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SKILLS

- Family Yoga
- Children's Yoga
- Mindfulness
- Community Engagement
- Lesson Planning
- Emotional Health

EDUCATION

BACHELOR OF SCIENCE IN CHILD DEVELOPMENT, UNIVERSITY OF NORTH CAROLINA, 2018

LANGUAGE

- English
- Spanish
- German

ACHIEVEMENTS

- Successfully launched a family yoga program that attracted over 150 participants within the first year.
- Recognized for innovation in children's programming by the local wellness community.
- Developed a partnership with local schools to implement yoga in their curricula.

Michael Anderson

FAMILY YOGA INSTRUCTOR

Versatile Yoga Instructor with a strong emphasis on wellness and holistic health, bringing more than 5 years of experience in diverse yoga environments. Specializing in family yoga and children's yoga, this instructor is dedicated to fostering a love for yoga among younger generations. Committed to creating engaging and playful learning experiences that promote physical activity, mindfulness, and emotional well-being.

EXPERIENCE

FAMILY YOGA INSTRUCTOR

Happy Hearts Yoga Studio

2016 - Present

- Developed family yoga classes that fostered bonding and communication among participants.
- Created playful and engaging activities that introduced yoga to children.
- Organized community family events to promote health and wellness.
- Utilized storytelling techniques to enhance the learning experience.
- Facilitated workshops for parents on the benefits of yoga for children.
- Maintained a welcoming and inclusive environment for families.

CHILDREN'S YOGA INSTRUCTOR

Little Yogis Studio

2014 - 2016

- Conducted children's yoga classes focusing on fun, creativity, and mindfulness.
- Designed engaging lesson plans that incorporated games and movement.
- Promoted emotional health and resilience through yoga practices.
- Collaborated with schools to introduce yoga into physical education programs.
- Organized seasonal yoga camps for children to deepen their practice.
- Engaged with parents to provide resources for continuing yoga at home.