

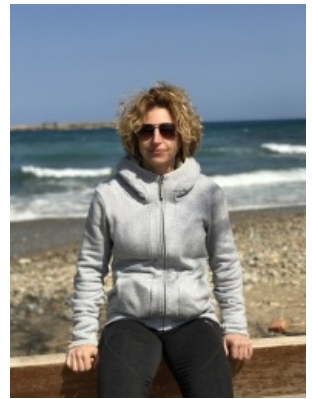
# Curriculum Vitae

**Female**

**D.O.B. 22 July 1976**

**Number of years working in industry:**

**20 years 1 month**



**Candidate ID Number:** 78591

**Nationality:** Czech, Polish

**Language Skills:**

Fluent: English, Polish

Good: Czech, Spanish

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

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

## Personal Statement

Seeking work in national and international locations

## Employment History:

**August 2007 - Present - Massage Therapist** at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (High Street Store)

### Duties included:

Seeing clients for treatment for injuries and regular maintenance massage and dry needling therapy.

**June 2010 - Present - Yoga / Pilates Teacher** at Fusion Lifestyle , London , UK - United Kingdom, (Health Club)

### Duties included:

Teaching Pilates classes and later also Yoga classes.

**January 2006 - Present - Fitness Professional** at Fusion Lifestyle , London, UK - United Kingdom, (Health Club)

### Duties included:

Delivering group and individual fitness sessions:

aerobics, body conditioning, Zumba, Pilates, Yoga, High Intensity Training

## Education and Qualifications:

**2009 London School of Sports Massage**

Diploma

- Remedial and Sports Massage
- dry needling
- sports therapy diploma
- Indian Head Massage Diploma
- Kinesio Tapping
- Hot Stone Therapy
- Pregnancy Massage
- Pilates Instructor
- Yoga Instructor
- Personal Trainer
- Exercise for Older Adult
- Exercise in Pregnancy and Post natal
- Cardiac Rehab Exercise Specialist
- Kettlebells Instructor
- Crossfit L1

## Hobbies and Interests

Fitness

skiing

tennis

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

