

Theresa O'Malley

Contact

- **Location:** Green Valley, AZ 85614
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Professional Summary

A dedicated professional with a unique blend of expertise, combining the principles of **yoga, breathwork, and targeted stretching**. With a background in **Microbiology (Ph.D.)** and movement science, I bring a scientific understanding of the body and its functions to my practice. I specialize in teaching students in the

50+ age group functional exercises to increase **strength, stability, and mobility**, so they can maintain their active lifestyle effectively and safely.

As a certified yoga instructor, I guide clients toward physical and mental well-being through mindful movement, breath awareness, and relaxation techniques. As a **Certified Breath Coach**, I help individuals harness the power of their breath to reduce stress, improve focus, and enhance overall health. Breathwork is known to affect the Nervous System for **anxiety management and pain**, to maximize performance, physically and mentally. As a

Target Stretch Specialist and **Certified Science of Stretch (YOGABODY™) Coach**, I focus on specific areas of the body to increase flexibility, improve mobility, and alleviate pain.

Work Experience

Yoga Teacher (Current)

- **Green Valley Recreation (GVR)** – Green Valley, AZ
- **September 2024 to Present**

- Developed and taught specialized yoga classes, including *That's a Stretch!*, *Mat Yoga: Active Flow and Strength*, *Chair Yoga: Gentle Movement and Breath*, and *Yoga for Golfers and Pickleballers*.

Yoga Instructor (Current)

- **Haven Health** – Green Valley, AZ
- **March 2025 to Present**
- Provides specialized yoga instruction within a Skilled Nursing and Rehabilitation environment, supporting recovery, mobility, and emotional well-being for residents.

Physical Therapist Assistant

- ProActive Physical Therapy – Green Valley, AZ
- January 2023 to December 2023

Yoga Teacher

- **The Ashram Yoga** – Kirkland, WA
- **January 2023 to April 2024**

Certified Yoga Instructor

- Yoga by Julia – Rio Rancho, NM
- September 2021 to July 2022

Certified Yoga Instructor

- Vivify Hot Yoga – Rio Rancho, NM
- July 2015 to September 2020

Education

Doctor of Philosophy (Ph.D.) in Microbiology

- University of Wisconsin-Madison – Madison, WI
- September 1985 to May 1995
- *Name on Diploma: Theresa O'Malley Harris*

Physical Therapist Assistant in Physical Therapy

- Pima - Albuquerque, NM
- September 2015 to May 2017

Bachelor's degree in microbiology

- University of Wisconsin-Madison – Madison, WI
 - August 1985 to May 1989
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Certifications and Licenses

- **OA® Breathing for Yoga Instructor Training (Oxygen Advantage®)**
 - Completed 60 study hours on functional breathing from Biochemical, Biomechanical, and Psychophysiological dimensions.
 - Date: August 10, 2025
 - **The Ashram Yoga 200-Hour Teacher Training in Hatha and Raja Yoga**
 - In-depth study included anatomy, sequencing, principles of Ayurveda, pranayama, and Kriya yoga.
 - Date: January 13, 2013
 - **Certified Breath Coach and Science of Stretching™ Certified Coach (YOGABODY Teachers College®)**
 - Completed 30hr training on the anatomy and biomechanics of mobility, core practice principles, sequencing, and injuries.
 - Date: March 2024 (for Stretching)
 - **Fall Prevention Specialist**
 - **Physical Therapist Assistant**
 - **CPR Certification**
 - **AED Certification**
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Skills

- Fall prevention
- Personal training
- Yoga
- Meditation/mindfulness instruction

- Group Fitness
- Communication skills
- Customer service