

Natasha Molla

INSTRUCTOR

EDUCATION & CERTIFICATIONS:

- Bachelor of Science in Geology

Certifications:

- Registered Yoga School (RYS) 200 Yoga Certification
- Registered Yoga School (RYS) 300 Yoga Certification
- Expected Yoga Therapy Certificate in 2025



ACHIEVEMENTS:

- Raised 3 amazing sons
- Had a successful and fulfilling 30-year career in environmental clean-up
- Embarked on career number 2, helping people live happier and healthier through yoga and yoga therapy

HOBBIES:

- Fused Glass Art
- Hiking

PHILOSOPHY:

“Happiness is not about getting all you want, it is about enjoying all you have”

BREA
FITNESS