



RESUME

María José Mur

PERSONAL INFORMATION

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ABOUT ME

I am enthusiastic, curious, an entrepreneur, and a seeker.

I am interested in working onboard cruise ships, and continuing to grow both personally and professionally.

SUMMARY

Holistic Massage Therapist with ten years of experience providing tailored therapeutic and relaxation treatments to clients in a variety of settings. Skilled in deep tissue, californian massage, sports massage, and acupuncture techniques. Passionate about combining a suitable variety of massage techniques to help individuals improve their physical, mental and emotional wellbeing.

EDUCATION

- Oasis Californian Massage Therapist / Oasis, School of Massage and Healing Arts 2013/2018
 - Deep tissue
 - Side lying and prenatal massage
 - Harmonic Rocking; a psychocorporeal reeducation technique
 - Lomi lomi; a Hawaiian massage
 - Biodynamic Therapy
 - Polivagal Theory
 - Hot stone massage
- Cachemira Massage Therapist / Massages for the soul, Tantric School 2022/Present
 - Cachemira Massage I, II & III
 - Sensitive Massage I
- Counselor / Holos Sanchez Bodas 2018/2020
- Therapeutic companion / Désir Salud 2019
- Acupuncture / Rios del imperio, Juan M. Iglesias 2023
- Shiro abhyanga / Pada abhyanga massage 2023



LANGUAGES

Spanish, native

English, advanced conversation

ACTIVITIES

Swimming, paddle and gym routine

SKILLS

Excellent customer service and communication skills

Knowledge of anatomy and humanistic physiology

Proficient in Microsoft Office Suite, Word & Excel

EXPERIENCE

- **Holistic Massage Therapist - private practice - 2014 / Present**
With smooth strokes, flowing movements and the power of gentle touch, this massage encourages deep tissue work that reduces tension and promotes relaxation. In combination with acupuncture this massage targets specific areas of discomfort, aiming to improve circulation, increase flexibility, decrease muscle spasm, and alleviate pain.
- **Instructional Designer, and teacher - School of Conscious Massage Therapy 2021 / Present**
"El contacto como camino" - <https://www.elcontactocomocamino.com.ar>
- Developer of training modules based on Polyvagal theory
- Hotels and spa massage training teacher
- Training modules for massage therapist to develop their private practice.
- **Counselor - private practice, online and face-to-face therapy. 2021 / Present**
- Improving patient function and well-being by offering guidance and support to help individuals work through issues in all stages of life.
- **Masseuse, Hotel Patagonia Plaza, San Martín de los Andes. 2021 / 2022**
- Providing relaxation body massage, and deep tissue treatments
- **Culinary instructor, Audela NGO "Gallito Ciego" project. 2012 / 2018**
- Guide and companion to adults with visual impairment and blindness, working in culinary events. Professional orientation.
- **Bread and pastry baking instructor, Comprehensive Training Center "El Lucero del Alba" 2013 / 2019**
- Neurodivergent children and teenagers teacher . Professional orientation.
- **Sports masseuse, Bariloche Andean Crossing Race. 2015**
- Providing sport massage to runners during and after race.
- **Front Desk Receptionist, Hostería Antares Patagonia, San Martín de los Andes. 2009 / 2012**
- Customer service and spa receptionist
- Training front desk agents and customer service staff.