

# Curriculum Vitae

**Female**

**D.O.B. 23 April 1991**

**Number of years working in industry:**

**9 years 9 months**



**Candidate ID Number:** 79653

**Nationality:** Russian

**Language Skills:**

Fluent: English, Russian

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

**Position Sought:** Spa Consultant, Spa Co-ordinator, Assistant Manager, Yoga / Pilates Teacher, Receptionist

## Personal Statement

I am excited to work in a health and wellness role so that I can help others feel their best. I think paying attention to and caring for your body is essential to a happy life!

Seeking work in international locations

## Employment History:

**March 2020 - Present - Yoga / Pilates Teacher** at (most recent employer hidden for confidentiality) London, UK - United Kingdom, (Home/Mobile)

### Duties included:

I provide personalised yoga lessons specialising in Hatha, Vinyasa and Yin, creating flows, giving adjustments and personal care.

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

**May 2016 - September 2020 - Flight Attendant** at Emirates Airline, Dubai, UAE, (Cruise Ship)

### Duties included:

-Business Class - Cabin Crew

-Business Promotion Team

-Representative Economy Class - Cabin Crew:

- Provided superior level of customer service in all flight environments
- Demonstrated consistently high level of positivity and energy with all customers
- Collaborated with employee teams that varied by flight
- Responsible for duty free sales and achieving sales targets Impeccable Presentation & Brand Promotion
- Participated in promotional events; represented Emirates during sporting & other events
- Supported Emirates voluntary HR programs; participated in forums on employee satisfaction and customer service challenges

## **Education and Qualifications:**

### **2020 YogaUnion, Bali**

Yoga certification

Yoga

### **2020 Rishikesh Yougpeeth**

Yoga certification

I have studied Yoga anatomy and philosophy and received multiple certifications: Hatha, Ashtanga-Vinyasa and Yin Yoga (deep stretching).

### **2014 Siberian Transport University**

## **Vocational Qualifications**

First Aid qualification/certification was obtained when I worked for Emirates Airlines (2016-2019)

## **Hobbies and Interests**

I love yoga, reading, dance and a healthy lifestyle. I think paying attention to and caring for your body is essential to a happy life!

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

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