

Melissa Matt

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Melissa has a BA degree in Art History and a minor in Women & Gender Studies. She went on to earn her MS in Organizational Development and Leadership with a concentration in Organizational Psychology in 2011. She then earned her yoga teacher certification as a RYT200 in 2013 and her RYT500 in October 2014 (while carrying baby #2).

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She is the proud mommy of two smart, sassy, funny girls - 3 ½ year-old Stella and her sweet little sister, Piper. As a full-time mom, she understands the dynamic challenges of being a mother and wife, while striving to make time for self-nurturing practices, which is why she loves how yoga can provide the boost of energy necessary to refuel for giving to one's family, responsibilities, and for personal peace of mind. Yoga has helped Melissa to find a more complete understanding of how people respond to challenges and interact in relationships, both in and out of the yoga environment. Her goal is to empower her students with the tools to realize their potential for a more joyful, fulfilling life through the transformational wisdom of their yoga practice.

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