

# Curriculum Vitae

Female

**D.O.B. 30 August 1984**

**Number of years working in industry:**

**14 years 10 months**



**Candidate ID Number:** 61683

**Nationality:** British

**Language Skills:**

Fluent: English

Good: Spanish

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

**Position Sought:** Assistant Manager, Yoga / Pilates Teacher, Receptionist, Retail Professional

## Personal Statement

I practice what I preach and maintain a healthy lifestyle . Always exploring and understanding the body and how it works with nature. I love to learn about new cultures and foods, music and dance. I have spent the last longest chapter of life traveling and learning through the people I met and experiences I haven't.

As a result I am a people person, approachable and empathetic. Adaptable with a thirst for exploring, not only physically but mentally.

Seeking work in national and international locations and cruise ships

## Employment History:

**April 2018 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) Glasgow , UK - United Kingdom, (Hospital / Medical Clinic)

### Duties included:

I teach yoga classes for the staff and part of a wellbeing project to aid them NHS is a stress free lifestyle .

**May 2016 - April 2018 - Yoga / Pilates Teacher** at Co.Inspire yoga teacher training , South of France , France, ( Hotel Spa)

### Duties included:

I teach with this company on a seasonal basis . I help to host the teacher training programs as well as help create the 1 month intensive course schedule. This is a live in position where I teach yoga asana, pranayama, meditation and anatomy.

**June 2013 - May 2016 - Yoga / Pilates Teacher** at Yoga Utila , Honduras , Honduras, ( Hotel Spa)

### Duties included:

- I managed a donation based Yoga and wellness studio which was created to help change the lifestyles of a small community on the island of Utila. I worked here for three years running yoga classes for adults and children. I hosted workshops including nutrition, stress, Women's health, meditation and pranayama. I collaborated with the scuba and free diving industry on the island to teach breathing practices.

- I managed staff and marketing the studio.

**April 2011 - June 2013 - Yoga / Pilates Teacher** at Azul Yoga and pilates Retreat, Fuerteventura , Spain, (Hotel Fitness Centre)

#### **Duties included:**

- I began teaching in the retreat as a guest instructor but progressed to the resident yoga host aman instructor . I main retreta runs weekly and my job was to host and create a wonderful esperience for my guests. I collaborate so with the Pilates instructor and nutritionist to complete a well rounded holistic and wellness retreat .
- I also guest instruct with this company with their exclusive international retreats.
- i remain part of their family as a guest instructor and often contribute to their wellness blog.

**Career Break** - Training - industry-related

#### **Education and Qualifications:**

##### **2010 Rishikesh Yogpeeth**

Yoga teacher training certified

- Thai yoga massage level 1
- yoga teacher training senior teacher
- cadaver dissection human anatomy and movement course .
- nationally recognised nutrition and health level 3.
- i am always furthering my yoga practice with courses ans workshops on various styles and natural movements

##### **2006 Heriot watt university**

BSC honours degree with textiles and fashion design management

#### **Vocational Qualifications**

Scuba diving , free diving, dance

I am currently studying Nutrition and health with the West College of Scotland with affiliation through Foods Standard Scotland. This will be a natuonally recognised certification from August 2019.

#### **Hobbies and Interests**

- I love to travel and learn about new cultures. I love textiles and food fashion and enjoy exploring this with travel and national dress and weaving practices.
- I love water sports including surf and diving.
- My oassion is fitness health, nutrition and wellbeing so I am continuously expanding my knowledge on this topic with course and reading.
- I enjoy expanding my Spanish skills.

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