



 uprisehealth

Melissa Young

Certified Yoga Instructor &
Breathing Meditation Teacher

Melissa earned a graduate degree in Natural Resources Management and has taken graduate level courses in teaching science and public administration. She is a registered yoga teacher and has taught yoga and breathing meditation classes in small studios and at conferences throughout New York State.

Melissa Young is a non-profit leader and environmental education professional with 15 years of experience in non-profit management and community sustainability. Melissa is passionate about working with people and communities to improve social, economic, and environmental health. Additionally, she fosters organizational success by focusing on the strengths of individuals and teams.

Melissa has strong experience in non-profit leadership and environmental education at local, regional, and national scales. She leads successful community programs through team leadership and collaboration building. She supervises staff members and programs working towards sustainable solutions. Melissa is skilled in leadership, stakeholder engagement, strategic planning, environmental outreach and education, project management, budget management, and process facilitation.