

ELOISE LE SANTO

Personal Trainer & Yoga Teacher

Yoga CPD

Inclusive Sequencing

Yoga London, London - December 2018

Vinyasa Flow Sequencing

YogiYoga London, London - November 2018

Anatomy & Physiology Applied to Yoga with Dr. Yogi

TriYoga, London - September 2018

Fitness CPD

Boxing for Fitness

Hatton Academy, London | January 2019

Primal Movement

Six3Nine, London | September 2017

The 'Big Three' Lifts

Performance Ground, London | September 2017

Kettlebell Training

PT Academy, London | May 2017

Suspension (TRX) Training

PT Academy, London | May 2016

Certifications

First Aid at Work

British Red Cross | Expires October 2019

Contact

Email: eloise@onecompletelife.co.uk

Telephone: 07428317565

Website: www.onecompletelife.co.uk

Instagram: @onecompletelife

Twitter: @onecompletelife

Regular Yoga Teaching Experience

Hatha Flow, Vinyasa Flow & Hot Yoga Teacher

Fitness Space (Hackney Wapping & Bloomsbury) | November 2017 - ongoing

Hatha Flow Yoga Teacher

Our Parks (Hackney & Tower Hamlets) | May 2017 - ongoing

Private 1-2-1 Yoga Teacher

One Complete Life | May 2016 - ongoing

Fitness Experience

Fitness Coach & Personal Trainer

Fitness Space, Wapping 7 Hackney | November 2018 - ongoing

Group Exercise Instructor (Corporate Fitness/Outdoor Fitness)

Our Parks | May 2017 - ongoing

Personal Trainer & Health Coach (Self Employed)

One Complete Life | November 2017 - ongoing

Yoga Education

500hr Vinyasa Flow TTC

Yoga London, London | December 2018 - Ongoing

Aerial Yoga TTC

Flying Fantastic, London | November 2018

Yin 50hr TTC

5 Elements Yoga School, Krakow, Poland | October 2016

Hatha 200hr TTC

Shiva Shakti Yoga, India | May - June 2016

Fitness Education

Level 4 Strength & Conditioning Coach

Strength & Conditioning Education, London | November 2018 - Ongoing

Level 2 Fitness Coach & Level 3 Personal Trainer

PT Academy, London | May - July 2016