FAVORITE THING ABOUT TEACHING AT MIT
Empowering MIT students with self-care gifts they already have

MARY REYNOLDS
AT MIT SINCE 2009
Teaching Group Exercise Yoga

ADVICE FROM FUTURE SELF
Slow down and find joy in the journey

FAVORITE FOOD
Homemade chai tea latte served in one of her favorite mugs

EDUCATION
College of Wooster (Ohio)
M.Ed., Cambridge College
Mary Reynolds has been teaching yoga since 2002 and at MIT since 2009. As long as she can remember, Mary has had an interest in health and wellness. She grew up playing soccer and basketball, but found her true passion studying and teaching yoga. Mary has a BA in Psychology from the College of Wooster in Ohio, a Masters in Special Education from Cambridge College in Cambridge, Massachusetts, and completed Yoga Teacher Training at the Kripalu Center in Stockbridge, Massachusetts. Mary understands that MIT students work extraordinarily hard, so it gives her great joy to provide them with practices that are easily accessible and have demonstrated positive impact on emotional, mental, and physical health.