

Mary Patricia Spinoso
1607 Cottage Lane, Towson MD 21286

PROFESSIONAL EXPERIENCE

MINDFULNESS EDUCATOR

February 2020-present

Self-Employed, Owner the Mindful Light, Towson, MD

- Teach mindfulness meditation practices for stress reduction and relapse prevention
- Create mindfulness stress reduction presentations for faculty and staff at schools and businesses
- Provide outreach with free community mindfulness meditations on zoom for stress reduction and wellbeing.
- Collaborate with educators in the field of mindfulness and addiction.
- Teach 8-week Mindfulness-Based Stress Reduction Program.
- Teach 8-week Mindfulness-Based Relapse Prevention Program.

MIND-BODY WELLNESS SERVICES, WORKHOPS, RETREATS

Self-Employed, Owner Mary Spinoso, LLC

September 2012 – present

- Taught yoga for mind-body wellbeing.
- Provide service of reiki energy healing for mind-body-spirit integration and wellbeing.
- Provide massage therapy to support physical healing and mental/emotional balance.
- Taught and certified students to Reiki Master Level.
- Created and taught visioning workshops to support personal growth and manifesting goals through mind-body experiences, journaling and creating a vision board.
- Cocreated and led a 1-day camp for adults that included yoga, arts and crafts, meditation, and group sharing.
- Created an 8-week workshop to promote stress reduction and mind-body balance that included weekly meditation sessions, a 1-day reiki class, and a 1/2 day mini-retreat in nature at a local state park.
- Co-created and taught a 12-week nutrition, weight loss, and mindfulness program using yoga, self-awareness techniques, journaling, reiki, meditation, and nutrition education

WELLNESS EDUCATOR/CONTRACTOR

September 2012 – June 2017

University of Maryland Center for Integrative Medicine

- Co-Taught all 4-levels of Reiki Energy system to certify students participating in 200-hour Registered Yoga Teacher Training program
- Assisted the Lead Instructor for Healing Pathways, an 8-week wellness program designed to teach health care professionals integrative self-care tools designed to alleviate compassion fatigue including reiki, yoga, sound healing, chakra energy system, visioning, and guided meditation.

LICENSED MASSAGE THERAPIST

June 1997 - present

Currently Self-Employed, Towson MD, 2017 – present

Spa in the Vally, Hunt Valley & White March, MD, 2001- present

- Offered massage therapy, reiki energy work and ayurvedic treatments
- Taught massage therapy classes to licensed massage therapists working at the Spa

INTELLIGENCE SPECIALIST/MANAGER

National Security Agency, Fort George G Meade, MD

January 1985 – June 2001

- Managed Branch of Intelligence Analysts and attending daily intelligence briefings, quarterly promotion boards, and yearly planning committees.
- Served 2 years as an Intelligence Analyst to 24/7 Security Operations.
- Provided time-sensitive intelligence to other Intelligence Agencies as a foreign language linguist.
- Served as a Customer Service Liaison within the NSA Community.

EDUCATION

Goucher College, Towson MD

Bachelor of Arts, 1984, Honors in Russian and Economic

Baltimore School of Massage, Woodlawn MD

500 Hour Massage Therapy Certification, 1997

International Center for Reiki, New York,

Reiki Master Certification, 2006

University of Maryland Center for Integrative Medicine, Baltimore MD

Certification: 200-Hour Registered Yoga Teacher Training, 2013

Brown Center for Mindfulness, Brown University, Providence, RI

Mindfulness Teacher Qualification, Mindfulness-Based Stress Reduction, 2020

University of San Diego, Centers of Integrative Health, San Diego, CA

Mindfulness Teacher Certification, Mindfulness-Based Relapse Prevention for Addictive Behaviors, 2022