

Meet Your Instructors

Mindful Motion Functional Movement

Mary Leonard, C-IAYT, E-RYT

Mary is a Certified Yoga Therapist (C-IAYT) and Experienced Registered Yoga Teacher (E-RYT) with more than 15 years of teaching experience. As the founder of Mindful Motion Functional Movement, she blends yoga therapy, functional movement, and mindful strength training to help adults build confidence, stability, and ease in their bodies. Her teaching style is warm, clear, and empowering, making every participant feel supported and capable.

Donna Stubbs, CRNP, C-IAYT

Donna is a Certified Registered Nurse Practitioner (CRNP) and Certified Yoga Therapist (C-IAYT) with over 10 years of yoga teaching experience. With a strong clinical background and extensive experience teaching in academia, Donna bridges the worlds of medicine and mindful movement. She offers a grounded, science-informed approach to strength, balance, and well-being. Her clarity, compassion, and ability to make complex concepts accessible make her a highly respected educator and guide.

A Supportive, Knowledgeable Teaching Team

Mary and Donna combine their expertise in yoga therapy, functional movement, and clinical care to create a workshop experience that is safe, empowering, and deeply enriching. Their shared commitment to accessible, evidence-informed practice ensures that every participant feels welcomed, supported, and inspired.