseldorf, Germany, (Home/Mobile)

Duties included:

Private yoga classes. In addition to this, I hold pranayama and meditation classes.

As I am self-employed this role incorporates all facets of running my own business. Including marketing, financing and teaching.

I often organise "fun days", where all my clients join together in a park or in the studio, bring their families and we share a beautiful yoga day and picnic.

July 2013 - April 2014 - Yoga / Pilates Teacher at Yoga9, Dusseldorf, Germany, (Health Club)

Duties included:

My main role was to teach yoga to beginner and intermediate students.

Within the studio, all reception duties for my classes were my responsibility. Including selling/upgrading memberships and running our in-house store.

Career Break - Training - industry-related

Education and Qualifications:

2007 Northumbria University

Bsc Psychology

200 Hour Hatha Yoga Alliance TTC <http://www.lekshmiyoga.org/>

500 Hour Advanced Hatha Yoga Alliance TTC <http://www.lekshmiyoga.org/>

200 Hour Ashtanga Yoga USA Yoga Alliance TTC <http://www.tattvaayoga.com/>

Vipassana meditation training, Dharamkot, India

Meditation and Pranayama retreat, Kovalam, India, 1 month

2003 Regent House

A Levels: Economics, English Literature, Religious Education and Theatre Studies

Vocational Qualifications

First Aid

TEFL (Teaching English as a Foreign Language)

Hobbies and Interests

Yoga, meditating, surfing and most outdoor and watersports. I love to travel and have spent the last 7 years working and traveling abroad.

CV created at www.spastaff.com

