



MICHAEL ANDERSON

AYURVEDIC THERAPIST

CONTACT

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- San Francisco, CA

SKILLS

- Ayurvedic Massage
- Health Coaching
- Client Assessment
- Workshop Facilitation
- Stress Reduction
- Dietary Planning

LANGUAGES

- English
- Spanish
- French

EDUCATION

**DIPLOMA IN AYURVEDIC THERAPY,
NATIONAL INSTITUTE OF AYURVEDA,
2015**

ACHIEVEMENTS

- Increased workshop attendance by 50% through effective marketing strategies.
- Improved employee wellness scores by 20% through tailored programs.
- Recognized for outstanding service and dedication by management at Serenity Wellness Retreat.

PROFILE

Results-driven Ayurvedic Therapist with a focus on integrative medicine and over 5 years of experience in various therapeutic modalities. My career began in a traditional Ayurvedic clinic, where I honed my skills in diagnosing health imbalances and implementing effective treatment regimens. I believe in a patient-centered approach that emphasizes listening to individual needs and tailoring therapies accordingly.

EXPERIENCE

AYURVEDIC THERAPIST

Serenity Wellness Retreat

2016 - Present

- Delivered Ayurvedic therapies, including Abhyanga and Shirodhara, to promote relaxation and well-being.
- Assessed client health through pulse diagnosis and guided them in dietary changes.
- Facilitated group workshops on stress management and Ayurveda.
- Worked closely with yoga instructors to integrate Ayurvedic principles into classes.
- Maintained a clean and organized treatment space to enhance client comfort.
- Regularly collected client feedback to improve service delivery.

AYURVEDIC HEALTH COACH

Corporate Wellness Solutions

2014 - 2016

- Designed and implemented wellness programs focusing on Ayurveda for corporate clients.
- Conducted health assessments and provided individualized wellness strategies.
- Collaborated with HR teams to enhance employee wellness initiatives.
- Delivered engaging presentations on the benefits of Ayurveda in stress reduction.
- Monitored program outcomes and made adjustments to improve effectiveness.
- Developed educational materials on Ayurvedic practices for employees.