

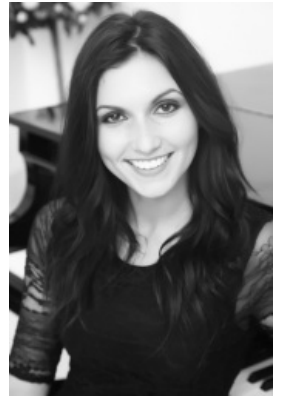
Curriculum Vitae

Female

D.O.B. 19 October 1990

Number of years working in industry:

6 years 9 months



Candidate ID Number: 28825

Nationality: British

Language Skills:

Fluent: English

Basic: Spanish

Permitted to work in: Mexico, UK - United Kingdom

Position Sought: Yoga / Pilates Teacher

Personal Statement

Influenced by teachers, peers and the environment I bring a vibrant and unique sense of empowerment to my yoga classes. Through intention, asanas, pranayama and meditation my goal is to have my students leave the classes feeling radiant and refreshed. From my background as a dancer I specialise in teaching dancers and athletes as well as ensuring all of my classes are suitable to all abilities. My classes are always physically and mentally challenging and terms are spoken in English and Sanskrit with uplifting music played throughout. I aim to live a yogic lifestyle and lead my classes in a way that reflects this choice.

Seeking to work in national and international locations and on cruise ships.

Employment History:

February 2015 - November 2015 - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) San Jose, Los Cabos, Mexico, (5 Star Hotel Spa)

Duties included:

Morning Yoga Classes

Aqua Aerobics classes

Dance Classes

January 2009 - January 2015 - Fitness Professional at Maggie Monk School of Dance, Buckinghamshire, UK - United Kingdom, (College)

Duties included:

Teaching classes to children and adults

Registration

Payments

Rota

Budgeting

Advertising

Choreographing

Education and Qualifications:

2014 Maggie Monk School of Dancing

AIDTA

Dance Teaching

2006 Chiltern Hills Academy

GCSE - all A*-C

International Dance Teaching Association - Ballet - Merit

RYT200 - Yoga - Yandara Yoga Institute

Vocational Qualifications

First Aid

Qualified Dance Teacher

Hobbies and Interests

Yoga

Dance

Reading

CV created at www.spastaff.com

