



# MICHAEL ANDERSON

## Senior Ayurveda Therapist

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### SUMMARY

Distinguished Ayurveda Wellness Therapist with over a decade of experience in holistic health and wellness practices. Expertise in diagnosing and treating various health ailments through traditional Ayurvedic methodologies. Proven track record of enhancing client well-being and satisfaction through personalized treatment plans and lifestyle coaching. Demonstrated proficiency in therapeutic techniques such as Panchakarma, Shirodhara, and herbal medicine.

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### WORK EXPERIENCE

#### Senior Ayurveda Therapist Holistic Health Center

Jan 2023 - Present

- Conducted comprehensive health assessments utilizing Ayurvedic principles.
- Developed individualized wellness programs based on client health profiles.
- Administered Panchakarma treatments to enhance detoxification processes.
- Educated clients on dietary choices and lifestyle modifications.
- Collaborated with a team of practitioners to optimize patient care.
- Maintained accurate records of treatment plans and patient progress.

#### Ayurvedic Consultant Wellness Retreat

Jan 2020 - Dec 2022

- Provided expert consultations to clients seeking Ayurvedic therapies.
  - Facilitated workshops on Ayurvedic nutrition and self-care practices.
  - Monitored clients' progress and adjusted treatment plans accordingly.
  - Promoted Ayurvedic principles through community health initiatives.
  - Utilized essential oils and herbal remedies in treatment protocols.
  - Conducted follow-up sessions to ensure sustained wellness outcomes.
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### EDUCATION

#### Bachelor of Ayurvedic Medicine and Surgery (BAMS)

Sep 2019 - Oct 2020

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### ADDITIONAL INFORMATION

- **Technical Skills:** Holistic Health, Patient Assessment, Panchakarma, Herbal Medicine, Lifestyle Coaching, Community Health Promotion
- **Awards/Activities:** Increased client retention rates by 30% through personalized care.
- **Awards/Activities:** Developed a community outreach program that educated over 500 individuals on Ayurvedic practices.
- **Awards/Activities:** Received 'Best Therapist' award in 2021 for exceptional service delivery.
- **Languages:** English, Spanish, French