

Melissa Harrison

Pilates/Group/Alexander Technique

Melissa has been teaching for over 38 years. Her emphasis has shifted over this time from elite level competition to longevity, community, balance, injury prevention and happiness. Her focus is on conscious body awareness in action, building your inner dialogue with your own body, alignment, and fun. Wherever you are in your personal journey she will meet you there.

Melissa became an AMSAT certified Alexander Technique teacher in 1998. After her dance career Melissa began practicing and later instructed Hung Fut Kung Fu. Her interest in stress relief and longevity lead her to Tai Chi. She is a certified Pilates instructor with over 10 years' experience. Melissa is a 200 hour certified Yoga teacher and a certified Restorative Yoga teacher.

Melissa Harrison is a native Washingtonian. Growing up she was a competitive athlete in both gymnastics and soccer. She received her BA in Dance from the University of Colorado, Boulder and went on to dance professionally in Colorado, Maryland and Washington, DC in Modern Dance companies. She went on to become founder and artistic director of Propaganda Dance Theater.

