



# MICHAEL ANDERSON

## Senior Ayurvedic Therapist

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### SUMMARY

Dedicated Ayurvedic Therapist with over 7 years of experience in holistic health practices, specializing in Panchakarma therapies and dietary consultations. My journey began with a profound interest in natural healing, leading me to obtain a Bachelor's degree in Ayurvedic Medicine. I have worked extensively in wellness centers, where I designed individualized treatment plans that emphasized the importance of balancing the body and mind.

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### WORK EXPERIENCE

#### Senior Ayurvedic Therapist Holistic Wellness Center

Jan 2023 - Present

- Conducted comprehensive consultations to assess client health and wellness needs.
- Developed personalized treatment plans incorporating Panchakarma and herbal remedies.
- Administered therapeutic massages and detoxification therapies to enhance client wellness.
- Educated clients on Ayurvedic principles and nutrition for holistic health.
- Collaborated with a team of wellness professionals to ensure integrated care.
- Monitored client progress and adjusted treatment plans as necessary for optimal outcomes.

#### Ayurvedic Consultant Natural Healing Spa

Jan 2020 - Dec 2022

- Provided one-on-one consultations to clients seeking Ayurvedic guidance.
  - Utilized diagnostic techniques to determine dosha imbalances and recommend treatments.
  - Facilitated workshops to educate participants about Ayurvedic lifestyle and practices.
  - Managed client records and treatment plans, ensuring confidentiality and compliance.
  - Collaborated with nutritionists to develop diet plans aligned with Ayurvedic philosophies.
  - Participated in community health fairs to promote wellness and Ayurveda.
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### EDUCATION

#### Bachelor of Ayurvedic Medicine and Surgery (BAMS), University of Delhi, 2013

Sep 2019 - Oct 2020

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### ADDITIONAL INFORMATION

- **Technical Skills:** Panchakarma, Herbal Medicine, Dietary Consultation, Client Education, Holistic Health Assessment, Stress Management
- **Awards/Activities:** Increased client retention rates by 30% through personalized follow-up care.
- **Awards/Activities:** Recognized as 'Employee of the Month' for outstanding patient feedback and treatment outcomes.
- **Awards/Activities:** Successfully organized a community workshop attended by over 100 participants, promoting Ayurvedic practices.
- **Languages:** English, Spanish, French