

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

