



Welcome

As students of yoga and fitness enthusiasts, we participate in a continual journey. Each of us has a solo experience within our practice that is as important as the exploration as a collective community. Mary guides each class by offering a sequence integral to the practice, from centering breath to restful savasana. The ever-present intention is always to rejuvenate the body, mind, and spirit. We pause, breathe, find stillness, discover new vistas, and reach that expansive place of our true nature.

Class Style

We practice with an attitude of unity and ahimsa (nonviolence), rather than a spirit of competition and judgment. All classes are open level and crafted to welcome both newer and seasoned practitioners.

Sequences are simple, accessible, breath-based, and heart-centered. Classes blend elements from many styles of yoga and wellness. Expand your practice beyond asana (poses) with meditation, pranayama, mudras, mantras, and the ancient teachings of yoga philosophy both on and off the mat.

Tips for Success

TOUR THE ONLINE STUDIO

Watch the [Virtual Studio Tour](#) or read the [How to Navigate](#) page for instructions on how to register and practice with Mary online.

DRESS COMFORTABLY

Wear clothing that allows for easy movement. Typically, we practice yoga barefoot to avoid slipping, and in fitness classes, like Strength & Balance, we wear athletic shoes to support our feet and protect our toes.

HAVE PROPS HANDY

Props are essential to assist alignment and allow supportive modifications if needed.

- **For yoga:** yoga mat, 8- to 10-foot yoga strap, two 4-inch yoga blocks, Mexican yoga blanket (cotton or wool), and standard-size yoga bolster. Mary recommends these online stores: [Manduka](#) and [Hugger Mugger](#).
- **For Strength & Balance:** a pair of hand weights, resistance band with handles (light to medium), mat, and athletic shoes.

GET THE FULL EXPERIENCE

Arrive before class begins and experience it entirely, from start to finish. Classes begin and end promptly. Allow yourself plenty of time to arrange your mat and equipment.

SET YOUR OWN PACE

The class may at times challenge you. Notice and respect how your body feels throughout the practice. Rest any time. Enjoy sips of water. Adopt modifications suggested by Mary.

CONNECT WITH MARY

Depend on Mary to answer questions and address concerns: info@mary-mccarthy.com.

When you register for a class, you will automatically be subscribed to Mary's monthly newsletters to stay up-to-date on offerings, events, podcast episodes, blog posts, and more. (If you wish, you may unsubscribe at any time.)

Want to take your health and wellness journey further? Explore Mary's unique blend of 1x1 Wellness Coaching [here](#).