



MICHAEL ANDERSON

SENIOR BREATHWORK FACILITATOR

CONTACT

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-  San Francisco, CA

SKILLS

- integrative health practices
- emotional release techniques
- community building
- client assessment
- therapeutic integration
- advanced breath techniques

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF SCIENCE IN HEALTH AND WELLNESS, UNIVERSITY OF FLORIDA, 2015

ACHIEVEMENTS

- Increased workshop attendance by 50% through targeted marketing strategies.
- Awarded 'Innovative Wellness Coach' by National Wellness Institute in 2021.
- Developed a breathwork app that garnered over 10,000 downloads within the first year.

PROFILE

Accomplished Breathwork Facilitator with a robust background in integrative health practices and over seven years of experience in guiding individuals toward self-discovery through breathwork. Proficient in employing diverse techniques that enhance mental clarity and emotional stability. Proven track record in creating safe spaces for exploration and healing, utilizing a variety of modalities to cater to different populations.

EXPERIENCE

SENIOR BREATHWORK FACILITATOR

Wellness Retreat Center

2016 - Present

- Led intensive breathwork retreats focusing on personal transformation and healing.
- Created and maintained a supportive community for participants post-retreat.
- Utilized advanced breath techniques to assist clients in accessing deeper emotional states.
- Facilitated training sessions for aspiring breathwork practitioners.
- Conducted research on breathwork efficacy and presented findings at conferences.
- Implemented participant feedback to continuously improve program offerings.

BREATHWORK COACH

Transformative Healing Group

2014 - 2016

- Guided individual clients through personalized breathwork sessions aimed at emotional release.
- Incorporated visualization techniques to enhance the breathwork experience.
- Worked collaboratively with therapists to integrate breathwork into client treatment plans.
- Facilitated community workshops to educate the public on breathwork benefits.
- Trained in various breathwork modalities to provide a comprehensive approach.
- Conducted follow-up assessments to track client progress and outcomes.