MA

MICHAEL ANDERSON

ADAPTIVE YOGA SPECIALIST

CONTACT

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- 📍 San Francisco, CA

SKILLS

- Adaptive Yoga
- Community Outreach
- Client Empowerment
- Program Design
- Workshop Facilitation
- Holistic Health

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF ARTS IN HEALTH SCIENCES, UNIVERSITY OF MICHIGAN

ACHIEVEMENTS

- Successfully launched a community adaptive yoga program serving over 200 participants.
- Recognized as 'Outstanding Instructor' by local health organizations in 2022.
- Published a guide on adaptive yoga techniques for healthcare providers.

PROFILE

Accomplished Therapeutic Yoga Instructor specializing in adaptive yoga practices for individuals with disabilities and chronic illnesses. Demonstrated history of creating inclusive environments that empower clients to achieve their wellness goals. Expert in utilizing modified poses and props to enhance accessibility and safety. Strong advocate for holistic health, combining physical, mental, and emotional wellness strategies.

EXPERIENCE

ADAPTIVE YOGA SPECIALIST

Wellness for All

2016 - Present

- Designed and implemented adaptive yoga programs for clients with disabilities.
- Trained caregivers on safe yoga practices for individuals with special needs.
- Conducted assessments to tailor yoga sessions for diverse abilities.
- Organized community events to promote awareness of yoga therapy benefits.
- Collaborated with physical therapists to enhance therapeutic outcomes.
- Developed instructional materials for adaptive yoga techniques.

YOGA INSTRUCTOR

Harmony Wellness Center

2014 - 2016

- Facilitated group classes focusing on mindfulness and relaxation techniques.
- Implemented feedback systems to tailor classes to participant needs.
- Promoted the integration of yoga into holistic health programs.
- Led workshops on the therapeutic applications of yoga.
- Created resource materials for clients to practice at home.
- Engaged in continuous education to stay current with therapeutic practices.