

# Curriculum Vitae

**Male**

**D.O.B. 09 March 1982**

**Number of years working in industry:**

**10 years 9 months**



**Candidate ID Number:** 72129

**Nationality:** Mauritian

**Language Skills:**

Good: English, French

Basic: Hindi

**Permitted to work in:** Mauritius

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

## Personal Statement

My best quality is I am always open to a learning and practicing process. My life goal is to be able to work and climb the life ladder to help me and my family in every way

Seeking work in international locations and cruise ships

## Employment History:

**May 2015 - Present - Fitness Professional** at (most recent employer hidden for confidentiality) Curepipe , Mauritius, (Health Club)

### Duties included:

Start as receptionist in space fitness ltd (account and administrative work ),then I start have a passion for fitness ,I start doing fitness trainee coach as part time (overall coaching ).i keep going in doing my cycling certifications(cycling class on space fitness ) and pilates certification (pilates and mixed yoga in my part time studio ).

## Education and Qualifications:

**2020 Mad dogs atheletics- spinning instructor. Hfpa academy South Africa - pilates instructor.**  
**Fitness/nutrition/meditation - new skill academy**

Certificate

Spinning /indoor cycling certification Pilates certification. Fitness instructor certification. Nutrition and hydration certification Psychic certification Crystal healing certification Meditation certification Mindfulness in progress

**2000 Dav college/st bartholomews college**

## Vocational Qualifications

Fellowship first aider certification Hairdresser diploma

## **Hobbies and Interests**

Cycling/PilateSyoga /meditation/fitness training/outdoor training /music of healing and relaxation/ nature walking/traveling and discovering .

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

