

Bios for Mary Debono

2-line bio:

Mary Debono helps animals move easier despite injuries, arthritis and aging. Get free health tips at www.DebonoMoves.com/newsletter.

Short Bio:

Mary Debono helps dogs, cats, horses and humans move easier despite injuries, arthritis and aging. She is the author of the award-winning Amazon best seller, *Grow Young with Your Dog. A Feldenkrais® Practitioner*, Mary has been enhancing animals' lives for over 20 years. Subscribe to her free health tips at www.DebonoMoves.com/newsletter.

Medium Bio:

A former computer analyst plagued with aches and pains, Mary made the leap into her dream career – enhancing the well-being of animals and their people – over 20 years ago. And she's never felt better! She's helped countless dogs, cats, horses and humans overcome challenges such as arthritis, hip dysplasia, stroke, injuries, aging and anxiety.

Mary's award-winning book, *Grow Young with Your Dog*, details inspiring stories of Mary's work with dogs who recovered against all odds. Her book also contains innovative exercises so that readers can learn how to help their dogs – and themselves – attain a youthful resiliency in mind and body. www.DebonoMoves.com.

Long Bio:

Mary Debono knows the pain of growing older. When Mary was a computer analyst working in Manhattan and Princeton, she suffered from carpal tunnel syndrome that resulted in nerve damage. Surgery and physical therapy offered no relief and her painful hip and stiff back were getting worse. As she was rubbing her sore lower back one day, Mary thought, "Well, I have to expect this. I'm getting older." But she was only in her late 20's! Like a lot of people, Mary thought she had to expect increasing discomfort with each passing year. What's amazing is that although quite a number of years have passed since that day, Mary feels younger now than she did back then.

What changed?

Mary began to study holistic approaches to health, most notably the *Feldenkrais Method®*. She learned that when we stay stuck in our habitual ways of thinking and moving we get physically stuck too. When Mary released the habits that kept her stuck in unhealthy patterns, she learned to move, think and act in different ways.

Mary began feeling younger by the day. Her aches, pains and limitations vanished. Grateful for her own transformation, she was eager to help others feel better too. So she loaded her Appaloosa on a horse trailer and headed across the country to San Diego, California. There she enrolled in a four-year program to become a Certified *Feldenkrais*® Practitioner. Combining her *Feldenkrais* studies with her knowledge of animal bio-mechanics, behavior and training, Mary developed a hands-on approach that helps the animal and human feel better at the same time. She calls her approach *Debono Moves*.

For the past 25 years, Mary has been using *Debono Moves* to help animals and their people move well despite challenges such as injuries, arthritis, hip dysplasia, aging and anxiety. Her clients have ranged from severely disabled dogs and cats to world-class equine and human athletes.

Mary travels internationally to teach people how to use *Debono Moves* to accelerate learning, rebalance mind and body, and deepen the human-animal bond. Mary wrote her award-winning, Amazon best seller, *Grow Young with Your Dog*, so that dogs and humans all over the globe could benefit from her experience. *Grow Young with Your Dog* won the 2015 San Diego Book Award for Best Health/Medicine Book and was a silver medalist in the 2015 *Living Now* National Book Awards.

In addition to teaching canine and equine *Debono Moves* workshops internationally, Mary maintains a busy [private Feldenkrais Method® practice](#) for people in the beautiful coastal town of Encinitas, California. Her unique work has been shown on TV News and in newspapers and magazines. An enthusiastic speaker, Mary was a featured presenter at the CHA (Certified Horsemanship Association), NARHA (now PATH Int'l), and regional *Feldenkrais* annual conferences.

Mary and her *Feldenkrais* Practitioner husband, Gary Waskowsky, have created videos that are popular with equestrians and other athletes wishing to improve their flexibility, coordination and posture. Mary is also working on her next book, *Grow Young with Your Horse*.

An advocate of positive reinforcement training for all animals, Mary's bay quarter horse is an example of how a fearful, previously-abused horse can develop confidence through the skilled use of food rewards. You can see [videos of Mary and Breeze playing together](#) on her [YouTube channel](#).

Residents of Poway, California, Mary and her husband stay young by playing with their energetic rat terrier, Ruby; spirited quarter horse, Breeze; and laid-back cat, Higgins.

Mary welcomes interviews as well as inquiries for speaking and teaching engagements. She can be reached at Mary@DebonoMoves.com. Please consider [signing up for our newsletter](#) to receive free articles and videos on how you and your animals can grow younger each day!

Speaker Introduction:

Mary Debono is an award-winning author, Certified *Feldenkrais*® Practitioner and the creator of *Debono Moves*sm. She works with people who want their dogs, cats or horses to stay active and happy for as long as possible. She also helps people just like you who wish to feel youthful themselves, avoiding the decline in flexibility, balance and stamina that often occurs as people age. And Mary walks her talk. She overcame her own painful and limiting injuries and feels younger now than she did in her 20's!

Over the past 25 years, Mary has helped thousands of animals and humans feel younger in mind and body. Her clients have ranged from severely-disabled dogs and cats to world-class equine and human athletes. Mary has helped them increase athletic performance, confidence and well-being.

A life-long animal lover and horsewoman, Mary created exercise videos that are popular with people who wish to improve their flexibility, coordination and posture. Her book, *Grow Young with Your Dog*, is an Amazon #1 best seller and it won the 2015 San Diego Book Awards for Best Health Book. It also was a silver medalist in the *Living Now* National Book Awards. Mary's unique approach to animal/human wellness has been featured on TV News and in newspapers and magazines. She was a featured speaker at the Certified Horsemanship Association, PATH International and regional *Feldenkrais* annual conferences. Mary is already working on her next book, *Grow Young with Your Horse*.

Mary would like to share how you and your animal companion can develop resilience, enhance vitality and deepen the human-animal bond. Please welcome Mary Debono...

6 Fun Facts You Didn't Know About Me:

1. When I was a high school junior, I wrote a short story about enjoying life with my chestnut horse, tabby cat and Norwegian elkhound. At the time, my family was living just outside the New York City limits. We had the Norwegian elkhound, but no other animals. Within months, my family had moved to a home with horse property and acquired a chestnut horse and tabby cat. My dream came true, down to the color of the horse and cat! That was my first glimpse of the power of intention and visualization.
2. My first car was a light green, two-door '72 Chevy Malibu with a slightly frayed white vinyl roof. That high-mileage care cost \$500 and it had a lot of issues! A teenager with limited funds, I bought a book about auto repair and I kept that beloved car running for several more years.
3. About 25 years ago, I left a lucrative career in computer systems to pursue my passion of helping animals and their people live happier, healthier lives. I traded the allure of Wall Street for deeper fulfillment, and I've loved every minute of it!
4. I spend more time exercising alongside my horse than riding him. In addition to hiking in the hills, Breeze and I enjoy running together and doing equine agility to music.
5. As a child, I use to imagine that I was a horse. It came in handy during sports! Embodying the power of a horse helped me jump higher and run faster.
6. In the middle of a crowded mall, I once walked right up to a full-length mirror, calling out and waving. It was only right before bumping into the mirror that I realized that I was waving to myself. I thought the image in the mirror was my sister! To be fair, that same sister once did the same thing, thinking it was me. I guess we look alike!