

# Résumé.



## Sandra Laznik

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Slovenia, Europe

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*Slovenian, born on the 5th of May 1987.*

website ► [www.sandralaznik.com](http://www.sandralaznik.com)  
[www.intimiyoga.com](http://www.intimiyoga.com)

## education

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*October 2006 - June 2012*

### **University Graduate in Physical Education**

*University of Ljubljana*

*Faculty of Sport,*

*Ljubljana - Slovenia*

### **Principal subjects/occupational skills covered**

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*Kinesiology, Sports training (specializing Aerobics/Group Training/Yoga/Pilates/Dance) | Sports recreation | Anatomy | Biomechanics of sport | Informatics and Statistics in sport | Sports medicine, Physiology of sport | Psychology of sport | Didactics of physical education | Neuromechanical basis of movement | Understanding of anthropological and kinesiological bases of sport and Knowledge of biopsychosocial characteristics of various groups of people | Sensitivity to and openness towards people | Taking account of social circumstances of sport | Knowledge of health aspects of sport ►*

*Knowledge of physiological aspects of sport | Knowledge of biomechanical aspects of sport | Knowledge of tourism, connections between sport and tourism and sports animation in tourist offer | Knowledge and understanding of the organization of sport and tourism | Knowledge of the problems connected with free time in relation to sport and tourism | Knowledge of physical | Motor and health characteristics of children and young people, adults, the elderly and special groups of people | Mastering suitable diagnostic procedures in the professional area | Ability to analyse and plan sports practice of the families, adults, the elderly and special groups of people | Knowledge of the chosen sports recreational activities connected with tourism | Knowledge of the characteristics of healthy diet, | Knowledge of the methods of regeneration after sports practice | Organizational abilities and knowledge of how to perform sports recreational and tourist activities | Knowledge of water rescue | Ability to work with state-of-the-art teaching technologies in sports recreation.*

## additional training

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- **YOGA TEACHER**  
*July 2011 – August 2011*

**Yoga Siromani Teacher of Yoga,**  
Sun Power Yoga Ltd., Yoga Alliance 200  
*The Sun Power Yoga Centre*  
370-374 Nottingham Road  
Newthorpe  
Notts  
NG16 2ED

### Principal subjects/occupational skills covered

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*Techniques Training/Practice,  
Teaching Methodology,  
Anatomy and Physiology,  
Yoga Philosophy,  
Lifestyle and Ethics for Yoga Teacher*

- **TAO TANTRIC ARTS**  
*February 2016 - March 2017*

**Tao Tantric Arts - Sacred Femininity  
Teacher Training Course  
&  
Tao Tantric Arts Facilitator, Tantric and  
Taoistic Practice**  
*Tao Tantric Arts (Minke de Vos) &  
Universal Healing Tao (Mantak Chia)*  
12 - 1601 Comox Street  
Vancouver BC  
Canada V6G 1P4  
604-669-2505

### Principal subjects/occupational skills covered

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*Taoism,  
Tantra,  
Women's health.*

## other training courses

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- ▼ *March 2007 – June 2017*
- **TRX ® Suspension Trainer™ Course (STC)**  
*(Center sonce d.o.o, Slovenska Bistrica, May 2010)*
- **Gliding™ Training Course**  
*(Body & Bodhi d.o.o, Ljubljana, June 2010)*

- **Swimming Teacher**  
*(University of Ljubljana, Faculty of Sport, June 2007)*
- **Classical/Swedish massage course**  
*(Higeja d.o.o, Ljubljana, March 2007)*
- **B - School** - online business school  
*(Marie Forleo International - Year 2015)*
- **The Copy Cure** - online copywriting seminar  
*(Marie Forleo International - Year 2017)*

## personal skills and competences

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### languages (Self-assessment European level\*)

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SLOVENIAN  
•••• native

ENGLISH  
•••• fluent  
UNDERSTANDING (listening & reading): **C2**  
SPEAKING (spoken interaction & production): **C2**  
WRITING: **C2**

GERMAN  
•••• basic  
UNDERSTANDING (listening & reading): **A2**  
SPEAKING (spoken interaction & production): **A2**  
WRITING: **A2**

CROATIAN / SERBIAN  
•••• basic  
UNDERSTANDING (listening & reading): **A2**  
SPEAKING (spoken interaction & production): **A2**  
WRITING: **A2**

(\*) [Common European Framework of Reference for Languages](#)

## social skills and competences

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- Excellent communication skills
- Great sense for working with people from every corner of the world
- Excellent ability to adapt to multicultural environments
- Very good in speaking in front of a mass of people
- Very good in working with different nationalities and cultures
- Committed to delivering the highest level of customer service
- Excellent grooming standards
- Excellent attention to detail
- High standards of cleanliness
- Ability to work in a consistently professional and helpful manner

## organisational skills and competences

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- During my work in Water Park Atlantis I organized a one day workshop for women, where we offered different types of classes to awake the women's energy and self respect.
  - During summer 2012 I organized "Surf&Yoga" project where I was the main yoga teacher and taking care for surf condition for more than 200 people during 2 months.
  - During my work for Jumerirah Dhevanafushi I organized monthly special yoga and wellness sessions for managers and health awareness lessons for colleagues.
  - During my work for Six Senses Spas I held yoga and meditation classes during a week long management meeting (62 managers) at Soneva Fushi in May 2017
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- I run private yoga & massage retreats for private clients (London, Ibiza, Moscow, Amsterdam)
  - I led 3 yoga retreats until now: two in Greece (Crete&Mykonos together with Six Senses Spa) and one in Turkey (together with Six Senses Spa).

## computer skills and competences

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Good command of Microsoft Office™ tools (Word™, Excel™ and Power Point™), Micros system, great marketing knowledge in using social media platforms like Facebook and Instagram.

## artistic skills and competences

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Body expression, voice expression, creative expression through writing and public performing.

## additional information

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### driving licence

Category B

### personal interests

Traveling

Yoga

Women's health

Psychology

Physiology

Neuroscience

Endocrinology

## work experiences

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▼ *June 2015 - Onward*  
**Visiting wellness practitioner at Spas, Hotels and Resorts around the world:**

- *June 2015 – July 2015 - Maldives*  
Six Senses Spa at Soneva Fushi
- *December 2015 – January 2016 - Thailand*  
Spa at Six Senses Soneva Kiri
- *February 2016 - March 2016 - Vietnam*  
Spa at Six Senses Ninh Van Bay
- *March 2016 - April 2016 - Vietnam*  
Spa at Six Senses Con Dao
- *April 2016 - May 2016*  
Thailand - Spa at Six Senses Yao Noi
- *June 2016 - July 2016 - Maldives*  
Six Senses Spa at Soneva Fushi
- *September 2016 - October 2016 - Portugal*  
Six Senses Douro Valley
- *November 2016 - January 2017 - Maldives*  
Six Senses Spa at Soneva Fushi
- *March 2017 - April 2017 - Thailand*  
Six Senses Yao Noi
- *May 2017 - June 2017 - Maldives*  
Six Senses Spa at Soneva Fushi
- *July 2017 - August 2017 - Seychelles*  
Six Senses Zil Pasyon
- *October 2017 - November 2017 - Maldives*  
Six Senses Laamu
- *December 2017 - January 2018 - Maldives*  
Six Senses Spa at Soneva Fushi
- *March 2018 – April 2018 – Maldives*  
Soneva Jani Resort
- *June 2018 – Greece - Six Senses Spa*  
Porto Elounda, Golf & Spa Resort
- *August 2018 - October 2018 – Turkey*  
Six Senses Kaplankaya
- *December 2018 – January 2019 – Maldives*  
Six Senses Spa at Soneva Fushi

- *March 2019 - Seychelles*  
Six Senses Seychelles
- *April 2019 - St. Regis Vommuli*  
Maldives
- *May 2019 - Belvedere Hotel Mykonos*  
Greece
- *June 2019 - July 2019 Six Senses Spa*  
Porto Elounda Crete - Greece
- *September 2019 - Cambodia*  
Six Senses Krabey

**main activities and responsibilities:**

**VISITING WELLNES PRACTITIONER**

Visiting wellness practitioner offering customised yoga, meditation, massage and holistic treatments.

**Name and address of employer:**

SIX SENSES

Contact: Carina Lipold | [carina.lipold@sixsenses.com](mailto:carina.lipold@sixsenses.com)

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ST. REGIS

Contact: Dr Sudhi Suresh | [dr.sudhi.suresh@stregis.com](mailto:dr.sudhi.suresh@stregis.com)

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SONEVA GROUP

Contact: Meena Gurung | [spa-jani@soneva.com](mailto:spa-jani@soneva.com)

*October 2014 – June 2015*

**Wellness Practitioner in Germany**

*(Yoga Instructor, Fitness Instructor, Massage Therapist)*

**main activities and responsibilities:**

Providing highly professional and highly private yoga, fitness and massage services for Managing Proprietor of the companies on a daily basis. Creating weekly programs to maintain control and analyse the effects of the practices. Wellness consulting for balanced life-work environment.

**Name and address of employer:**

SENATA GmbH,

Gute Änger 11,

85356 Freising

Germany, Europe

December 2012 – April 2014

**Fitness Professional / Yoga Professional /  
Spa Therapist / Spa receptionist**

**main activities and responsibilities:**

**01. YOGA & FITNESS PROFESSIONAL**

Responsible for safe, professional, effective and quality functioning of fitness and yoga programs carried out for resort guests, organizing and supervising regular fitness related activities and events to maximize guest enjoyment / use of fitness centre and to keep ahead with our competition, developing and maintaining professionally safe and effective fitness procedures, programs and activities in the fitness centre and ensure proper fitness practice at all times, co-ordinate the aerobics / exercise / body-mind programs and gym facilities usage and continually seek ways of introducing new ideas to maximize revenues, supervising the cleaning and maintenance of the fitness centre ensuring clear standards are always met and equipment is always in good working order, understanding the gym facilities, massage / aerobic fees, handling high expectation guests, aware of the rules and regulations of the gym and how to deal with guest with different needs, understanding the entire spa policies and be aware of how to operate micro computer system for the billing of all services.

**02. SPA THERAPIST**

Providing the highest level of professional spa treatment service according to standards with attention to detail and in a prompt timely manner, being able to recommend the correct treatments according to the guests condition, recommending the correct retail products to maximise the guests spa experience, reporting any maintenance work immediately to Manager. Being able to advise guests of spa service programs, treatments and products available at the spa. Assisting in promoting spa & body care products to guests and offer full product knowledge. Ensuring treatment room set up is adhered to every morning and evening (open / close shift) according to standard provided. Coordinating stocking of linen in therapy rooms with spa attendants. Ensuring all record cards / guest questionnaires are accurate written records of treatments and products used, for database of repeat guests / guest history. Keeping up to date with industry trends, competition and business climate to identify opportunities to improve the Spa. ►

Ensuring all guests consultation forms are filed away as directed. Reporting any unusual incidents, complaints, unauthorised persons, missing or damaged hotel property and lost and found items, competently able to carry out a variety of spa therapy treatments.

**02. SPA RECEPTIONIST**

responsible for greeting and assisting clients in an appropriate and timely manner, delivering an excellent guest experience, managing customer feedback effectively and ensuring issues or compliments are escalated to enable long-term improvements in products and services, up-selling health and beauty products, classes, treatments and personal training, ensuring guest experience is proficient including bookings, payments, and consultation cards, interacting and communicating effectively with guests and management team, reporting accidents, maintenance issues, or other incidents, ensuring compliance with all health and safety regulations, acquiring knowledge about all areas of the health club and spa in order to serve the guest effectively, using the appropriate telephone techniques and manner.

**Name and address of employer:**

JUMEIRAH DHEVANAFUSHI

Talise spa

Meradhoo Island

Gaafu Alifu Atoll

Republic of Maldives

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October 2010 – November 2012

**The leader and the main promoter of outline  
self – designed wellness program called “Sauna  
Yoga, yoga teacher**

**main activities and responsibilities:**

Promoting sauna programmes, teaching special programme of meditation and yoga in sauna, taking care of the guests.

**Name and address of employer:**

BTC d.d.

Ljubljana BU

Atlantis Water Park

Šmartinska 152

SI-1533 Ljubljana, Slovenia

September 2012 – October 2012

**Group session/workout coach, yoga teacher, promoter of healthy lifestyle**

**main activities and responsibilities:**

*Leading group sessions for TRX ® , pilates and yoga, advice and support to clients on self care and healthy lifestyle.*

**Name and address of employer:**

NEA SANA d.o.o  
Ameriška ulica 8, BTC City Ljubljana  
1000 Ljubljana, Slovenia

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July 2012 – September 2012

**The leader and the main promoter of out-line sport program called “Surf & Yoga”, yoga teacher, author of yoga articles**

**main activities and responsibilities:**

*Content preparation of expert articles on the topic of physical preparation of surfers, cooperating in making yoga videos, teaching yoga twice a day for two months in Portugal, taking care of the guests in the Surf House, Cleaning and helping in the House (Surf Club Tribu Camp in Portugal).*

**Name and address of employer:**

ADRENALIN CENTER TRIBU d.o.o  
Kvedrova 10  
6000 Koper, Slovenia

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March 2011 – June 2012

**Group session coach, personal trainer and lecturer**

**main activities and responsibilities:**

*Cooperating and leading workshops for “Yoga Facial Toning”, leading individual and group courses of program called “Face Force Yoga”, coordinating and taking care of yoga groups in different places in Slovenia.*

**Name and address of employer:**

SAVINA ATAI  
Ljubljana  
savina.moksa

April 2009 – June 2012

**Trainer of group workouts, yoga teacher, leader of wellness programmes for body shaping and yoga**

**main activities and responsibilities:**

*Running yoga and dance classes, taking care of the clients (advice, support).*

**Name and address of employer:**

PLESNA ZVEZDA, d.o.o  
Šmartinska 152  
Ljubljana - Slovenia

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November 2008 – April 2011

**Personal trainer, Trainer of group workouts (TRX ®)**

**main activities and responsibilities:**

*Sports training, consulting, coordinating and running group workouts and individual trainings, working in the reception of a private fitness center.*

**Name and address of employer:**

MARKO MRAK SPORT TRAINING s.p.  
Vrh Zelj 16  
5280 Idrija - Slovenia

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November 2006 – November 2008

**Fitness Receptionist**

**main activities and responsibilities:**

*Working at the reception of a big fitness center. Accepting the guest, sign in procedures.*

**Name and address of employer:**

SPORT CENTER BIT  
Litijska cesta 57  
Ljubljana – Slovenia

