

Name: Skevi Chrysou Tofaridou

Past Profession: Graphic Designer and Creative studio organiser, Social media handler.

Now since April 2016 YW* 200 hrs Yoga / AcroYoga Teacher trainer

Education

1977-1984:

Grammar School
High School Leaving Diploma - GCE O Levels

1984-1985:

Certification in Interior and Graphic design,
Frederick Institute of Technology

1996 – 1997:

Empiria Training, graphic design workshop
and graphic design software program training

Experience

1985 – 1995: A. Alexandrou Signs, Signmaker
Design and application of commercial signs
via silkscreen and computer cut techniques

1998 – 2009: Delema Communications,
Graphic Designer (Paste-up artist responsibilities and studio
management)

Software skills

Illustrator – Excellent
InDesign – Good
Photoshop – Good.

Efficient in internet usage and macintosh platforms.

Other job :

-Freelancer Graphic designer,
-Part time secretary (**social media handler**) at Cyprus
Mountaineering, Sport Climbing and Orienteering
Federation.

Yoga teacher at Namaste Home Studio,
(<https://www.facebook.com/Yogastudio2016/>)
-YogaWorks 200hrs Teacher Training November - April 2016
-30hrs Yin Yoga Teacher November 2017
-Certified AcroYoga teacher and AcroFit Inte trainer.
-SUP Yoga TT 25hrs International Yoga Alliance

Personal activities

Founder & Event's Organizer of the "FORTIS" extreme group,
(<https://www.facebook.com/groups/40sextreme/>)
Outdoor activity enthusiast: Mountain Ski, Cycling, Rock climbing,
Scuba diving, Hiking, SUP Yoga, AcroYoga.