

# Curriculum Vitae

**Female**

**Number of years working in industry: 6 years 10 months**

**Candidate ID Number:** 74417

**Nationality:** Italian

**Language Skills:**

Fluent: English, Italian

Basic: Spanish, French

**Permitted to work in:** European Union, UK - United Kingdom

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

## Personal Statement

Develop empathy and gentleness is something I always work on. It helps to better understand people/clients needs allowing me to improve my job skills and my attitude towards the world.

## Employment History:

**April 2019 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) london , UK - United Kingdom, (Home/Mobile)

### Duties included:

As a Yoga Teacher I help students and clients to build confidence in their practice. My intention is to provide yoga students with clear alignment instruction, comforting hands-on adjustments, and an inviting yoga practice. Ensuring they enjoy and benefit from every session.

Every class is different. Going from dynamic fast paced flow to something slow and relaxed. All classes are available for all levels.

Each class is challenging physically and mentally, delivered in english and sanskrit accompanied by music. I aim bring a sense of empowerment to each of my classes. Through intention, meditation, pranayama and asana my goal is to have my students leave each class feeling refreshed and renewed.

## Education and Qualifications:

### 2019 teaching aerial yoga london

certificate aerial teacher

aerial yoga teacher training 20 hrs

### 2019 elite fitness education

level 2 Gym instructor

level 3 Personal trainer

Yoga Teacher 200 hrs

### 2014 Università di Cagliari

bachelor in Political science and international relations

## **Hobbies and Interests**

My hobbies are tennis, swimming, cycling, hiking, reading, watch movies and cooking.

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

