

{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 and Shiva Rea, 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 design professional, 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. She also offers corporate, group and private Vinyasa classes for all levels and ages.

TRAINING

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

EXPERIENCE

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

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

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

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

Private Yoga Instructor, All Ages
September 2010 - Present

Special Events Yoga Instructor, All Ages
Lotus & Bug
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

CONTACT

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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

KARMA YOGA EXPERIENCE

Karma Yoga Instructor, High School Students
Pregnant and Parenting, Parent Linking Program for Teen Parents
Passaic High School, Passaic, NJ
September 2017 - June 2018

Karma Yoga Instructor, Kindergarten
Girl Scouts of New Jersey, Montclair, NJ
September 2013 - June 2014

ADDITIONAL TRAINING

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

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

Global Mala
September 2011
Newark, NJ

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

