

Omar Farooque

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Objective

WELLNESS SERVICES

To share my knowledge with people and help make them aware of a healthy balanced lifestyle also to achieve a more relaxed and peaceful state of body and mind in a short period of time.

Profile

Specialties:

- Corporate sessions – basic yoga, stress management, motivational courses & Meditation Techniques.
- Yoga Therapy to patients of asthma, diabetes, arthritis, hypertension, eye disorders, obesity and anxiety–depression.
- Massage therapies – Aroma Therapy, Swedish, Thai, Deep Tissue, Cranio Sacral Therapy
- Personal instruction
- Extensive background in customer-oriented service operations and business development, including sales, marketing, promotions, and cost control.
- Excellent communication skills; maintain positive relations with staff and customers. Spoken languages - English, Hindi, Bengali and basic Spanish.

Highlights:

- Corporate clients include ITC Sonar Bangla Sheraton & Towers, Thai Airways-Kolkata, HPEL, Vinar Systems
- Teaching Yoga in Spain at the institute of healing ‘Corazon y Vida’
- Personal instruction to many reputed personalities like Sabyasachi, Dino Morea, Aki Narula, Shayan Munshi, Peeya Rai Chaudhari, Archana Vijaya, Nikhil Chinappa, DJ Pearl, Aditya Bal, Koel Puri and Tina Thadani
- Conducted a Stress Management workshop at the Global Arts Village
- Training Spa staff at ITC Sonar Spa
- Assisted in teaching Yoga for children camp and Yoga therapy classes at Sivananda Ashram in Kerala.

Employment

Self Employed

Dec 06 - Present

SPA SPECIALIST /Consultant

Currently working on corporate wellness in partnership with ‘Clay’ the wellness institute. Also faculty for yoga at clay. Offering personal instruction and therapy to many well known personalities.

Promoted my services in Goa for 3 months by reaching out to tourist. Provided specialised therapy sessions at a Day spa called ‘Zanadu’ in Anjuna. In addition to training staff and massage techniques.

ITC Sonar Bangla Sheraton & Towers – Kolkata

Nov 05 – Dec 06

Senior Executive & Therapist (Health Spa Division)

Besides providing an experience of complete wellness, my job description also included – Spa administration, researching new therapeutic concepts and introducing them into our spa programme, training staff in therapies and guest relation management while ensuring hotel standards are met. Part of the Area effectiveness team (AET) which ensured six sigma standards were maintained. In addition I contributed to an in-house corporate wellness program by teaching yoga and the art of relaxation to management of the hotel.

Program Coordinator – Healing Arts

Was a part of the core implementation team which setup infrastructure, administration and service standards, I also managed a team of 4 executives who helped design and execute events/programs at the International Residential Arts Centre. Also undertook the duties of general administration, recruitment, training and management of employees of the Arts Village.

**Training &
Education**

- *2006* - Six Sigma Management training programs at ITC Sonar Bangla Sheraton & Towers.
- *August 2005* - Completed training in “Arun Conscious Touch” in Spain (Aug 05) which involved 200 hours training in knowledge in the ‘Art of touch’ from Cranio Sacral Therapy and rebalancing.
- *March 2005* - Completed Study of Yoga TTC under the Sivananda Yoga Vedanta Forest Academy in Kerala.
- *Completed training in Basic Levels of Thai Massage, Advanced Level Swedish massage*
- *June 2005* - Attended Vipassana Meditation by S.N.Goenka in Dharamshala.
- *March 2003* - Attended Meditations of Osho at the Ashram in Pune.
- 2002 B'COM Honors Graduate from St.Xavier's College – Kolkata
- Completed schooling in 1999 from La Martiniere for Boys - Kolkata

*References available on request