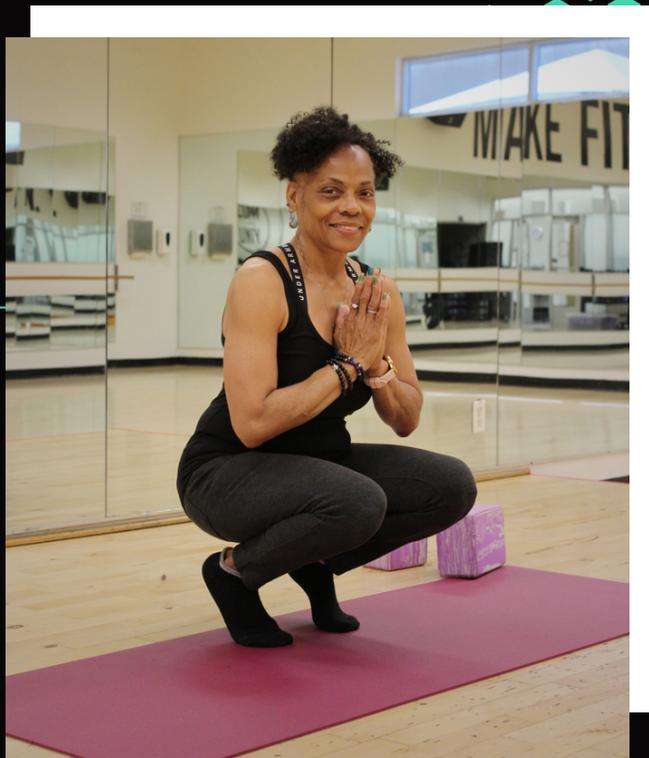


Mary Watkins-Graham

INSTRUCTOR

EDUCATION & CERTIFICATIONS:

- Master's Degree in General Psychology
- Certifications:
- Registered Yoga Teacher (RYT500)
 - Completed yoga training at Anahata Yoga and Wellness
 - Certified vocational counselor



ACHIEVEMENTS:



- Establishing a successful 30-year career in State government before retirement.
- Teaching various styles of yoga including YIN, Hatha, Vinyasa, and Restorative yoga for 3 years

HOBBIES:

- Bike riding
- Traveling
- Egyptology

PHILOSOPHY:

“Give and You Shall Receive”

BREA
FITNESS