

MICHAEL ANDERSON

Senior Yoga Instructor

- San Francisco, CA
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Compassionate Therapeutic Yoga Practitioner with over 9 years of experience specializing in yoga for seniors. My approach focuses on enhancing mobility, balance, and overall well-being for older adults. I have developed programs tailored to the unique needs of seniors, emphasizing gentle movements and breathwork to promote relaxation and reduce stress.

WORK EXPERIENCE

Senior Yoga Instructor | Golden Years Wellness Center

Jan 2022 – Present

- Designed and led yoga classes for seniors, improving participants' mobility by 50% over six months.
- Collaborated with healthcare providers to create safe and effective wellness programs.
- Conducted assessments to tailor practices to individual client needs.
- Organized community events focused on healthy aging and wellness.
- Maintained detailed records of client progress and feedback for program enhancements.
- Trained new instructors in techniques for working with older adults.

Yoga Instructor | Active Aging Center

Jul 2019 – Dec 2021

- Led gentle yoga classes tailored for seniors, achieving a 95% satisfaction rate among participants.
- Implemented feedback systems to continually improve class offerings and client experience.
- Organized workshops on the benefits of yoga for senior health and wellness.
- Created educational resources for seniors on maintaining physical health.
- Facilitated social gatherings to foster community among participants.
- Maintained a nurturing and supportive environment for all clients.

SKILLS

Senior Yoga

Mobility Enhancement

Gentle Movement

Program Development

Community Engagement

Client Assessment

EDUCATION

Bachelor of Arts in Gerontology

2015 – 2019

University of Washington

ACHIEVEMENTS

- Successfully launched a senior yoga program that served over 200 older adults in the first year.
- Recognized by community organizations for outstanding service in senior wellness.
- Increased class attendance by 60% through community outreach initiatives.

LANGUAGES

English

Spanish

French