



CRISTINA V FITZSIMONS

YOGA - PILATES - FITNESS - BREATHWORK - MEDITATION

EDUCATION & QUALIFICATION

LEVEL 3 PILATES REFORMER TEACHER TRAINING
HFE-YMCA, LONDON, UK. IN PROGRESS

AYURVEDA DIPLOMA
CENTRE OF EXCELLENCE, ONLINE, UK 2023

YOGA AND BREATH ANATOMY
L. KAMINOFF & A. MATTHEWS, ONLINE 2019

ASHTANGA IMMERSION
DAVID SWENSON, TRIYOGA LONDON, UK 2018

VINYASA KRAMA TEACHER TRAINING
RESMA DATAR, GOA, INDIA 2017

ADVANCED HATHA YOGA TEACHER TRAINING
VIJAY AMAR. GOA, INDIA 2017

MEDITATION TEACHER TRAINING
RAM GUPTA, RISHIKESH, INDIA 2016

THE ART OF TEACHING ONE2ONE
KATE ELLIS, TRIYOGA LONDON, UK 2015

PILATES TEACHER TRAINING,
FEDA BARCELONA, SPAIN 2014

LEVEL 3 PERSONAL TRAINER DIPLOMA & PILATES
FUTUREFIT, LONDON, UK 2010-2012

BEGINNERS HATHA YOGA TEACHER TRAINING
VISHWAS MANDLIK, NASHIK, INDIA 2005

HOSPITALITY MANAGEMENT DIPLOMA
GLION INSTITUTE, LONDON, UK 2002-2004

PROFESSIONAL EXPERIENCE

YOGA, PERSONAL TRAINING AND PILATES TEACHER
- HomeHealth Fitness, London 2017 - current

ONLINE YOGA & HOLISTIC PERSONAL TRAINING
- AlmaBlue, London 2020-2023
- L Metropolitan University, London 2020 - current

HATHA - VINYASA YOGA INSTRUCTOR & EDUCATOR
- Anytime Fitness, Ladbroke Grove, London 2021-2024
- University of Law Moorgate, London, 2017-2022
- L Metropolitan University, North London 2016 - current

KIDS FITNESS, YOGA & MINDFULNESS TEACHER
- ImprovToritos, Richmond, London 2017-2018

COMMUNITY OUTDOORS AND YOGA EVENTS
Tough Mudder, UK 2016-2017

PERSONAL TRAINING
Movers & Shappers, Muswell Hill, London 2014-2015

FITNESS & YOGA COACH
Laboratory Muswell Hill, London 2014-2015

AFFILIATIONS

REP's UK. Registered Level 3 PT, Pilates and Yoga Instructor;
Yoga Alliance UK, Experienced Senior teacher; React First, sport First Aid UK;
Towergate Insurance UK;

KEY SKILLS & COMPETENCIES

I adapt well to the different circumstances that my job entails; I have worked with many types of people, of all ages, and among very different cultures; I have good experience teaching online, and I have my professional online studio; I communicate well in Spanish and English; I am passionate about my work, and I love sharing my knowledge and experience, guiding my students towards a healthier and happier life.

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