

# Curriculum Vitae

**Female**

**D.O.B. 21 September 1990**

**Number of years working in industry: 10 years 2 months**

**Candidate ID Number:** 45280

**Nationality:** New Zealander

**Language Skills:**

Fluent: English, Ukrainian , Russian

**Permitted to work in:** New Zealand, UK - United Kingdom

**Position Sought:** Yoga / Pilates Teacher

## Personal Statement

I am Power Vinyasa and Yin trained teacher. I currently teach 8 weekly yoga classes per week (alongside my full time job as a graphic designer at Disney) which include, mixed ability classes, Yin classes, Power Vinyasa classes, Slow Flow, private classes and also classes for athletes.

My skills outside of yoga include: Graphic Design (over 6 years experience), Fluent in English, Ukrainian and Russian. I am highly organised and can juggle multiple projects at once. I love meeting new people and have an ability to find a common language with most people. I've had experience working in hospitality and have great customer service skills.

Seeking work in international locations and cruise ships

## Employment History:

**December 2015 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Home/Mobile)

### Duties included:

I teach power vinyasa and yin style yoga classes, slow flow, mixed ability classes, beginners classes, meditation, private classes and classes for athletes.

### Products worked with:

Lumi Power Yoga

Form Physio

Better gyms

Crossfit Hammersmith

## Education and Qualifications:

### 2015 Power Yoga Company in London

Certificate

- Power Yoga Company London
- 200HR Power Vinyasa training
- 40 Hr Yin Training
- 20HR Anatomy training

## **2015 Natcol design college in New Zealand**

Simpsons of graphic design

graphic design

## **Vocational Qualifications**

First aid certificate for yoga teachers

## **Hobbies and Interests**

Traveling, yoga, photography, dancing

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

