

# Guðmundur Sigurfreyr

## curriculum vitae

### Employment

#### 2011- Web designer at Lanna Consulting

My main work has been designing web sites in WordPress, Responsive Design (designing web sites for Smartphones), designing HTML Mail Campaigns and Social Media Marketing (SMM).

#### 2002-2011 Web editor of Sigurfreyr.com

A Net-Magazine that has published over one hundred articles by myself on different topics, including politics, psychology, judicial matters, history, drugs and the drug war.

#### 2002-2002 Consultant and Notes Programmer at EDB Gruppen

My work consisted mainly of developing Notes databasis and Internet solutions in Lotus Notes.

#### 2000-2002 Consultant and Notes Programmer at SCIO A/S

My work consisted mainly of developing and designing Notes databasis and applications. Testing them in cooperation with the users and also assisting in major IT-projects.

#### 1987-2009 Free-Lance journalist

Have worked as a free-lance journalist for all the major magazines and newspapers in Iceland.

#### 1990-1991 Teacher at Elementary School of Þórshöfn

Tought history, geography and managed the school library.

#### 1986-1989 Chief executive officer of Þrídrangur

Þrídrangur offered courses led by both Icelandic and foreign instructors. We offered training in archery, healing, shamanism, psychotherapy, nutritional science, herabal healing, yoga, mediation, relaxation and many other topics. My main duties was managing, teaching and public relations.

#### 1983-1985 Chief executive officer of Miðgarður

Founder, instructor and CEO of Miðgarður – Center for Biosynthesis. Miðgarður based its activities on the psychological theories of Wilhelm Reich. We specialised in workshops and training courses. My main duties were teaching, managing workshops and public relations.

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#### 1976-1978 Yoga Instructor at Ananda Marga

Taught Astanga Yoga in various countries, including Norway, Sweden, France, Israel, Turkey, Iran, Afganistan, Pakistan and India.

### Education

#### 2009-2011 Nordic Multimedia Academy

Multimedia designer. My studies consisted of: interaction, design, communication and business.

#### 1999-2000 New Computer and Business School

- Systems diagnoses
- Data systems
- Pascal
- Delphi
- Java
- Lotus Notes developing
- Lotus Notes administration
- HTML and CSS

#### 1997-1998 Technical University of Iceland

- 42 ECTS

#### 1970-1973 Secondary School of Akranes

### Authorship

- *Framtíðarsýnir sjáenda.* 1987.
- *Spádómarnir miklu.* 1990.
- *Nostradamus og spádómarnir um Ísland.* 1996.
- *Hvað býður okkar?* 2010.