



Mary Ann began exploring yoga in 1990, looking for a change from the pounding forms of exercise that she had been a part of for so long.

Coming from a background in the Health and Fitness Industry for over 25 years as an owner and manager of a fitness center and director of an aerobic program, Mary Ann began looking for a way to find more balance and centeredness in her life. Her interest took her on two trips to India, and once back home, to study with several different teachers such as Bikram Choudhury, Erich Schiffman, Rama Berch and most recently, Baron Baptiste. Along with her former training in dance, massage and fitness, Mary Ann incorporates her experiences from these different teachers into her own teaching and has enjoyed sharing the powerful benefits of yoga, breathwork and meditation techniques with many students and friends over the years.

Feeling like she has found her niche in life, Mary Ann has completed her 500 hours registration with the Yoga Alliance and has also acquired enough hours of teaching and studying to be listed as an ERYT.

“Yoga has transformed my life, teaching me how to cultivate an inner strength that I never knew that I had. A yoga practice, to me, is a cleansing and nourishing experience while learning how to drop away all that we don’t need and coming back full circle to our true selves. The nature of yoga allows us how to explore how to be present with what ever shows up in our practice and also in our life

It’s my commitment to help others to find their own inner strength and centeredness, while being able to have some fun at the same time.”