

## **Molly Harrigan**

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### **Highlights of Yoga Qualifications:**

Started a regular teaching practice for people with and without disabilities in 2011. Strong commitment to being part of and helping to build healthy communities. Experience has largely been located in Washington State teaching special needs, general and custom groups, retreats and private lessons. Strong intake skills, personalized lesson planning with emphasis on goal setting, direct service and evaluation. Great interpersonal skills, cash handling and scheduling skills included. Let's have fun!

### **Education and Certifications:**

- [Prema Institute](#)- 500-hour teacher training. Graduation date: June 2026
- [Samarya Center](#)- Certified Yoga Instructor- 200-hours in February 2011
- [Yoga Alliance Certified Yoga Instructor](#)- 200 hr teacher with 1,000+ hrs of teaching experience
- [Y12SR](#) Instructor- 24 hrs in 2021
- [Next Generation Yoga](#)- Children's yoga ages 3-5 (24 hrs in 2011)
- [Circus Yoga](#): Level One in 2011
- Western Washington University B.A. in [Therapeutic Recreation](#): Psychology minor

### **Unique Experiences:**

- Small business owner, company named [Balance](#)
- Private Lesson experience includes people working through temporary or permanent disability, people undergoing cancer treatment and the general public.
- Custom Lesson history includes training workouts with Special Olympics snowsport athletes, elementary school groups and those purchasing lessons at non-profit auctions. Indoor and outdoor options.
- Retreats hosted in 2015 and 2016 for post 9-11 veterans and their significant others in Leavenworth, Washington USA.
- Assist the development of new technology: ['Eyes-Free Yoga'](#) program
- Group lessons include ambulatory and non-ambulatory students of all ages.

### **Work Locations**

- Online and in-person from Skagit County, Washington from January 2020- current
- North Cascades Institute from October 2019- December 15, 2021
- City of Shoreline, Specialized Recreation from May 2017- September 2019
- Outdoors for All Foundation from May 2011- September 2019
- City of Seattle, Associated Recreation Council from 2011 to 2017