



MICHAEL ANDERSON

Senior Yoga Instructor

Dedicated Therapeutic Yoga Instructor with a focus on senior wellness and geriatric yoga practices. Extensive experience in designing and delivering programs that enhance mobility, balance, and overall health for older adults. Expertise in creating safe, supportive environments that encourage participation and foster community among seniors. Strong background in gerontology and rehabilitation ensures a comprehensive approach to client care.

CONTACT

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- San Francisco, CA

EDUCATION

Bachelor of Science in Gerontology

University of Florida
2016-2020

SKILLS

- Senior Wellness
- Geriatric Yoga
- Program Development
- Community Engagement
- Health Collaboration
- Client Assessment

LANGUAGES

- English
- Spanish
- French

WORK EXPERIENCE

Senior Yoga Instructor

2020-2023

Golden Years Wellness Center

- Developed yoga programs specifically designed for senior clients.
- Conducted assessments to tailor sessions for individual health conditions.
- Facilitated group classes focusing on mobility and balance improvement.
- Collaborated with healthcare providers to ensure safe practices.
- Organized community events to promote senior wellness and engagement.
- Maintained comprehensive documentation of client progress and outcomes.

Geriatric Yoga Instructor

2019-2020

Silver Linings Yoga Studio

- Facilitated yoga classes focusing on enhancing physical and emotional well-being.
- Designed individualized plans for clients with chronic conditions.
- Implemented safety protocols to ensure a risk-free environment.
- Conducted workshops on the benefits of yoga for seniors.
- Engaged family members in the wellness process for holistic support.
- Participated in health fairs to promote senior yoga programs.

ACHIEVEMENTS

- Increased participation in senior yoga classes by 75% through targeted outreach.
- Recognized for excellence in senior care by local health organizations.
- Published a guide on yoga practices for seniors in wellness magazines.