

ANNA MOLGARD, C-IAYT

EDUCATION & CERTIFICATION

C-IAYT, PROFESSIONAL YOGA THERAPIST

2014 - 2018

Integrative Yoga Therapy, Joseph & Lilian LePage

IAYT accredited

E-RYT-500, INTEGRATIVE YOGA THERAPY

2016

Kripalu Center for Yoga & Health

Trained as an Advanced Teacher of Therapeutic Yoga with Joseph & Lilian LePage with a focus on sharing tools of yoga with specific populations. IAYT accredited

THAI YOGA TRAINING

2015

Pure Nature Yoga & Wellness with Annette Dennis, in Huber Heights, Ohio

TRAUMA SENSITIVE YOGA THERAPIST

2014

Sangha-Red Lotus Aspara Yoga School

Trained with Becky Morrissey, LCSW, in a mentored setting learning modalities to work with clients in trauma recovery. Training focused on utilizing the specific tools of yoga therapy to facilitate a positive relationship with their body IAYT accredited

RESTORATIVE YOGA STUDIES

2013

with Judith Hanson Lasater

RYT-200, INTERDISCIPLINARY YOGA

2011

Nosara Yoga Institute, Costa Rica

Studied interdisciplinary yoga in an immersion setting with a focus on experiential learning. Mentored by Don Stapleton, PhD and Amba Stapleton.

B.A., MUSIC

1997

Brigham Young University, Provo, Utah

Graduated Magna cum laude, specialized in Media Music

PROFESSIONAL EXPERIENCE

FLOWING TREE YOGA STUDIO, LLC, OWNER & DIRECTOR

2018 - PRESENT

HARMONY YOGA SCHOOL, FACULTY

2016 - PRESENT

200-hr & 300 hr trainings in Spokane, WA

SENSORY ENHANCED YOGA INSTITUTE, FACULTY Institute for Self-Regulation & Trauma Healing	2018 - PRESENT
KRIPALU SCHOOL OF INTEGRATIVE YOGA THERAPY, MENTOR	2018 - PRESENT
YACEP, YOGA ALLIANCE, CONTINUING EDUCATION PROVIDER	2018 - PRESENT
DAY YOGA STUDIO, FACULTY <u>Registered Yoga School, Dayton, Ohio</u>	2014 - 2016
KINETIC YOGA & FITNESS, INSTRUCTOR Mead, WA	2015-2017
YOGAJOY NORTH, INSTRUCTOR Mead, WA	2017-2018