

SÓLRÚN MARÍA ARNARDÓTTIR

Squamish, BC V8B 0J7 | (1)604-389-9865 | smaria-arnar@hotmail.com

Summary

Passionate outdoor enthusiast from Iceland that studies the Adventure Tour Guide at Thompson Rivers University until 2023. I am passionate about learning & teaching new concepts. My all time favorite way to spend time is in nature with positive people. I aim to live in the moment & being professional.

Skills

- Ability to Multitask
- Fast Learner
- Ability to Work Under Pressure
- Positivity & Enthusiasm
- Leadership Skills
- Ability to Work in a Team
- Communication Skills
- Passion for Health & Fitness
- Extremely Organized
- Highly Responsible & Reliable
- Flexibility & Adaptability
- Ability to Improvise
- Dependable, Punctual & Passionate
- Life-Long Learner

Work Experience

- Yoga & Fitness Instructor** Aug 2022 to Current
Breathe Fitness Studio — Squamish, BC
- Instructing Yoga classes along with various fitness classes such as Pilates, Barre and high intensity interval classes.
- Surf Instructor** May 2022 to Current
Tofino Paddle Surf — Tofino, BC
- Tailored surfing lessons to each student's individual needs and abilities.
- Yoga & Fitness Instructor** Nov 2018 to Aug 2021
Sporthúsið Gym
- Instructed yoga classes & workshops along with different fitness classes such as pilates, barre & high intensity interval training.
- Yoga Instructor** Jan 2018 to Aug 2021
World Class Iceland Gym
- Instructed yoga & stretch classes along with various fitness classes.
- Yoga Instructor** Aug 2016 to Aug 2021
Hilton Reykjavik Spa
- Facilitated inversion work shops & taught weekly classes for both beginners & advanced practitioners.
- Yoga Instructor** Aug 2016 to Aug 2018
Sólir Yoga Studio
- Facilitated inversion & aerial yoga workshops along with teaching weekly classes for both advanced & beginner practitioners.
- Waitress** Aug 2014 to May 2016
Tapas Barinn
- Waited tables and took care of large gatherings.

Education, Training & Certifications

Diploma, Adventure Studies Thompson Rivers University — Kamloops, BC	Expected in May 2023
Certificate, Adventure Studies Thompson Rivers University — Kamloops, BC	May 2022
Level 1, Surf Instruction International Surf Association — Tofino	Jul 2022
Avalanche Operations Level 1 Canadian Avalanche Association — Revelstoke	Dec 2021
Wilderness First Aid 80 Hour Wilderness Medical Associates International — Kamloops, BC	Dec 2021
300 RYT, Yoga Instructor Beyond Bryce — Thailand	Jul 2019
50 RYT , Trapeze Yoga Instructor Yoga Body — Barcelona	Aug 2017
200 RYT , Yoga Instructor Bryce Yoga — Thailand	Jul 2016
Educational Diploma, Languages Menntaskólinn Við Hamrahlíð — Reykjavik, Iceland	May 2016

Interests

Surfing, Splitboard Touring, Rock Climbing, Bouldering, Snowboarding, Mountain Biking, Hiking, Backpacking, Marketing & Business, Fitness, Yoga, Mindfulness & Meditation, Nature, Animals

Languages

English:

Full Professional

Icelandic:

Native/ Bilingual

Websites, Portfolios, Profiles

- www.instagram.com/solrun.maria
- www.facebook.com/solrun.maria