

# Mary Stewart

## BA, ERYT500, CYT, HN, Y12SR Leader

---

*I am dedicated to the creation of a profoundly peaceful, healthy, and spiritually awakened community, and to holding sacred space for individuals to discover the vitality and wholeness already within them.*



### Therapeutic Yoga Provider

Each day I focus on how my own experiences and practice can inform my creativity and compassion in my work; and in what ways I can authentically and with integrity use all of my gifts and experiences in supportive relationship with my clients.

### Yoga Therapy Overview

March 2013 – present: **Owner**, Inner Sanctuary Yoga, Beaverton, OR – Therapeutic private sessions for individuals with a wide variety of physical, mental and emotional challenges; additional teaching formats include group classes, clinical settings, intensives, workshops and retreats

May 2017 – present: **Therapeutic Yoga Instructor**, Cedar Hills Inpatient Center for Addiction and Recovery, Portland, OR – Group yoga sessions specializing in yoga for pain management ward

February 2016 – present: **Therapeutic Yoga Instructor**, Progressive Rehabilitation Associates, Portland, OR and Vancouver, WA – group sessions specializing in yoga for pain management as a part of the Pain Management Program in Portland and Vancouver locations

December 2015 – January 2017: **Yoga Instructor**, Yoga Hillsboro, Hillsboro, OR – Classes in Breath Centered Yoga

February 2012 – July 2017: **Yoga Instructor**, Breathe Yoga and Massage, Vancouver, WA – Classes in Breath Centered Flow with Meditation, Back Care Yoga, and Yoga for Breast Cancer Survivors

July 2012 – December 2015: **Yoga Instructor**, Yoga Garden, Battleground, WA and Ridgefield, WA – Classes in Breath Centered Flow with Meditation

September 2011 – 2013: **Yoga Instructor**, 4 Rivers Yoga Studio, Ridgefield, WA – Bi-Weekly Breath Centered Hatha Yoga with Meditation

- 12345 SW Cady Lane • Beaverton, OR 97005 • (360) 904-6587 • [isyoga@outlook.com](mailto:isyoga@outlook.com) • [www.innersanctuaryyoga.com](http://www.innersanctuaryyoga.com)

March 2010 – September 2011: **Yoga Instructor**, Yoga Shala, Portland, OR – Bi-Weekly classes in Breath Centered Vinyasa and Meditation, Beginner’s Basics Immersions, and Weekly Community Donation Classes

### **Workshops, Retreats and Intensives Presented**

September 2016: **Cultivating Balance: Yoga to train dynamic and static balance**, Yoga Hillsboro, Hillsboro, OR

January 2015 – June 2016: **A Breath-Centered Approach to Back Care**, Yoga Hillsboro, Hillsboro, OR

January 2014, September 2015: **Healing Circles Retreat for Cancer Survivors**, Crooked Kitty Ranch, Battleground, WA

January 2013, September 2013: **Retreat for Young Cancer Survivors**, Yoga Shala, Portland, OR

November 2013, February 2014: **Yoga for Wellness: Focus on Back Care**, Yoga Garden, Battleground, WA

March 2013, May 2014: **Yoga for Wellness: Focus on Back Care**, Breathe Yoga and Massage, Vancouver, WA

February 2013 – March 2013: **Exploring the Yoga Sutras of Patanjali, 8 week series**, Yoga Garden, Battleground, WA

November 2012 – January 2013: **Exploring the Yoga Sutras of Patanjali, 8 week series**, Breathe Yoga and Massage, Vancouver, WA

### **Degrees, Certifications, Professional Associations**

2018: **Certified Yoga of 12 step Recovery Leader** – Y12SR and Yoga International

2017: **Certified Yoga Therapist** – International Association of Yoga Therapists

2017: **Registered Continuing Education Provider YACEP** – The Yoga Alliance

2013: **Registered Instructor at the ERYT 500 level** – The Yoga Alliance

2013: **Member** – International Association of Yoga Therapists

2013: **Therapeutic Yoga Teacher Certification** – 500-hour teacher training, Healing Yoga Foundation – emphasis on therapeutic applications of Asana Technique, Pranayama, Meditation, and Yoga Philosophy

2012: **Yoga Support for Cancer Patients Trained Instructor** – Commonweal Cancer Support Program and Healing Yoga Foundation, Bolinas and San Francisco, CA

2010: **Advanced Studies Yoga Teacher Certification** – Yoga Shala, Portland, OR – 700-hour teacher training emphasizing Asana Technique, Pranayama, Meditation, Yoga Philosophy, Anatomy, Sanskrit, and over 150 hours in Teaching Methodology, Teaching Practicum and Apprenticeship

### Life Long Teacher-Student Relationship

January 2010 – Present: **Personal Yoga Practice, Vedic Chanting, Meditation** mentored by *Chase Bossart* – a steady on-going relationship with a senior teacher through one-on-one Skype sessions. As a student, I consider myself to be at the very apex of a lifelong study of yoga, continuing to deepen my experience and striving each day to apply the principles of yoga to my own life.

April 2008 – Present: **Patanjali's Yoga Sutras** – In-Depth Study and Chanting *with Chase Bossart* through Workshops at Yoga Shala, Portland, OR and Skype sessions through the Yoga Well Institute, San Francisco, CA

### Continuing Education

February and April 2018: **Yoga of 12 Step Recovery Leader Certification** – Y12SR and Yoga International online and in person at 8 Limbs Yoga, Seattle, WA

July 2017: **Nonviolent Communication Online Training Course** – *with Marshall Rosenberg*

January 2016: **Train Your Brain for Happiness** – Rick Hanson through Sounds True Digital Course

May 2015: **Viniyoga Advanced Studies & Continuing Education for Teachers** – *with Gary Kraftsow*, Yoga Shala, Portland, OR

May 2015: **Viniyoga Therapy for Stress Related Conditions** – *with Gary Kraftsow*, Yoga Shala, Portland, OR

August 2014: **Finding Your Root Pelvic Floor Webinars Part 1 and 2** – *with Leslie Howard*

August 2014: **Strengthening Your Pelvic Floor Webinar** – *with Leslie Howard*

August 2014: **Relaxing Your Pelvic Floor Webinar** – *with Leslie Howard*

October 2013: **How & Why Meditation Changes Us** – *with Chase Bossart*, Yoga Shala, Portland, OR

October 2012: **Yoga Therapy: The Five Elements of Yoga Therapy** – *with Chase Bossart*, Yoga Shala, Portland, OR

October 2012: **Mantra: An Experiential Overview** – *with Chase Bossart*, Yoga Shala, Portland, OR

September 2012: **Viniyoga Therapy for Structural Conditions**, focus on lower back, sacrum, hips, upper back, neck and shoulders – *with Gary Kraftsow*, Yoga Shala, Portland, OR

June 2012: **Yoga Therapy II** – *with Chase Bossart, Yoga Shala, Portland, OR*

March 2012: **Yoga Therapy I** – *with Chase Bossart, Yoga Shala, Portland, OR*

January 2012, December 2010, August 2010: **Beyond Sequencing: The Art of Meditation** – *with Chase Bossart, Yoga Shala, Portland, OR*

March 2010: **Beyond Sequencing: Learning Appropriate Ratios for Pranayama** – *with Chase Bossart, Yoga Shala, Portland, OR*

October 2009: **Beyond Sequencing: Course Planning for Function Based Yoga** – *with Chase Bossart, Yoga Shala, Portland, OR*

September 2009: **Demystifying the Bandhas** – *with Leslie Kaminoff, Yoga Shala, Portland, OR*

August 2009: **The Yoga of Transformation** – *with Chase Bossart, Astanga Yoga, Bend, OR*

June 2009: **Meditation as Medicine** – *with Sir TKV Desikachar, Yoga Shala, Portland, OR*

May 2009: **The Diaphragms and Respiratory Anatomy** – *with Leslie Kaminoff, Yoga Shala, Portland, OR*

May 2009: **Individualized Asana, Breath, and Yoga Therapy** – *with Leslie Kaminoff, Yoga Shala, Portland, OR*

May 2009: **Yoga for Internal Organs** – *with Ramaswami Srivasta, Yoga Shala, Portland, OR*

April 2009: **Meditation and Chanting of the Gayatri: In Praise of the Sun** – *with Sonia Nelson, Yoga Shala, Portland, OR*

August 2007: **Discovering Ayurveda** – *Australasian College of Health Sciences, Portland, OR*

### **Holistic Nutritionist**

How I choose to nourish myself has played a tremendous role in my overall mental, physical and emotional well-being. My personal health challenges led me to use nutrition as a source of support and healing. I began to see, particularly during my private client sessions, that others might also be supported. I use a variety of whole food-based, nutrient-rich approaches, coupled with mindful and intuitive eating philosophies, to contribute to an individual's overall well-being. I specialize in protocols that address pain and inflammation.

2015: **Holistic Nutritionist** – Completed (W)holistic Nutrition training program at the Wellspring School for the Healing Arts, Portland, OR

### **Social & Civic Contributions**

2019 – Present: **Board Member**, NatureConnect NW, Portland, OR

2012 – 2014: **Hospice Volunteer**, Peace/Health Hospice NW, Vancouver, WA