

Curriculum Vitae

Number of years working in industry: 11 years 1 month

Candidate ID Number: 28484

Nationality: British

Language Skills:

Fluent: English

Basic: French

Permitted to work in: UK - United Kingdom

Position Sought: Yoga / Pilates Teacher

Personal Statement

I am a lover of life and adventure, continuously exploring avenues where I can best utilise my creative prowess, be inspired and inspire others. My love for Pilates and dance allows me to grow and better serve those around me! Travel and adventure are a massive influence on how my teaching style has evolved and ever changing.

Seeking work in the UK and international locations

Employment History:

January 2015 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) west london , (Home/Mobile)

Duties included:

Teaching dynamic Pilates classes

personal training designed for individual clients

Private, duets and small groups

large group classes

Education and Qualifications:

2015 Balanced Body Be Pilates Baker street, London

Balanced Body qualified Pilates institute

Dance training at Rambert contemporary dance school

helping management in a holistic spa in London

Balanced Body Pilates Instructor Qualified

2008 lady margaret school

GCSE'S: Grade A-B

A LEVELS Grade: A-B

Foundation photography

Formal dance training: Rambert

Pilates Balanced Body certified

Open university: art and literature BA Honors

Hobbies and Interests

Dancing

Hiking

Cycling in and out of London, Mountain biking

Lover of literature and diverse culture

All sports

Learning about healing

CV created at www.spastaff.com

