



Beatriz Elisabeth Lazarus

Mobile: 07817 656 373

Email: info@beat-fit.co.uk

PROFILE

A highly self-motivated, confident, professional and trained instructor with over 20 years intensive experience.

CLASSES

- Power Stretch** A technique based on stretch, yoga, flexibility and balance. Working deep with joints, muscles, posture, balance, breathing and relaxation. This class is designed to release tension.
- Brazilian Body Sculpt** A great way to work every part of your body, tone your muscles; with an easy set up of exercises accompany by specific energising rhymes so that you have a great time while working out.
- Latin Step** A Latin approach to a step class, easy combinations lots of Latin music and great fun.
- Chi -Kung / Tai Chi** An ancient Chinese technique. Starting with Chi-Kung to release tensions and unlocks the body's energy. Carrying on to Tai Chi short form, yang styles from Peking Physical Education University.
- Pilates** An exercise method which relies on strengthening core postural muscles and developing body alignment. Based on eight principles: relaxation,co-ordination,alignment,stamina,concentration,breathing and flowing movements.

EMPLOYMENT HISTORY

2002 – Present **Fitness Instructor/Facilitator**
Working at top health clubs throughout the Greater Manchester area such as Holmes Places (Printworks & Didsbury), LA Fitness, Bannantyne's and Physical Connect. Carrying out a variety of sessions from the list above.

1988 - 2002 **Fitness Instructor** (Las Palmas, Spain)
After successfully completing university, I started working with Brazilian body sculpt, step, stretch and Latin rhythms classes. I was then invited to give specialised workshops at the university based on my level of experience and reputation. I started managing a new holistic studio where I built up a company from having no clientele base to a viable sustainable business, which far exceed the companies' objectives. This was derived from my strong background and experience of the fitness industry and my competent management skills.

1998 - 2002 **Instructor in anti-stress gymnastics** "Friedel studio "
2000 - 2002 **Instructor for the "Power Stretch" courses** at Las Palmas University
2001 - 2002 **Instructor in Tai Chi** (5 Star hotels in Gran Canaria)
2001- 2002 **Instructor in Tai Chi**, Yoga Studio (Gran Canaria)

- 2001 **Facilitator for workshops instructing students on: “How to Cope with Stress”**
Project based around empowering women (Gran Canaria)
- 2000 **Facilitator for workshops instructing students on anti-stress methods and techniques.** A.E.N.A. (Spanish National Aviation Authority)
- 2000 **Senior Trainer for the National Volleyball and Triathlon team** (Gran Canaria)
- 1988 – 1999 **Aerobics/Step, Personal Training and Gym Instructor** (Working at the top ten gyms in Las Palmas, Gran Canaria)
- 1989 **Artistic & Choreographic Director** for the Tiahuanaco dance troupe for the 1989 Carnival.

ACADEMIC QUALIFICATIONS

1982 - 1987: Degree in Dance, State University of Bahia (Brasil)

FURTHER PROFESSIONAL QUALIFICATIONS

Gurdjieff dances (Las Palmas, Spain)	Martial Tai Chi (Las Palmas, Spain)
Dance Therapy (Las Palmas, Spain)	Tai Chi Chuan (Scotland)
Tai Chi Chuan (Las Palmas, Spain)	Reiki, “Reiki Alianza”
Aerobics, “Fit 93/94” (Tenerife, Spain)	Yoga (Bombay, India)
Yoga Krishnamurthi Education Centre (England)	Aerobics and Step (Y.M.C.A.)
American Aerobics, “Orthos” Academy (Spain)	Jazz “Alvin Ailey” studio (U.S.A.)
Yoga (Rio de Janeiro, Brazil)	Funk, Rio de Janeiro (Brazil)
Hydro-Gymnastics (Aqua Fitness) Brasil	Body Sculpt, Workshops (Brasil)
Barr on floor/Ciro Barcelos Academy (Brasil)	
Air Hostess for British Airways (Brasil-UK)	
Official Exhibition Guides, “Expo 92” (Seville, Spain)	
Aerobics, “Orthos” Academy, Spain (Instructor: Claudio Lima, World Champion)	
Choreographic Creation, State University of Bahia (Brasil)	
Theatrical Dance, “Castro Alves” Theatre (Bahia, Brasil)	
Classical Ballet, “Castro Alves” Theatre (Bahia, Brasil)	
Theatrical Interpretation, “Lourdes Bastos” Studio (Rio de Janeiro)	
Technique for Dance Professionals (State of Bahia Cultural Foundation, Brazil)	

ADDITIONAL INFORMATION

WORK: Phonographic Performance Licence and Fit Pro – (instructor public liability policy)

LANGUAGES: Fluent in Portuguese (mother tongue), English, French and Spanish.

INTERESTS: Music, Furniture Restoration, Dance, Sports, Reiki, Theatre, Cinema and Surfing the Internet.

HEALTH: Excellent

REFERENCES: Available Upon Request