



# MICHAEL ANDERSON

## AYURVEDIC HEALTH COACH

### PROFILE

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Accomplished Ayurveda Practitioner with a robust background in integrative health solutions, encompassing over 8 years of practice. Known for a meticulous approach to patient care, combining traditional Ayurvedic practices with contemporary health strategies. Expertise in stress management and chronic disease prevention through natural remedies and lifestyle modifications. Strong advocate for the promotion of Ayurveda as a credible alternative to conventional medicine, engaging in community education and outreach initiatives.

### EXPERIENCE

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#### AYURVEDIC HEALTH COACH

##### Natural Health Institute

2016 - Present

- Guided clients through personalized health journeys utilizing Ayurvedic principles.
- Conducted workshops focused on stress reduction techniques and dietary adjustments.
- Developed instructional materials to educate clients on the benefits of Ayurveda.
- Utilized diagnostic tools to assess client health and wellness status.
- Collaborated with health professionals to create multidisciplinary care plans.
- Tracked and evaluated client progress, adjusting plans as necessary.

#### AYURVEDA THERAPIST

##### Serenity Spa

2014 - 2016

- Administered a range of Ayurvedic treatments tailored to client needs.
- Conducted client assessments to determine dosha imbalances.
- Provided ongoing support and guidance for lifestyle modifications.
- Created a welcoming environment that promotes relaxation and healing.
- Participated in community health fairs to promote Ayurvedic practices.
- Maintained meticulous records of client treatments and outcomes.

### CONTACT

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### SKILLS

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- Integrative health solutions
- Stress management
- Client coaching
- Workshop facilitation
- Lifestyle modification
- Community outreach

### LANGUAGES

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- English
- Spanish
- French

### EDUCATION

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#### MASTER OF SCIENCE IN AYURVEDA

### ACHIEVEMENTS

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- Increased workshop attendance by 60% through effective marketing strategies.
- Authored a wellness blog that gained over 10,000 subscribers.
- Implemented a referral program that boosted client acquisition by 30%.