



*Colleen O'Malley*



Colleen received her 200-hour certification from a Baptiste Power Yoga studio and has studied with leading Power and Vinyasa Yoga masters including Baron Baptiste, Seane Corn, and Bryan Kest. Having accumulated over 1,000 hours of teaching, Colleen is registered as an E-RYT 200 with Yoga Alliance and is currently working toward her 500-hour certification.

A lifelong fitness enthusiast, Colleen happened upon a Power Vinyasa class several years ago and was immediately “hooked” by the strong physicality of the practice.

She found that yoga brought her the physical and mental stretch that she needed to balance out her other workouts.

Colleen is a self-employed organizational psychologist and she lives in Alexandria with her husband, three daughters and a menagerie of pets.

