



MARK STEPHENS YOGA

INTRODUCTION OF MARK STEPHENS

Mark Stephens is the author of the international bestsellers *Teaching Yoga*, *Yoga Sequencing*, and *Yoga Adjustments*. His newest book is *Yoga Therapy*. Recently, *Yoga Journal* named him “the teacher’s teacher” and in 2000 he received *Yoga Journal*’s 1st Annual Karma Yoga Award for expanding yoga into over 300 schools, prisons, and treatment centers across North America.

1. Mark started his career with one foot in activism and one in academia.

- Since his teens, Mark has worked for progressive social change and environmental causes while exploring Eastern and Western human potential philosophies and practices.
- He has worked extensively in K-12 and university education as a faculty member, researcher, policy advisor and advocate.

2. Mark was an early adopter and advocate of innovative yoga.

- After immersion in various traditional forms of yoga, Mark has actively pursued insights from kinesiology, somatic theory, and humanistic psychology.
- He played a key leadership role with the national Yoga Alliance in refining the standards for training yoga teachers and for their continuing education.
- He founded the non-profit Yoga Inside Foundation in 1997 to bring yoga to disadvantaged populations.
- His books are the leading textbooks for training yoga teachers worldwide.

3. Off the mat, Mark enjoys a diverse lifestyle.

- An avid outdoor enthusiast, Mark has explored trekking, traditional rock climbing, surfing, expedition kayaking, and skiing.
- A gourmet chef, Mark cultivates year-round herb and vegetable gardens and a fruit orchard at his home in the Santa Cruz Mountains.
- He enjoys significant time in Europe, especially following his heart in Bavaria.

He is here [this morning/ this afternoon/ this evening] to speak with us on the topic of [speech title]. Please join me in welcoming Mr. Stephens.