

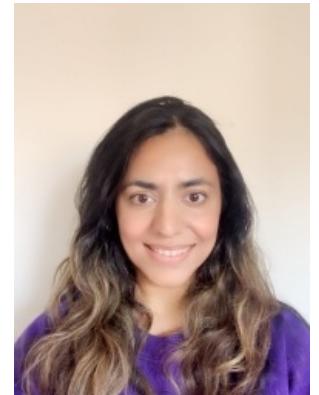
Curriculum Vitae

Female

D.O.B. 21 October 1982

Number of years working in industry:

6 years 7 months



Candidate ID Number: 93549

Nationality: British

Language Skills:

Fluent: English

Basic: French

Permitted to work in: UK - United Kingdom

Position Sought: Yoga / Pilates Teacher, Meditation teacher

Personal Statement

My goal as a yoga teacher is to inspire, educate and motivate my students to achieve their goals of leading happier and healthier lives. Ensuring they are taught yoga postures correctly and safely while also cultivating mindfulness within their practice in a fun, welcoming and non-judgemental environment.

Seeking work in national and international locations

Employment History:

September 2019 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) London , UK - United Kingdom, (Health Club)

Duties included:

- Teaching Hatha Yoga Classes (45-55min) in Fulham branch. Focusing on developing both physical & mental strength, flexibility and energetic alignment.
- Teaching Vinyasa Flow Classes (45-55min) in Fulham. Teaching a fun but challenging flow class to give clients both a robust yet relaxed experience.
- Classes are always fully booked in advance with a very high occupancy rate.
- Have a high number of returning students and have received very positive feedback from clients from all branches I have taught or covered classes at.
- Taught mindfulness classes (55min) in Fulham. Teaching various pranayama techniques, mindfulness exercises and slow, gentle, Yin style postures followed by meditation.
- Covered numerous Hot Yoga Classes (55min) at Acton Park branch. Teaching a classical practice with the emphasis on holding postures to ensure a safe and effective practice.
- Covered numerous Yoga Flow Classes (75min) at Raynes Park branch.
- Efficiency in admin tasks such as recording class attendees

July 2019 - Present - Yoga / Pilates Teacher at Metta Flow: Yoga With Manny, London & Milton Keynes, UK - United Kingdom, (Home/Mobile)

Duties included:

- Sourcing my own venues to deliver weekly classes.
- Advertising and marketing classes utilising both online and offline channels
- Collaborating with brands to deliver express and full length classes and events.

- Adapted to teaching online classes during the pandemic via Zoom, Microsoft Teams and Instagram Live to deliver safe, effective and creative yoga classes with great feedback.
- Experience teaching mixed ability classes and confidently offering hands on adjustments and assisted stretching where necessary.
- Experience modifying postures for complete beginners using props and some experience in adapting postures to accommodate clients with respiratory issues such as COPD
- Taking clients through Savasana (proper relaxation) using progressive muscular relaxation and auto-suggestion.
- Developing the ability to read the room and adapting the class accordingly to provide everyone with an energetically balanced practice rather than rigidly following a planned routine.
- Experience teaching one to one (and small group) private yoga sessions ranging from 45-90mins
- incorporated the use of aromatherapy, pranayama and meditation into sessions dependent on the clients needs and wants to heighten their experience.
- Working with clients to identify areas that they would like to focus on and creating a bespoke session tailored to their needs and wants while still providing an energetically balanced practice.
- Received excellent feedback and testimonials from clients.

August 2019 - Present - Yoga / Pilates Teacher at TruBe , London , UK - United Kingdom, (Home/Mobile)

Duties included:

- Tailored sessions to the clients specific needs.
- Taught a variety of classes such as Mindfulness Meditation, strength-based yoga, relaxing stretch and flow classes.
- Ended each session with savasana using progressive muscular relaxation and auto-suggestion.
- Efficiency in admin tasks such as completing feedback to TruBe after each session.
- Have a 5 star rating as a trainer with TruBe.

September 2019 - March 2021 - Yoga / Pilates Teacher at RSM , Milton Keynes , UK - United Kingdom, (Product Company)

Duties included:

- Hosted online Meditation sessions (45min) for staff during pandemic.
- Taught weekly in-person and online Corporate Yoga classes (45min) for employees of mixed abilities.
- Working with injuries and accommodating the sessions accordingly.
- Incorporating aromatherapy either at the beginning or end of the session to stimulate the senses.
- Received excellent feedback and had the highest number of session attendees compared to past teachers

April 2020 - March 2021 - Yoga / Pilates Teacher at Courage Yard (brand collaboration) , London , UK - United Kingdom, (Home/Mobile)

Duties included:

- Taught weekly express yoga classes (20min) on Instagram-live during every national lockdown in England.
- Received great feedback and saw an increase in the number of class participants with every lockdown.
- Worked with the social media manager to create classes their followers would enjoy.

April 2020 - June 2020 - Yoga / Pilates Teacher at Hilltops Medical Centre , Milton Keynes , UK - United Kingdom, (Home/Mobile)

Duties included:

- Taught weekly mindful yoga flow classes for NHS staff at the weekends to combat stress and anxiety due to Covid-19. Focusing on Mindful Movement, Breath Control and Chakra Balancing.
- Received positive feedback and testimonials from attendees who felt they benefited greatly from the sessions.

April 2020 - June 2020 - Yoga / Pilates Teacher at Box Bod UK (brand collaboration) , London, UK - United Kingdom, (Home/Mobile)

Duties included:

- Taught weekly (15min) stretch session on Instagram-live
- Taught weekly full length mid-week recovery yoga classes on Instagram-live.

August 2019 - March 2020 - Yoga / Pilates Teacher at BodyCore Pilates & Yoga, Milton Keynes, UK - United Kingdom, (Health Club)

Duties included:

- Taught Dynamic Flow Classes (60min). Teaching clients a strong alignment-based Vinyasa Flow while using the breath as a point of focus.
- Taught Yoga Basics classes (60min). Teaching clients the fundamental yoga postures including different sun salutations - classical, sun salutations A&B. Focusing on correct alignment and beginner pranayama techniques such as deep abdominal breathing and Nadi Shodhana (Alternate Nostril Breathing).
- Taught Yoga & Meditation classes (60min). Teaching clients a gentle slow-flowing class with a focus on mindful movement followed by 15 minute meditation.
- Demonstrated adaptability by covering numerous classes such as Mindful Movement, Beginners Yoga Course & Restorative Yoga Classes (60min).
- Confidently provided hands on adjustments and modifications where necessary to enhance the clients practice.

February 2020 - March 2020 - Yoga / Pilates Teacher at Orchard Hill Academy , London , UK - United Kingdom, (College)

Duties included:

- Contracted to teach weekly yoga classes to staff at each of the branches across London.
- Adapted classes due to limited space, availability of mats, and staff experience.
- Taught simple classes suitable for complete beginners while creating a very relaxed and fun environment to allow staff to step out of their stressful roles as teachers at a special needs college.

September 2019 - September 2019 - Yoga / Pilates Teacher at Pets Yoga (Event) , London, UK - United Kingdom, (Home/Mobile)

Duties included:

- Taught back to back classes (2hrs) at their puppy yoga event
- Socialising with guests during the event to help create a more meaningful and engaging experience.

August 2019 - August 2019 - Yoga / Pilates Teacher at MK Mantra Yoga: Om Yum Picnic , Milton Keynes , UK - United Kingdom, (Home/Mobile)

Duties included:

- Taught a gentle Hatha Flow (60min) sequence suitable for complete beginners

June 2019 - June 2019 - Yoga / Pilates Teacher at Udara Bali: Yoga and Detox Retreat. (Sunday Community), Bali, Indonesia, (5 Star Hotel Spa)

Duties included:

- Attentively taught a Classical Hatha Flow (90min) sequence for 80 people suitable for all levels especially beginners based on the Sivananda Tradition.

Education and Qualifications:

2020 Workshop with Andrew McGonigle

Continuous Professional Development (CPD) certified Workshop

CPD - Applied Anatomy Workshop

2019 Sadhana Yoga School

200hr Yoga Teacher Training

Yoga Teacher Training.

2012 Chartered Institute of Marketing

Professional Qualification - Diploma in Marketing (Equivalent to Level 6 diploma).

2000 Kings School

GSCEs : Maths, English Literature, Science: Biology, Chemistry, Physics, History, Business Studies, Information Technology, French - Passed Grades A-C

A'levels : Business Studies, English Literature, Information Technology - Passed Grades A-C

Vocational Qualifications

- First Aid Certificate
- Hatha Yoga
- Vinyasa Yoga
- Hot Yoga
- Meditation: Mantra & Mindfulness
- Hands on Adjustments
- Pranayama
- Assisted Stretching
- Intelligent Sequencing
- Chakra Balancing
- Communication Skills: Written & Verbal
- Emotional Intelligence
- Excellent Time Management.
- Positive Attitude
- Willingness to continue learning new skills and developing existing ones
- Team player

Hobbies and Interests

- Hiking
- Yoga
- Reading
- Fitness
- Travelling
- Cooking
- Photography
- Discovering new places such as restaurants and local businesses

CV created at www.spastaff.com

SPA STAFF.COM
