

Curriculum Vitae



Personal Information

Name and Last name: Estefanía Fuentes López

D.N.I: 23950179-A

Date and place of birth: April, 16, year 1993 Murcia (Spain)

Nationality: Spanish

Mail: funenteslopezestefania@gmail.com

Phone: +34608008713

Gender: Female

Education

Degree in Human Nutrition and Dietetic

[2011/09- 2013/12]

Universidad Alfonso X El Sabio : La Universidad de la empresa (Villanueva de la Cañada, Madrid)

[2013/06-2013/08]

EF College, California

[2014/02-2014/08]

Universidad Federal da Bahia (UFBA)

[2014/09-2015/01]

Universidad EGAS MONIZ

Ayurveda Massage Therapist (Abhyanga, Marma Massage, Shirodhara, Deep Massage, Reflexology)

[2014/09 – 2015/06]

ALBA (Association Brazilian and Portugal)

Reiki Level I-II

[2014/09-2015/06]

Irene Soares, Lisbon, Portugal



Naturopathy

[2016-09/2017-07]

Psinaturcenter, Bilbao, Spain

Mindfulness eating Coaching Master

[2017/03- 2017/07]

ICF, Online International Coaching Federation

Living Food

[2017/07-2017/08]

Ann Wigmore Natural Health Institute, Puerto Rico

Forest Therapy Guide

[2017/10 – 2018/4]

Association of Nature and Forest Therapy, Ottawa, Canada

Bach Flower Practitioner

[2018/12- 2019/01]

Bach Centre, Oxford, England

Yoga Teacher Training 200h

[2019/05-2019-10]

Sun Salute Yoga Teacher, Pilar de la Horadada, Spain

Sport Massage and Application in Sports Injuries

[2023/09]

UCAM, MURCIA UNIVERSITY



Work Experience

Ayurveda Massage, Masqui The Energy House Hotel

[2017/04-2017/05]

Nutritionist, Nutricion Center

[09/2017- 02/2018]

Holistic Method, Estefania Fuentes, Natural Health Centre

[2017/01-Current]

Nutritionist, Metabolic Balance

[2019/02 – 2019/09]

Yoga teacher, Plant Based cooking Workshop, SunSalute Yoga Studio

[2019-10/ 2020-10]

Yoga Teacher, Ayurveda Massage Theraphist, Vegan Cooking Workshop, Calafonte Beauty Salon

[2019/10- 2020/09]

Nutritionist, MARNYS

[2019/03-2019/07]

Yoga Teacher, Ayurveda Massage Therapist, Cabo Verde

[2020/03-2020/03]

SupYoga Teacher, Yoga Teacher and PaddleSup Instructor, Maskite School

[2020/04-Current]

Yoga Teacher, Supyoga Teacher, PaddleSup Instructor and Ayurveda Massage Therapist Sub Up Hostel

[2021/09-current]

Ayurveda Massage, Entremares Hotel

[2022/07-2022/08]

Forest Therapy Guide, EUROPARC (PROFESSIONAL NETWORK OF EUROPEAN PROTECTED AREAS)

[2022/09-Current]

Supyoga Teacher and Paddlesup instructor, Costa Calida (FAN TRIP AND PRESS TRIP)

[2022/09- Current]

Nutritionist, SORIANO TRAINERS

[2023/09- Current]



Yoga Teacher, La Manga Golf Club, Grand Hyatt

[2023/07-2023/09]

Nutritionist, Vida Sana Clinic

[2023/07- current]

Yoga Teacher, Sport Massage and Ayurveda Massage, Asia Gardens Hotel and Thai Spa

[2023/09-Current]

Several Conferences about vegetarian food in collabs. with different associations

TRAINING EXPERIENCE:

Nutrition Training in UFBA Hospital, Salvador, Brazil

Training in Naturopathic clinic, Lisbon, Portugal

Internship in KAYAKALP, Himalayan Research Institute of Yoga, Naturopathy, Ayurveda, Acupressure, Palampur

Internship TCM (Traditional Chinese Medicine) Zhongfang Red Cross International Hospital, Hunan, China

Internship Ayurveda Medicine, Ayurdhama Hospital, Mangaloore, India

Green house Fitoherb

Nutritionist specialist in sports

Nutritionist in pharmacies



Other certificates

School lunch monitor

Culinary classes around the world

Natural cosmetic courses

First Aid course

CPR Course

Scout monitor

Various:

European Nutrition Week.

UNICEF Conference

Volunteering Experience

ENEA study (Nutritional Education in schools of Alcorcón)

Study between personality and corporal position

Member of Greenpeace

WWOOF volunteer in an organic farm, London

English teacher in AIESEC Project, New Delhi, India

Volunteer Mother Teresa, New Delhi, India

Languages

Mother tongue; Spanish

Language: English: C1

Language: Portuguese: C1

Language: French: B1

Skills profile

Driving license

Computer skills

High availability and performance



Self motivated

- **Energetically and physically fit**

Excellent communication

- **Well speaker**
- **Great listener**

Teamwork and collaboration

- **Team player**
- **Capable of following instructions**
- **Easygoing and approachable**

Training and development

- **Willing to learn on the job**