



# Michael ANDERSON

## AYURVEDIC THERAPIST

Innovative Ayurvedic Therapist with over 6 years of experience in integrating Ayurveda with modern wellness practices. My career began in a high-end wellness resort, where I learned to blend traditional Ayurvedic techniques with contemporary spa therapies. I have a strong background in client education, focusing on empowering individuals to take charge of their health through informed choices.

### CONTACT

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- 📍 San Francisco, CA

### SKILLS

- Integrative Wellness
- Client Education
- Therapeutic Massage
- Lifestyle Coaching
- Program Development
- Community Outreach

### LANGUAGES

- English
- Spanish
- French

### EDUCATION

**CERTIFICATE IN AYURVEDIC THERAPIES, AYURVEDIC INSTITUTE, 2014**

### ACHIEVEMENTS

- Improved guest satisfaction scores by 35% through exceptional service delivery.
- Successfully launched a series of online wellness workshops, attracting over 200 participants.
- Received recognition for excellence in client education and support.

### WORK EXPERIENCE

#### AYURVEDIC THERAPIST

Luxury Ayurveda Resort  
2020 - 2025

- Delivered personalized Ayurvedic treatments to a diverse clientele.
- Conducted assessments to identify client dosha imbalances and health issues.
- Collaborated with spa staff to integrate Ayurvedic therapies into wellness packages.
- Educated clients on the benefits of Ayurveda and self-care practices.
- Maintained high standards of hygiene and treatment protocols.
- Collected client feedback to improve service quality and client satisfaction.

#### WELLNESS EDUCATOR

Ayurveda Wellness Center  
2015 - 2020

- Facilitated educational sessions on Ayurvedic principles for staff and clients.
- Developed content for workshops and online courses on wellness topics.
- Collaborated with healthcare professionals to provide integrative care.
- Monitored and evaluated program outcomes to enhance effectiveness.
- Engaged in community outreach to promote Ayurvedic wellness.
- Provided one-on-one coaching to clients on lifestyle modifications.