MARY FRANCES

RYT, CYT, CPSRP, Reiki Master, Grief Educator
Mindful Mentor, Speaker, Educator, Advocate

Founder ~ Owner
Mindful With Mary, LLC

Profile

Heart-Centered Mindfulness Mentor. Experienced in guiding individuals through mindful movement, breathwork and energy practices with a trauma-informed, social-emotional learning approach. Dedicated to creating accessible, inclusive spaces for all ages, bodies, and abilities. Passionate about reducing stigma and fostering healing through compassion, hope, and kindness.

Contact

📞 **860-833-6025**

✉️ **mindfulwithmary@gmail.com**

📍 **Servicing New England**

🌐 **www.mindfulwithmary.com**

**CPR & AED Certified
Professional Liability Insured**

● Experience

2021 - Present | Founder & Owner
Mindful With Mary, LLC
- **Restorative, Gentle & Chair Yoga, Meditation**
- **FVMA - Kids Yoga Instruction**
- **Grounded4Growth - SMART Recovery & Yoga/Mindful Instruction**
- **Rushford & IOL - SMART, RSS, RYT**
- **Shine Your Light CT - Kids Yoga Instruction**
- **Glastonbury Recreation Dept - Yoga & Strength Instruction**
- **Rocky Hill Senior Center - Chair Yoga**
- **Sister's of St. Joseph's - Chair Yoga**
- **Elmwood Community Center - Strength/Chair**
- **West Hartford Yoga - Kids Yoga Instruction**

● Education

- **2025 | SilverSneakers**
  - **Foundations Certification | Classic | Yoga**
- **2025 | Breathe for Change**
  - **CYT 200-hour & SEL Facilitator**
- **2025 | Advocacy Unlimited**
  - **Certified Breath Work Facilitator**
- **2024 | Resonance Healing Arts**
  - **Usui Reiki Master**
- **2024 | David Kessler Training**
  - **Certified Grief Educator**
- **2024 | Youth Recovery CT & CT Clearing House**
  - **SMART Recovery Facilitator**
- **2024 | State of CT & Hartford Healthcare**
  - **Certified Peer Support & Recovery Professional**
- **2024 | Living With Serendipity**
  - **Integrated Energy Therapy**
- **2022 | West Hartford Yoga**
  - **20-HR Trauma Informed Certification**
- **2021 | BeYoga Avon**
  - **Vinyasa/Hatha Yoga 200-HR RYT Certification**
- **2010 | The Veterans Yoga Project - Embodyoga**
  - **Mindful Yoga Therapy for PTSD**
- **2009 | Ganesh College of Yoga**
  - **Iyengar Yoga 200-HR RYT Certification**