

Molly Mayer OTR/L
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Education

2011, MAOT, St. Catherine University–St. Paul, MN.

Thesis Title: An exploration of occupational therapy, yoga therapy and multimedia.

1998, BA, modern dance, University of Minnesota–Minneapolis, MN.

Specialty Education

2005 Advanced yoga teacher training: 140 hrs.-Vancouver, BC.

2003 Thai massage training: 90 hrs.-Chiang Mai, Thailand

2000 Yoga teacher training: 200 hrs.-Mankato, MN.

Work Experience

2012-present, Occupational Therapist, Sanford Health, Thief River Falls, MN.

- *School based
- *Out patient
- * Acute inpatient
- *Behavioral health

2000–present, yoga teacher / Thai massage practitioner

- *Evaluate holistic needs of individuals and groups through observations and interviews.
 - *Create and facilitate programs to meet specific health needs of individuals or groups.
 - *Provide joint mobilization, assisted stretch, relaxation and breathing techniques to clients.
 - *Create and distribute marketing materials .
- 2011-2012: Living Yoga , Chanhassen, MN.
2009-present: Rivergarden Yoga , St. Paul, MN.
2007-2009: Isis Yoga, Burnsville MN.
2000-present: Sun Moon Yoga, Mankato, MN

Volunteer Experience

2011–present, We Can Ride, Hippotherapy.

- *Assist OTR with pediatric evaluations and interventions

2009–2011, Courage Center Golden Valley. Adaptive yoga assistant

- *Safely transferred yoga students to and from the floor
- *Provided creative yoga modifications

2008-2009, Regions Hospital Psychiatric Unit. Yoga teacher.

- *Designed and instructed a yoga program to reduce symptoms of anxiety and depression

Scholarships, Community and Club Membership

MOTA: CE workshop presenter. Therapeutic Applications of Yoga. 2011

AOTA: 2009-2011

Ways of Knowing Conference– Scholarship recipient from the U of M Healing and Spirituality Center. 2009

Governors Sr. Drum Corps– St. Peter, MN. 25 years of service.

