

**Mary** has been practicing yoga for more than 20 years and teaching since September 2010. She lives and works in Boston but travels regularly to Rome to visit family and ride her bike when it is not snowing. She came to **Just Breathe Yoga Studio** for class and started coming in as a visiting teacher in 2014. Mary believes in the use of props to help make yoga accessible to all. She is certified in Chair, Hatha, Vinyasa, and Meditation. She also teaches Restorative and Gentle Yoga. She is a dedicated Vipassana (mindfulness) Meditation practitioner and teacher, which informs her personal yoga practice and teaching. She loves yoga, Rome, and Central NY in general, and hopes to retire there one day. A little-known fact: Mary worked as a standup comic for 10 years. She is still very funny.