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Mary-Jo Fetterly CYT, E-RYT ? Disabilities



Mary-Jo Fetterly, CYT, E-RYT is the inspiration and founder behind Trinity Yoga Inc. a national Yoga Teacher Training, Personal Development and Advanced Studies School. She is

well known in the yoga community as a devoted teacher, mother, and practitioner.

Mary-Jo brings an abundance of knowledge and experience to her work from her associations with many of the leaders in the field of yoga and personal development. From a background in yoga and massage therapy and studies in psychology and social work, Mary-Jo is able to infuse her work with real-life experience. Mary-Jo is particularly passionate about her work with one of her teachers Dr. Caroline Myss and in Energy Anatomy and loves to teach others about their chakras and non-physical energy systems.

The devastation and challenges of a recent severe spinal cord injury hasn't held her back, as she continues to inspire and coach individuals to live life to the fullest. A documentary on Mary-Jo explores how she has utilized the gifts of yoga and alternative healing to beat all odds and then some. It was only months after her injury that Mary-Jo, with the love and support of her incredible team, was back teaching and bringing the gifts of yoga through the powerful vehicle of Trinity Yoga to hundreds.

An inspiring public speaker, Mary-Jo served as an Ambassador for the Rick Hansen Foundation for 7 years and spoke extensively in schools and public functions raising awareness around disability. She spent 6 years as a volunteer board member for Yoga Outreach, a local non-profit, helping to develop research and bring yoga into prisons and marginalized populations. Since her injury 10 years ago, Mary-Jo has further trained in Therapeutic Yoga and has developed a whole program and protocol for Adaptive Yoga for those with mobility challenges and for health care providers. She is currently completing her Master Training studies with Yogarupa Rod Stryker in Tantra Yoga and pursuing a certification in Somatic Experiencing with Mariah Moser. A strong background in Continuum, with the late Emilee Conrad, also contributes to Mary-Jo's unique approach to yoga, healing, and well-being.

No matter what the situation, Mary-Jo believes that we all have a "disability" to deal with, whether it is physical, mental, emotional, spiritual or cultural, and it is within the capacity of each individual to transform, heal, and rise above obstacles, given the right tools. Mary-Jo is featured with others in a new release from Timeless Books called "Inspired Lives," on CBC's Tapestry and in an award-winning documentary, "Stand Because You Can." You will surely be inspired and moved by this courageous and compassionate woman.

As a specialist faculty member of YTI, Mary-Jo teaches students about working with Disabilities.

For further information or contact please see www.mary-jo.com and www.trinityyoga.net

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