

**Mary St Onge CYT, ERYT-500 Yoga Teacher**

Mary is a certified yoga therapist and registered yoga teacher with completion of 500 hours hatha yoga and 335 hours yoga therapy training. Registered through the International Association of Yoga Therapists and Yoga Alliance, Mary trained in Colorado and at White Lotus Foundation and Ananda Seva in California with world renowned yoga teachers. Mary has taught Bikram, Hatha, Yin and Restorative yoga in Colorado, Minnesota, and Iowa. Her commitment to the healing path of yoga and her passion to her yoga teaching translate into a transformative experience for her students. You will love the practical techniques that yoga provides to tone, strengthen and heal in a nurturing and personal environment. She teaches at FITNESS By Design October through June and at Twin Pines Yoga in Minnesota July through September.