

Molly Harrigan

<http://www.balancenow.org> / connect@balancenow.org

Highlights of Yoga Qualifications:

I have been teaching students with and without disabilities since 2011 and am deeply committed to building healthy communities through inclusive practice. I love adapting sessions for each individual to ensure a complete experience for every student. Also, I specialize in addiction recovery and healing from traumatic experiences. I am comfortable teaching general and custom groups, private lessons, and retreats. I have strong intake skills, allowing me to work closely with students to achieve their specific goals. Beyond my instructional expertise, I offer strong interpersonal skills and am proficient in scheduling, marketing and cash handling. Let's have fun!

Education and Certifications:

- [Prema Institute](#)- Certified 300-hour yoga teacher training. April 2026
- [Samarya Center](#)- Certified 200-hour Yoga Instructor. February 2011
- [Yoga Alliance Certified Yoga Instructor](#)- 500 hr teacher includes E-RYT 200
- [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 Teaching 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.
- Group lessons for addiction recovery.
- Custom Lesson history includes training workouts with Special Olympics snowsport athletes, preschool and 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 in Leavenworth, Washington USA.
- Assist the development of technology for people with visual impairments: '[Eyes-Free Yoga](#)'

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