

# Curriculum Vitae

**Female**

**D.O.B. 09 April 1986**

**Number of years working in industry:**

**14 years 1 month**



**Candidate ID Number:** 24467

**Nationality:** British

**Language Skills:**

Fluent: English, Spanish

Good: French, Russian

Basic: Croatian, Serbian, Portuguese, Turkish, German, Italian

**Permitted to work in:** UK - United Kingdom

**Position Sought:** Fitness Professional, Yoga / Pilates Teacher

## Personal Statement

I bring the passion I have for my own practice into my teaching. Beginner or long-term enthusiast, if you're looking to be challenged in a light-hearted environment, then mine is the class for you. Influenced by Bikram and Ashtanga, I aim to fuse a good old-fashioned workout with a deeply restorative practice in my classes. Focus is on core strength, proper alignment and direction of the breath, bringing balance, improved posture and new energy to the body and mind.

Having retired from 10 years as a Commodities Broker, I am now loving a successful business in fitness and the outdoors having pursued my dream of a career in yoga, food and fitness. When you meet me you will see how passionate I am about wellbeing and finding happiness.

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

## Employment History:

**January 2015 - Present - Spa Manager** at (most recent employer hidden for confidentiality) Bonjardim, Portugal, Portugal, (5 Star Hotel Spa)

### Duties included:

Responsibilities involved acting as front of house and first point of contact for guests' needs, as well as day-to-day running of the retreat, its activities and its staff.

Coordinating activities such as walks, rebounding, yoga, fitness and relaxation.

**Career Break** - Commodities Broker at ICAP (also training in Yoga/Nutrition and doing part-time holistic work alongside the day job)

**March 2012 - Present - Yoga / Pilates Teacher** at Good Vibes, London, UK - United Kingdom, (Health Club)

### Duties included:

Teaching Dynamic Yoga, Bliss Yoga and Glow Yoga classes of 18 - 35 students.

**January 2012 - Present - Fitness Professional** at SW-FIT, London, UK - United Kingdom, (Home/Mobile)

**Duties included:**

- I run courses, workshops, retreats and work one to one with clients to improve mental & physical wellbeing, awareness and self acceptance;
- Experience & specialties: body composition, diet & nutrition, dynamic yoga, fat loss, fitness, flexibility, mindfulness, post-op rehabilitation, relaxation, strengthening of body & mind, wellbeing;
- One-to-one and group classes. I teach groups, private clients and corporate classes for city professionals;
- Passed all modules of Jason Vale The Juice Master's Natural Juice Therapy Course;
- Studied with Matthew Kenney in Sports & Elite Sports Nutrition;
- Raw food, vegan food, paleo-eating and fitness;

With the right tuition Yoga can give you everything a gym can... and more.

**January 2017 - Present - Yoga / Pilates Teacher** at Soho Farmhouse, Great Tew, UK - United Kingdom, (5 Star Hotel Spa)

**Duties included:**

Yoga classes, privates/121s

**Products worked with:**

Yoga workshops in Yin, Ashtanga, Vinyasa Flow, Power Yoga to privates and large groups.

Also teaching for Lululemon and Sweaty Betty since 2018.

**Education and Qualifications:****2015 Institute for Integrative Nutrition (IIN)**

Health Coach soon-to-be graduate with Institute for Integrative Nutrition (Oct 2015)

Health, Food and Lifestyle Coaching with a focus on the notions of bioindividuality and no one size fits all.

**2014 Danielle Collins Method**

Face Yoga Teacher, The Danielle Collins Method (2014)

Facial fitness and exercise - we look after our body in the gym and so why not our face?!

**2012 The Yoga Academy**

British Wheel of Yoga & Yoga Alliance Approved

RYT-200hr Yoga Teacher BWY Approved, The Yoga Academy with Simon Low (2012)

**2008 University of Nottingham**

BA Joint Honours Russian, Spanish and Serbo-Croat 2:1

**2004 Coopers' Company and Coborn School**

A Levels: English Literature (A), Sociology (A), Spanish (A)

AS Level: Mathematics (A)

GSCEs: English Literature (A), English Language (A), Geography (A), German (A), I.T. (A\*), Mathematics (A), Double Science (AA), Spanish (A\*)

**Vocational Qualifications**

Scuba Diving: Rescue Diver

First Aid: expires November 2019

**Hobbies and Interests**

Hiking, yoga, reading (Iris Murdoch, George R R Martin, Wilbur Smith), music (all types.. shame about my singing), running, fitness, weights, HIIT, nutrition, cooking, swimming.

