

# Curriculum Vitae

**Female**

**Number of years working in industry:**

**14 years 1 month**



**Candidate ID Number:** 36284

**Nationality:** British

**Language Skills:**

Fluent: English

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

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

## Personal Statement

I am a kind caring and considerate person who has a love for life. I'm energetic and enthusiastic and love a challenge. Working individually or as part of a team I give a 100% until the finish line.

Seeking work in international locations and cruise ships.

## Employment History:

**January 2012 - Present - Spa Consultant** at (most recent employer hidden for confidentiality) Southport, UK - United Kingdom, (Health Club)

### Duties included:

Namaste :)

I am a qualified Dance, fitness and Yoga instructor in England. I run a dance and yoga school in Southport, Teaching children from 6months to 16yrs old and adult Yoga and dance fitness classes at different venues.

I completed my RYT200 training with yoga alliance in Ashtanga Vinyasa Yoga in Rishikesh, India. 2015.

I would like to offer my services to you as I feel that it would be a fantastic opportunity and experience for myself to work in your centre.

I have experience and confidence in teaching full classes or providing a one to one class designed for the individuals wants and needs. I can lead the following classes and styles of yoga practices.

Ashtanga Vinyasa Flow Yoga  
Beginners - intermediate/ advance  
Hatha yoga  
Yin yoga  
Meditation  
Childrens Yoga

I have also just completed my Reiki healing to master level course and would love offering this as part of my yoga classes or as a separate healing class.

Please don't hesitate to contact me if you have any questions or you would like me to send you my C.V.

Thank you for your time and I look forward to hearing from you.

## **Education and Qualifications:**

### **2015 Italia Conti - performing arts Ajarya yoga school Zumba**

level 3 diploma

Ashtanga Vinyasa Flow Yoga  
Beginners - intermediate/ advance  
Hatha yoga  
Yin yoga  
Meditation  
Childrens Yoga

Street dance

Hip hop

Zumba

Aerobics

Reiki practitioner

tefl english teacher

Nail technician - manicurist

### **2015 Ajaya yoga school**

200 RTY YOGA TEACHING QUALIFICATION

## **Vocational Qualifications**

First aid qualified

## **Hobbies and Interests**

I have a love for travel, indulge in new experiences and opportunities.

I enjoy meeting new people to experience these adventures with.

Anything around health, beauty and fitness I love to practise and be involved in.

CV created at [www.spastaff.com](http://www.spastaff.com)

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