

MARY BLACKSTOCK {RYT}

PROFILE

Mary has been a devoted yoga student for over two decades. She began her studies of Hatha yoga at Integral Institute in New York City, initially to find relief from a sports injury. She soon discovered the benefits of yoga to be above and beyond the physical. Mary has since studied with renowned teachers, including Seane Corn, Shiva Rea, Colleen Saidman Yee, and Rodney Yee at numerous studios throughout the U.S., in the many different styles of yoga. It was while practicing prenatal yoga, 18 years ago, that Mary became inspired to teach. She finally took the plunge when Daniele Jarman began offering Vinyasa teacher training at Exhale Yoga in 2009. She is eternally grateful to her mentors and fellow students for providing such a supportive environment in which to fulfill her training.

As a graphic design professional and visual artist, Mary brings a sense of creativity to her practice and encourages her students to do the same. Mary is continually inspired by her fellow teachers, the local - and global - yoga community, and perhaps her greatest teacher of all, her daughter. Mary finds daily inspiration for her practice in motherhood, making art and sharing the healing aspects of yoga with her students.

Mary specializes in Childrens, Family, Gentle, Baby and Me, and Prenatal Yoga, as well as Art and Yoga for all ages. With nearly 20 years experience in graphic arts, Mary's work has appeared in *Better Homes and Gardens*, *Index Magazine*, *Time Out New York*, *Vogue*, *YOGA + life*, and *Yoga Journal* and she is the recipient of the Davey Award for Graphic Design.

EDUCATION

B.A. Sarah Lawrence College
Concentration: Visual Arts
Bronxville, NY, 1992

TRAINING

200 Hour Vinyasa Teacher Training
Exhale Yoga Studio, Livingston, NJ, 2010

EXPERIENCE

Children's Yoga Instructor, Kindergarten - 5th Grade
YMCA of Montclair, Montclair, NJ
March 2026 - Present

Children's Yoga and Art Instructor, Kindergarten - 2nd Grade
Charles H. Bullock School, Montclair, NJ
October 2025 - Present

Private Yoga Instructor, All Ages
September 2010 - Present

Children's Yoga Instructor, Pre-K - Kindergarten
Montclair Cooperative School, Montclair, NJ
September - December 2025

Children's Yoga Instructor, Kindergarten, Pre-K - 3rd Grade
Montclair Kimberly Academy, Montclair, NJ
September - December 2025

Family Yoga Instructor
Three Birds Yoga Studio, South Orange, NJ
August - October 2025

CONTACT

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VOLUNTEER WORK

Board of Trustees Advisory
Committee Member
The Hudson School, Hoboken, NJ
2024-2025

Yoga Instructor-Parent Linking
Program for Teen Parents
Passaic High School, Passaic, NJ
2019

Graphic Designer
Montclair Cooperative School
Montclair, NJ, 2012-2019

Activity Lead, Pediatric Patients
Bellevue Hospital's
Children of Bellevue Center
New York, NY, 1999

Graphic Designer
Housing Works, New York, NY, 1999

INDEPENDENT STUDY

Parsons School of Design -
Product Design
New York, NY, 1997

School of Visual Arts - Book Arts
New York, NY, 1998

Sorbonne Université - Art History
Paris, France, 1991

ADDITIONAL TRAINING

Peace Meets Power with
Colleen Saidman & Rodney Yee
Jaipure Yoga, Montclair, NJ, 2026

Chant, Challenge, Change
Vinyasa Workshop with Raghunath
Ignite Yoga Studio
Livingston, NJ, 2012

Ashtanga Workshop
with Porffy Csaba
Ignite Yoga Studio
Livingston, NJ, 2012

Global Mala
Newark, NJ, 2011

Yoga Journal Conference
with Seane Corn, Shiva Rea
and Rodney Yee
NYC, NY, 2011

Children's Yoga Instructor and Summer Camp Director
Lalaland Yoga, Nutley, NJ
May - September 2019

Special Events Yoga Instructor, All Ages
Lotus & Bug Children's Activewear
March 2014 - October 2019

Children's Yoga Instructor, All Ages
Ignite Yoga Center, Livingston, NJ
September 2010 - 2019

Children's Yoga Instructor, Early Ages - 8th Grade
Montclair Cooperative School, Montclair, NJ
January 2013 - July 2019

Preschool Yoga Instructor
St. James Preschool, Montclair, NJ
September 2017 - June 2018

Children's Yoga and Art Instructor, Kindergarten - 5th Grade
Charles H. Bullock School, Montclair, NJ
September 2017 - September 2018

Baby and Me Yoga Instructor
Powerflow Yoga Kids, Bloomfield, NJ
September 2017 - May 2018

Children's Yoga Instructor, All Ages
Burnet Hill Elementary School, Livingston, NJ
January 2014 - March 2014

Faculty and Staff Yoga Instructor
Montclair Cooperative School, Montclair, NJ
September 2015

Gentle Yoga Instructor, Adults
Core Yoga, Florham Park, NJ
May 2013 - June 2016

Beginner Level Yoga Instructor, Adults
Ignite Yoga Studio, Livingston, NJ
March 2013 - November 2015

Prenatal Yoga Instructor
Ignite Yoga Studio, Livingston, NJ
August 2012 - November 2015

Children's Yoga Instructor, Kindergarten - 3rd Grade
Edgemont Montessori School, Montclair, NJ
January 2013 - June 2015

Creative Movement and Yoga Instructor, Kindergarten - 2nd Grade
Bradford School, Montclair, NJ
January - June 2013

Children's Yoga Instructor, Ages 4 and Up
Younique Yoga, Cedar Grove, NJ
November 2012 - August 2013

Kindergarten Yoga Instructor
Lacordaire Academy, Montclair, NJ
September 2012 - May 2013

Preschool Yoga Instructor
Union Congregational Preschool, Montclair, NJ
September 2011 - May 2012

Children's and Family Yoga Instructor, All Ages
Exhale Yoga, Livingston, NJ
October 2010 - 2012

