

## Theresa O'Malley

### Contact

- **Location:** Green Valley, AZ 85614
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- **Phone:** +1 206 251 0461

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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.

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### 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**

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#### **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