



MICHAEL ANDERSON

Movement Therapy Specialist

Dynamic Alternative Therapy Consultant with a wealth of experience in the field of mind-body wellness. Specializes in tai chi, qigong, and other movement-based therapies that promote physical health and mental clarity. Proven expertise in creating customized wellness programs that cater to diverse populations, fostering inclusivity and accessibility in alternative health practices.

CONTACT

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- San Francisco, CA

EDUCATION

Bachelor of Science in Kinesiology
University of Health Sciences
2019

SKILLS

- Tai Chi
- Qigong
- Movement Therapy
- Wellness Education
- Community Engagement
- Program Development

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Movement Therapy Specialist 2020-2023

Balance Health Studio

- Designed and taught tai chi and qigong classes for various skill levels.
- Conducted assessments to tailor movement programs to individual needs.
- Organized community events to promote the benefits of movement therapies.
- Collaborated with local fitness centers to enhance program offerings.
- Monitored participant progress and adjusted programs accordingly.
- Created educational resources to support client learning and engagement.

Wellness Educator 2019-2020

Holistic Living Center

- Facilitated workshops on the integration of movement into daily wellness routines.
- Provided one-on-one coaching sessions focusing on movement therapies.
- Evaluated participant feedback to enhance workshop effectiveness.
- Engaged in community outreach to promote holistic health practices.
- Collaborated with health professionals to provide comprehensive wellness resources.
- Authored articles on the benefits of movement for mental and physical health.

ACHIEVEMENTS

- Increased class enrollment by 70% through innovative marketing strategies.
- Received community recognition for excellence in health education.
- Developed a movement therapy program adopted by local health organizations.