

MaryJoanna Grisso

Yoga Practitioner (RYT 550 + Hrs.) Yoga Teaching Faculty, Yoga Programming and Assisting

mjgrisso@gmail.com

Director of ThePeaceHouseYoga.com

Studies:

The Highly Adaptive Yoga Teacher: 300 Hours - Living Now Yoga with Juliana Mitchell

Jan 2021-Nov 2021

Jan 2022-present (continuing 550 + hrs.)

11 months of study to become a Highly Adaptive Yoga Teacher. Mentorships, study, and certifications earned in study of the Pelvis, Breath, Spine, Prenatal, Yin, Restorative, and Sacred Commerce; the building of one's own Sacred Business as a heart led yoga educator.

Guest teachers: Masako Miyakawa, Tejal Patel, Jodi Epstein, Kimmay Caldwell, Mikka Bonnel, Natalia Rodriguez Arango, Markay Suzanne

Carried Downward Breath: Prenatal Yoga 50 Hours – Living Now Yoga with Juliana Mitchell

Nov 2019

Detailed anatomy and safety training for pregnant practitioners, pelvic floor strengthening and releasing for labor support, hands on training with two private prenatal clients, workshops with midwives and doulas to learn about the process of birth, breathing and relaxation techniques for pregnancy, strengthening work for pregnancy.

Yoga Alliance cert.

Chakra Yoga 200 Hour Teacher Training - The Giving Tree Yoga Studio with Anne Margaret and Anthony Redding

July 2015

Vinyasa Yoga with Chakra education: Focus on balancing energetic, mental, emotional, and physical instabilities through a wide spectrum of asanas, meditations, chanting, aromatherapy and visualizations.

Strong focus in anatomy, philosophy of yoga, Sanskrit, Meditation, sequencing, and personal development.

Yoga Alliance cert.

Total Training - The Giving Tree Yoga Studio with Anne Margaret Redding

July 2015

50hr training in high-energy blend of yoga, personal training, and mantra. Training the body physically and mentally through mindfulness of mantra in an efficient and focused 60-minute class. Earned training from Ann-Margaret Redding, creator of Total Training Program.

Fundamentals of Sound Healing: 15 Hours - America Academy of Sound Healing

Oct 2019

Foundations of using sound healing through voice, gongs, singing bowls, tuning forks, and chimes.

Additional Studies:

Mindfully Just; With Anjali Rao and Monique Wright

Oct 2021

A program designed to help take your yoga practice off the mat. This intensives offered embodied experiences, listening to diverse BIPOC perspectives with real-talk, cultivating deep-listening, and exploring community activism.

Gift of the Gita; With Anjali Rao

Dec 2021 -Jan 2022

Studies on The Bhagavad Gita. Being guided by this culturally historic text as a way to understand inviting love, service, and offering the fruits of our yoga work to the Divine.

Yamas and Niyamas of Cultural Appropriation Workshop; with Indu Arora - February 2021

The Power of Awareness: Mindfulness Training with Jack Kornfield and Tara Brach - May 2020

Current Offerings and Experience:

The Peace House (An Online Yoga Community)

2018-Current

Online Yoga (Asana/Movement, Pranayama/ Breathwork, Yogic Meditation and Mindfulness Meditation)

Private 1:1 sessions | Group sessions | Corporate sessions

I am honored to work with up to 10-15 private practitioners, weekly along with group classes with focuses in: Meditation, Pelvic Floor Awareness, Prenatal Yoga, Restorative Yoga, Yoga to support crises in the world, Yoga for persons with spinal complexities, Yoga for persons holding space for Pain, Yoga for persons holding space for Anxiety, Yoga for Actors, and Yoga for Beginners. This community spans an age range of 22-78. Sessions are custom designed to meet the needs and intentions of each student. We utilize tools of: Asana, Yama/Niyama, Sutra, Pranayama, Meditation, Mindfulness, Prenatal Yoga, Pelvic Floor Yoga, Discussion and/or Journaling. Occasionally, inspirations of other traditions such as QiGong, Zen, Pilates, Art, and/or Music are drawn from.

Living Now Yoga

2020-Current

Part time anatomy/movement teaching faculty and program assistant for 300hr yoga teacher training and select workshops at Living Now Yoga; an online and in person yoga community that offers masters level training to yoga teachers looking to uplift the world through yoga. Program assisting includes: tech support, organization of homework, social media design, program consulting, student and community support and experience.

The Yoga Room – Astoria, NY

2018-2022

Asana (movement) + Pranayama (breathwork): Vinyasa Yoga, Hot Vinyasa, Prenatal Yoga, Yin and Restorative, Foundations

New York Yoga – NY, NY

2015-2020

Asana, Pranayama, + Meditation: Gentle Yoga, Foundations, Meditation, Hot Vinyasa, Vinyasa Yoga

Exubrancy – NY, NY

2019-2020

Corporate yoga asana offered to Rockefeller Center and One World Trade

NYU Hospital – NY, NY

2018-2021, current

Periodic offerings: Chair yoga asana and meditation for Nurses and Doctors

The Giving Tree Yoga Studio/Giving Tree Wellness – Astoria, NY

2015-2019

Studio and private teaching in boutique hotels

New York Animal Medical Center – Online

2021

Mindful Movement and Restorative

Compass Realty – Charlotte, NC – Online

2020, 2021, 2022

Invigorating Movement, Pranayama, & Meditation

Private Workshops and Teacher Trainings:

“Domes and Diaphragms”

Anatomy and Art of the Body: What are the domes and diaphragms of the body? Where are they? How do they move? How do they impact our breathing? How does asana impact muscles which surround the diaphragms? 3hr Module offered within The Highly Adaptive Yoga Teacher Training (300hr)

2022

“Pelvic Floor Asana and Guidance”

2hr hour workshop – A Pelvic Anatomy Awareness and movement module as part of The Highly Adaptive Yoga Teacher Training (300hr)

2022

“Meet Your Pelvic Floor”

4-6 week series for practitioners seeking to learn about a part of the body that often gets overlooked for many reasons. In this workshop we explore: general anatomy of the pelvis and pelvic floor, why it's important to do so, we look at the varied emotional connections that could be tied to this area, health benefits of awareness of and movement of the muscles of the pelvic floor, and

leave with movements, breath practices, awareness practices that seek to uplift the health and wellbeing of this integral part of the body. 2021

“Mindfulness for the Actor” 2020
1hr module (can be longer) within Pop Rock Broadway Intensive with Desi Oakley and Kristina Alabado

A career in the performing arts can be incredibly exciting, challenging, rigorous, and full of ups and downs. Learning how to take care of your body, mind, and soul can be not only a benefit to you on stage, but also a necessity off-stage to sustain this type of lifestyle and world-uplifting art form. In this workshop we explore movement, meditation, breathwork, affirmation, mindfulness, as take home tools that help support your physical body, breath, working with anxiety, and techniques to separate yourself from the rigors and rejections that can come up in this field. 2020

“Gratitude and Grounding” – MaryJoanna Grisso Yoga/Dr. Hema Nair Mindset Coach 2020
International workshop co-led online with Hema Nair on EFT Tapping, and Pranayama, & Restorative Asana by MJ Grisso

“Restorative Practices for Those Who Seek to Restore Justice”- The Gathering for Justice 2021
Yoga asana, Meditation, Breathwork, and Restorative movements to support activists who uplift the world.

“Support Your Nervous System; Gentle Movement and Meditation” – Paul Weiss Attorneys 2021

“Outdoor Asana” Yoga in Astoria Park and Socrates Sculpture Park, NYC 2015-2022

“Gentle Yoga” NYU School of Dentistry and Mt Sinai Hospital 2015

Teaching yoga is not only my livelihood, but is work that I feel deeply called to share. I believe this work empowers us all and helps us connect to our own birthright of living a beautiful and healthy life. Please reach out to have a complimentary connection call about how I might be able to serve you as an individual, your teacher training, your community, or corporation.

Breath and great care,
MaryJoanna