

# Yulimar Z

Based in Spain |

## Holistic Coach & Wellness Chef

Holistic wellness chef and movement coach with over a decade of experience fusing nutrition, conscious cooking, and somatic practices. Trained in Budokon Yoga, Animal Flow, and holistic nutrition, I help individuals reconnect with their bodies through mindful nourishment, functional movement, and soulful service. My mission is to support lifestyle transformation rooted in intention, balance, and care.

### Core Skills

- 1:1 and Group Facilitation
- Emotional & Spiritual Coaching
- Active Listening & Supportive Dialogue
- Wellness Lifestyle Design & Client Support
- Trauma-Informed & Body-Aware Practices
- Mindful Communication & Empathy
- Strength Training, Calisthenics, Animal Flow, Budokon Yoga
- Private Chef & Retreat Experience
- Team Leadership & Kitchen Management
- Ayurvedic & Conscious Nutrition
- Bilingual: English & Spanish

### Wellness Approach

My approach to wellness is integrative and intuitive — blending the physical, emotional, and energetic bodies. Whether I'm preparing a plant-based meal, guiding a strength session, or supporting someone's healing journey, my focus is always on creating safe, nourishing environments that allow people to come home to themselves.

## **Professional Experience**

### **Holistic Coach & Chef – Self-Employed / International 2014-Present**

- Guided clients through personal transformation using nutrition, mindful movement, and emotional coaching.
- Designed personalized programs based on each client's needs, integrating mindful nutrition and physical practices like calisthenics, strength training, and conscious movement.
- Provided one-on-one coaching in areas of confidence, self-love, relationship challenges, and lifestyle changes.
- Combined healing food, emotional presence, and body awareness to empower clients in their daily lives.

### **Head Chef – Samuelssons Matbar, Selfoss, IS 03/2024 – 01/2025**

- Curated seasonal menus with a wellness-forward, high-quality culinary approach.
- Led a kitchen team, managed inventory and cost control, and ensured health compliance.
- Integrated conscious preparation methods using local and nourishing ingredients.

### **Restaurant Manager/Owner – Eos Table ehf, Gardur, IS 10/2023 – 01/2025**

- Oversaw front and back of house operations, manage staff and guest experience.
- Promoted brand awareness through local community and events.
- Balanced administration with hands-on kitchen and service support.

### **Chef – El Faro ehf, Gardur, IS 01/2023 – 09/2023**

- Prepared creative dishes while maintaining wellness standards and dietary modifications.
- Collaborated with a team to adapt recipes based on health-conscious requests.
- Ensured food safety and freshness while supporting a fast-paced kitchen.

### **Private Chef & Fitness Coach – Palmas del Mar, PR 2022 – 2023**

- Worked exclusively with an Ironman athlete and his wife to support their training and lifestyle goals.
- Designed and implemented tailored nutrition plans aligned with performance and recovery needs.
- Managed grocery shopping, daily cooking, and kitchen organization with attention to cleanliness and food safety.
- Led strength and endurance training sessions to prepare the athlete for competition.
- Created and supervised a personalized fitness plan for the athlete's wife, focused on strength, mobility, and overall wellness.

### **Vegan Chef – Dreamcatcher Boutique Hotel, San Juan, PR 2022 – 2023**

- Led the hotel's weekly fine dining Vegan Dinner Series and weekend brunch offerings.
- Created and executed 5-course plant-based menus with a refined, high-end presentation.
- Managed menu planning, grocery sourcing, food preparation, and elegant plating.
- Supervised a small kitchen team of 3 employees, ensuring smooth operations and food quality.
- Delivered nourishing, creative meals in an intentional, wellness-centered setting.

### **Certifications & Education**

Budokon Yoga Teacher – Budokon University (2024)

Holistic Nutrition Coach – Arhanta Online Academy (2019)

Certified Animal Flow Instructor – R10 Lab, Madrid (2017–2019)

RMT Club–Functional Movement – Weckmethod, California (2022)

Associate Degree: Personal Training & Sports Nutrition – Universidad Interamericana, PR (2014)