

Del Mar Lifestyles
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Women to Watch

STACY MCCARTHY / YOGANAMASTACY.COM

Stacy McCarthy has been at the forefront of the yoga, fitness and health industries for more than 30 years. Through her business, Yoga Namastacy, she has developed a collection of best-selling DVDs, books, and trainings, and has contributed her expertise on yoga and health to countless media outlets and conferences. She is a partner in Beaming Superfood Cafes and a consultant to numerous yoga studios and fitness clubs as well as a Professor of Yoga Studies at Miracosta College Kinesiology, Health and Nutrition. She continues to teach locally through her seasonal yoga retreat, A Day of Namaste. "After three decades in the fitness and nutrition industry, I've seen all the fads of health that have come and gone. One thing still sticks: I believe that long-term health is guided by the harmony of our physical, mental, emotional and spiritual wellbeing. I believe no matter what your age or background, you can have a powerful body and peaceful mind without excessive exercise or dieting. I teach simple, life-long rituals to live in harmony with mind, body and spirit."