

Hardworking and enthusiastic self-taught cook. With a career in dance and movement, a dedicated yoga teacher, passionate about travels, culture and food.

Work History

Yoga and breath meditation teacher Pilates reformer instructor, Entre Ríos - Argentina 8/2023 to 3/2024

Planned set up and led yoga and pilates classes for beginners through advanced practitioner. Instructed students in breathing, meditación and vinyasa yoga technique to improve coordination with breathing and movements.

Developed new yoga skills through continuous study and practice

The Sanctuary, Costa Rica yoga school and retreat center. line cook and dance instructor 11/2023 to 5/2024

Dinner and lunch vegan and vegetarian cook. Follow recipe's and prepare dishes according to specific instructions from the Chefs. controlling dietary restrictions and nutrition for guests.

Guide eventually dance classes and movement meditation for the guests.

Uzume yoga and pilates studio, Yoga teacher house studio owner. Buenos Aires- Argentina 10/2020 to 11/2022

Planned set up and led yoga and pilates classes for beginner through advanced practitioners.

Instructed students in breathing, meditación and hata yoga techniques to improve strength and flexibility.

Developed new yoga skills through continuous study and practice.

Line cook. Tiny Harbor asian food Montauk. New York 06/2020 to 09/2020

Salad and cold station, creation of the special dish of the week.

Prepares multiple orders simultaneously during peak periods with high accuracy rate, maximizing customer satisfaction and repeat business.

Set up and prepare cooking supplies and workstations during opening and closing to maximize productivity.

Line cook. Tabaré Uruguayan food. BK New York 01/2019 to 03/2020 Grill and salad station. Hot line.

Prepared food items such as meats, poultry and fish for frying purpose.

Grilled meats and seafood to customer specifications.

Handled portion control activities according to specified instructions provided by the chef.

Line cook. Ops pizza. BK New York 10/2018 to 01/2019. Salad station, food delivery and hot line rotation.

Created identical dishes numerous times daily with consistent care, attention to detail and quality.

Changed and sanitized cutting boards, benches and surfaces between tasks to avoid cross contamination.

Line cook. Lithhouse farm to table. BK New York 3/18 to 10/2019.

Salad station and oysters shucker.

Created identical dishes numerous times daily with consistent care, attention to detail and quality.

Changed and sanitize cutting boards, benches and surfaces between tasks to avoid cross contamination.

Runner and server. Barrow Hotel. Victoria, Australia. 2017 to 2018.

Delivery food and set tables in a fast paced environment.

Runner and server. Barrow Orange, Victoria Australia 2016 to 2017.

Delivery food and coffee, set tables.

Education and awards

2023 - **Vinyasa yoga training (200hs)**. International certification by Lakshmi Rising Yoga school in Costa Rica.

2022 - **Ayurvedic counseling: food, nutrición and wellness study**. Biannual course of ayurvedic medicine. Endorsed by the embassy of India in Buenos Aires.

2021 - **Scholarship awards for developing a movement research about ritual dance**. Awarded for the national art foundation in Buenos Aires.

2016 - **Scholarship award in art and culture by the Indonesian embassy in Argentina**, for study traditional dance for one year in Bali.

2013 - **Hata yoga teacher (200hrs)**. Ananda study in Buenos Aires, yoga therapy and teacher training.

2009 - **Pilates instructor health and fitness** Tamara Di Tella, Buenos Aires.

2000 - **Classical and Spanish dance teacher**. Drama and dance teacher education. Tutty Alcazar dance studio. Entre Ríos, Argentina.