



Michael ANDERSON

YOGA THERAPIST

With a strong foundation in holistic wellness and alternative medicine, I am a Yoga Therapist specializing in integrating Ayurvedic principles into yoga therapy. Over the last 7 years, I have guided clients in discovering their unique dosha types and tailoring yoga practices to enhance balance and harmony in their lives. My therapeutic sessions focus on creating a personalized approach that combines asanas, breathwork, and dietary recommendations to support overall wellness.

CONTACT

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SKILLS

- Ayurvedic principles
- Holistic wellness
- Personalized programs
- Client education
- Community outreach
- Mindfulness practices

LANGUAGES

- English
- Spanish
- French

EDUCATION

**DIPLOMA IN AYURVEDIC MEDICINE,
NATIONAL INSTITUTE OF AYURVEDA,
2015**

ACHIEVEMENTS

- Increased client engagement by 40% through personalized wellness plans.
- Recognized for excellence in client education during the annual conference in 2019.
- Successfully facilitated workshops attended by over 200 participants.

WORK EXPERIENCE

YOGA THERAPIST

Ayurvedic Wellness Center

2020 - 2025

- Conducted holistic assessments to determine clients' dosha types and health goals.
- Designed personalized yoga therapy sessions incorporating Ayurvedic principles.
- Collaborated with nutritionists to create comprehensive wellness plans.
- Led group workshops on Ayurveda and yoga for community education.
- Utilized feedback and assessments to refine therapy approaches.
- Maintained client records to track progress and adapt treatment plans.

YOGA INSTRUCTOR

Holistic Harmony Yoga Studio

2015 - 2020

- Developed classes that incorporated Ayurvedic philosophy and practices.
- Promoted self-awareness through guided meditations and breathwork.
- Facilitated community events to raise awareness about holistic wellness.
- Evaluated student progress to provide personalized feedback.
- Utilized social media to promote classes and wellness tips.
- Created resource materials for students to encourage home practice.