

# ANNA POLOMOSHNOVA



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Voula, Athens

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anyart2017@gmail.co

**Industry**  
Fitness & Yoga

## Profile

Highly experienced in fitness and yoga teaching. Numerous years of experience working with fitness clients for personal sessions primarily. Very communicative and co-operative. Extremely organized, dependable and able to motivate both beginners and experienced students alike.

## Experience

DEC2007-DEC2008 CHEMIST ALTAY WHEEL COMPANY

January 2009 -  
March 2015

**Hilton Hotel** – Yoga Instructor – Phuket (02/19 – 03/20)

**Westin** – Yoga and fitness instruction - Phuket (03/15 – 03/17)

**Mantra Samui Resort** – Yoga and Fitness Instructor - Koh Samui (02/13 – 11/14)

August 2015–  
March 2021

**Private lessons** – Yoga – Athens

Private yoga lessons online and in person. Small groups yoga session leadership and instruction

## Education

2019

300 HR YOGA TEACHER TRAINING HOUSE OF YOGA GLYFADA ATHENS GREECE

2012

200 HOUR YOGA TEACHER TRAINING COURSE – KOH SAMUI- THAILAND

2006-2008

TOURISM MANAGEMENT – ALTAY TECHNICAL UNIVERSITY – BARNAUL

2003 – 2006

ECOLOGY – AGPEC UNIVERSITY - BARNAUL

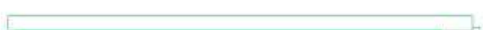
## Languages & Skills

RUSSIAN  
★★★★★  
ENGLISH  
★★★★☆  
GREEK  
★★☆☆☆

Communication Skills



Team player



Flexibility and adaptability

## Interests & Hobbies

Travelling, sports participation, photography, art creativity.

