

# GISELLA GRIGUOL



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Pasatge Espiria 17 Iro  
Ira. Barcelona . Spain

## Profile:

- 24/01/1994 (31 years)
- Argentina and I have an Italian passport
- Non-Smoker
- Excellent Health
- Languages: Spanish native, English B1 , Italian B1

## Education

### • 200-hour Yoga Course in India. Om Shanti Om

2025

### •English course

En "Caval Training". Spain. 2021

### •Rehabilitation and Physiotherapy Assistant.

"Caval Training" Spain. 2021

### •Advanced Pilates course.

En "Pilates Zone". Cordoba,  
Argentina. 2021

### •Bachelor's Degree in Kinesiology and Physiotherapy

National University of Cordoba  
2016 - 2021

### •Physical Education Teacher

"Juan Bautista Alberdi" Higher Normal  
School. Dean Funes, Córdoba,  
Argentina. 2012 - 2015

### • First aid course

Córdoba, Argentina. 2014

A motivated and supportive professional with experience in various people-focused roles. Adaptable and quick to integrate into different environments, I am seeking to contribute to a nautical project where I can continue developing my skills as a crew member. Strong ability to work collaboratively within teams and dynamic settings.



## Work Experience

2025

Yoga for adults (Hatha Yoga, Restorative Yoga, Yin yoga). In Maryborough Australia.

2023 - 2024

Kinesiology and Physiotherapy in "Balance". Colonia Caroya, Córdoba, Argentina.

2022

Kinesiology and Physiotherapy in "Physio vital". Palma de Mallorca" Spain.

2021 - 2022

Massage therapy and Pilates sessions at "Pointpilates". Sabadell, Barcelona, Spain.

2019 - 2020

Pilates at "Stile" gym. Caroya Colony. Cordoba Argentina

2018

Physical activity for seniors (yoga, Pilates, water aerobics) and activities for children. Diving and snorkeling excursions available at "Recreanex." Florianópolis, Brazil.

2016 - 2017

Rotisserie service, kitchen assistant, meal delivery .  
"Lola" Colonia Caroya, Córdoba Argentina.

2012 - 2015

Bodybuilding instructor at the gym "Alto Sport"  
Colonia Tirolesa, Córdoba, Argentina.

## RELEVANT SAILING WORK EXPERIENCE

2023 -

- Complete Cleaning and sailing day on the 78 ft "Camida" motorboat. Palma de Mallorca

2024 -

- Sailing and living on board with my partner in a sailboat "Forastero" 35 ft Costa Brava

## Skills

- Guest assistance
- Organizing & Planning
- Responsible
- People Skills
- Teamwork
- Management