



Michael ANDERSON

PEDIATRIC YOGA INSTRUCTOR

Dynamic Therapeutic Yoga Instructor with expertise in pediatric yoga and child development. Extensive experience in working with children with special needs, promoting physical health and emotional well-being through engaging and playful yoga practices. Skilled in creating age-appropriate programs that foster self-awareness, confidence, and concentration among young participants. Strong advocate for integrating yoga into educational settings to enhance overall student wellness.

CONTACT

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- 🌐 www.michaelanderson.com
- 📍 San Francisco, CA

SKILLS

- Pediatric Yoga
- Child Development
- Program Design
- Family Engagement
- Educational Collaboration
- Creative Teaching

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF SCIENCE IN CHILD DEVELOPMENT, SAN DIEGO STATE UNIVERSITY

ACHIEVEMENTS

- Established a pediatric yoga program that served over 150 children annually.
- Recognized for excellence in teaching by local educational organizations.
- Developed a curriculum that was adopted by multiple schools in the district.

WORK EXPERIENCE

PEDIATRIC YOGA INSTRUCTOR

Little Yogis Studio

2020 - 2025

- Designed and implemented yoga programs for children of various ages.
- Utilized creative methods to engage children in therapeutic practices.
- Collaborated with educators to integrate yoga into classroom settings.
- Conducted assessments to tailor sessions for individual developmental needs.
- Organized family workshops to promote wellness at home.
- Established partnerships with local schools to enhance program reach.

YOGA TEACHER

Bright Futures Academy

2015 - 2020

- Facilitated yoga sessions focusing on physical and emotional development.
- Developed resources for parents to support children's yoga practice.
- Implemented feedback tools to assess program success.
- Participated in community events to raise awareness of children's wellness.
- Created a nurturing environment that encourages self-expression.
- Maintained detailed records of student progress and outcomes.