



Marygrace Naughton
Yoga & Meditation Supervisor
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Marygrace Naughton has been studying and practicing yoga and meditation since 1987. She became a certified yoga teacher through the Providence Institute in 2001. MaryGrace brings her deep knowledge and understanding of “Heart Centered Communication” and “Loving-kindness Meditation” to her expression as a teacher of yoga, meditation, and mindfulness.

Beyond her foundational training, Marygrace has studied yoga therapeutics with several senior teachers from the Anusara Yoga Tradition, including Darren Rhodes, Christina Sells, and Noah Maze. She continues to sharpen her mindfulness skills and meditation experience by attending extended retreats every year as she has for the last 11 years. Marygrace has extended her abilities to include taking on a leadership role at Miraval as Yoga and Meditation Supervisor. She shares, “My two beautiful teenage daughters continue to be my most cherished teachers and students. Through them I have learned to bring a playful as well as spiritual nature to all my teaching.”