

Melissa Harrison

Pilates Instructor

Melissa Harrison is a native Washingtonian. She grew up as a competitive athlete in both Gymnastics and Soccer. Years of intense training took a toll on her body leading her on a journey toward health, wellbeing and longevity. Melissa has a BA in Dance from The University of Colorado, Boulder. She has danced professionally in Colorado, Maryland and Washington, DC. Mrs. Harrison was Founder and Artistic Director of Propaganda Dance Theater here in DC. She then went on to Practice and teach Hung Fut Kung Fu and Tai Chi. Mrs. Harrison is a certified Pilates instructor and an AMSAT certified Alexander Technique Teacher. She has been teaching for 38 years, and whether it is Alexander Technique, Pilates, Tai Chi, Yoga, Gymnastics or Kung Fu Melissa is guiding her students and clients to listen to their inner wisdom. While she has much to teach, she believes that each person can access truth and happiness by listening to their personal intuitive voice, which can best be heard by removing physical, emotional and spiritual barriers

