

NAME: **Matthew William Wierzbicki**



DATE OF BIRTH: 21 September, 1970

PLACE OF BIRTH: Sydney, Australia

POSTAL ADDRESS: 1/27 Ocean Pde  
Noraville, NSW 2263

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CURRENT EMPLOYMENT: Massage Therapist & Yoga Instructor  
SRAVAN – Yoga & Massage Therapy  
ABN: 152 450 81295



Casual / part time employment:

- Consulting Engineering (STORM Consulting Pty Ltd):
- Wyong Shire Council (civil / environmental engineer)

QUALIFICATIONS Diploma of Remedial Massage (Trigger Point Therapy), 2007  
School of Integrated Body Therapy, Charmhaven

Certificate in Yogic Studies (4 month residential course), 2006  
Bihar School of Yoga, India.

Currently completing Diploma of Yogic Studies  
Satananda Yoga Academy, Mangrove Mountain.  
*Currently enrolled in Yoga Studies 2A (completion June 2008)*  
*Remaining modules: Yoga Studies 2B and Teacher Training (completion by end 2009)*

Bachelor of Engineering Civil, 1995  
University of Technology, Sydney

PROFESSIONAL AFFILIATIONS Australian Traditional Medicine Society – Member No. 21732

EXPERIENCE: Myofascial release workshop, 2006  
School of Integrated Body Therapy, Charmhaven

Yoga Therapy & Nature Cure (1 week residential), 2006  
Gupta Yogic Hospital & Health Care Centre, India

Nilambe Mediation Centre, Kandi Sri Lanka (1 week residential stay), 2006  
Meditation and yoga classes (some teaching). <http://www.nilambe.org/>

Yogic Cleansing Practises - Shatkarmas. (Neti, Kunjal, Lagoo & Shankhaprakshalana)

Yogic Lifestyle Course (1 week residential)  
Mangrove Mountain Yoga Centre, 2005

Reiki I – India, 2005

Introduction to Reflexology, 2004

CHARACTER REFEREES: Annette Loudon (yoga teacher, YTAA accredited)  
Ph: 9975 7729, M: 0409 823 847

Roslyn Stutchbury (yoga teacher and beautician)  
Ph: 9428 1337, M: 0410 199 338 [www.bodybydesign.com.au](http://www.bodybydesign.com.au)