



Mary Kay Berg

June 3, 1966 - December 8, 2017

On December 8th, Mary Kay Berg unexpectedly passed away with her family and close friend at her side. She has gone to be with her Lord, her beloved parents Bill & Sheila Berg and her dogs – her babies - Coal and Carrie that she has missed so much since their passing. Mary Kay will be remembered as the littlest Berg child – the baby – who loved her family and closest friends and cherished memories of fun times and laughter. Mary Kay dedicated her life to become a dynamic and creative Yoga teacher because she passionately believed that Yoga practice is the best method of purification of the body, mind and spirit. Sharing her passion for Yoga with her many students over the years and hearing from them how Yoga has also changed their life in a positive way brought Mary Kay enormous joy and peace. She was honored to be the Professor of Yoga at Valencia College for 10 years and was the proud author of “Yoga: Life’s Lessons On and Off the Mat”, further depicting her love, passion , and knowledge of yoga as an integral part of life. This publication has been adopted for learning purposes in her classes at Valencia College.

Mary Kay earned a Bachelor Degree from UCF. She worked in the food and beverage industry for many years in management. Later, her passion for yoga drove her to become an accomplished yoga teacher earning many certifications to teach her craft.

Even in her death, Mary Kay wanted to share her gifts through tissue and cornea donation and her wishes were honored.

Mary Kay is survived by her 4 siblings, Michael, Patricia, Stephen and Laura. She has 8 nieces and nephews, and 2 great nephews as well as many devoted friends and grateful yoga students.

A Memorial Mass to celebrate Mary Kay's life is planned for Friday, December 29, 2017 at St. Andrews Catholic Church at 3 PM. A reception will immediately follow. St. Andrews is located at 801 N. Hastings St. Orlando, FL 32808.

In Lieu of flowers, Donations may be made to Cornerstone Hospice at 2445 Lane Park Rd. Tavares, FL 32778

Tribute Wall



“ God bless Mary Kay and her family and friends. I was a fellow Spartan and Hornet with her. I have lots of fun memories of sports and cheerleading together. What a beautiful smile she shared. Was wanting to come to town to celebrate her life today, but my family is sharing a bad cold. Hoping for a mini reunion in the near future to rekindle these treasured friendships. Peace to All. Lovingly,
Cindy Tiffin Paluszek St.Andrews class of 1980

Cindy Paluszek - December 29, 2017 at 09:45 AM

SB

“ I was one of Mary Kay’s “Guinea pigs” in her first ever Yoga teacher training course at New World Wellness. She was a firecracker, and full of love for her craft. She will be missed. X

Sam Brightman - December 29, 2017 at 08:00 AM



Annmarie
Rita

“ Mary Kay I remember working with you and a whole pallet was lowered onto your foot and you couldn’t breathe from the pain and you were so strong about it... you continued life always looking at life in a positive way and influencing those to be the same....God has a special place for people like you...you will be missed by many and remembered by many as well!

Annmarie Rita - December 21, 2017 at 04:54 PM

TM

“ I had Ms. Mary Kay Berg as my professor for my yoga course. I was saddened when I got the news she passed away. She was a warm and a wonderful teacher. She taught her students to live life to the fullest. She will be missed.

Tess Mealy - December 15, 2017 at 10:34 PM



“ Love to the Berg Family. So sorry for your loss.

Amy Keifer - December 14, 2017 at 04:44 PM



To you Mary Kay, I'm at a loss of words right now, can't believe your gone. We go way back 1984. We worked at one of our favorite places, Casa Gallardos. We became part of A team, friends, roommates. We have been through death , childbirth, marriages, you even held my 30 year old before I did when he was born. We said we would be the "Golden Girls, you, me, and Lisa Donovan, aka Zip. We moved on and became a dream team of managers at Finnegans at Universal Studios. We went different paths through our time, and had mishaps as well. Even though we did not see each other all the time, or speak for some, I always had you in my heart and mind. This all may sound weird, but never thought I would be doing this right now. I love ❤️ you, and will miss you!! My only savior to this right now, is you are with you mom, and dad, and your sweet dogs, Carrie, and Cole!!! I know your in a good place, and through my tears, I know your able to shine!! I love you Mary Kay, and till we meet again, you'll always be in my heart ❤️!!! Patti, Lori, Steve, Mike, and all other family , that where there, my heart will always be with you. Thanks for being a part of my life!!! 🙏🙏🙏❤️ ❤️❤️

lisa holland - December 14, 2017 at 09:46 PM

AH

“ Ms. Berg was an inspiration to me. I had her for the first time this semester. Her class has changed my life. Because of Ms. Berg I have learned how to overcome many trials in my life. I loved every class with Ms. Berg. She was always very loving, and never judgemental of anyone. I have learned so much from her. I was really looking forward to having her next semester. At the time I did not know of her passing. I went to class unknowingly, and once I checked my email I saw the tragic news. I immediately was in shock, and broke down into tears. I couldn't believe what I was reading. Hearing about Ms. Berg's was very heart breaking to me, and especially around this Christmas season. I want to say to her family that she was a blessing to me and my life. She told us at the beginning of the year taking her class was not a mistake and we were meant to be there. I understand why now, and I am forever grateful for her. I am so sorry for your loss. She made a big impact on my life, and I will always think of her. Thank you Ms. Berg for being a light to my life and giving me my montra. I will Always Endure To The End. At the end of class Ms. Berg would say “ Namate, Now NamaGo “ .. Now she is the one who has moved onto the next chapter in her life. I love you Ms. Berg!



Namaste Ms. Berg ❤️🙏

Alyssa Hill - December 14, 2017 at 12:10 PM

BL

“ I had Mk as my yoga teacher this semester and one thing that I never thought was how she was going to have a big positive impact in my life. She was very humble and quiet but so powerful and the feeling that I'd get from her would drive me insane. She helped me find who I truly am and made me look at life in a different way. When I read the email of what happened and that she became an angel I couldn't believe it, I was speechless and in such a shock because I just saw her. She will always and forever live in my heart and no matter where I go, I will take her with me. May she rest in paradise and I'm so sorry for your loss.



Bryanna Lahkim

Bryanna Lahkim - December 14, 2017 at 07:17 AM

JW

“ Just heard this evening of Mary Kay passing from a mutual friend of ours and was very saddened. I had the privilege and joy to work with Mary Kay during my tenure at universal studios. Mary Kay became my friend, loyal supporter and team mate as we forged through delivering positive individual, cultural, and personal growth for our organization and she made it fun for me to be a part of her positive outlook on life. I think of her often and am sure she will bring that enthusiasm to her after life friends!

Jeff Worobel

jeff worobel - December 13, 2017 at 08:27 PM



“ *?? ? sent a virtual gift in memory of Mary Kay Berg*



?? ? - December 13, 2017 at 07:30 PM



“ *?? ? lit a candle in memory of Mary Kay Berg*



?? ? - December 13, 2017 at 07:19 PM



“ *Such a blessing to have in my life even if it was so little time. In this semester, she impacted me a lot, paving her way into my heart. Even if she is gone, she will remain in my heart forever. God created this angel for a special purpose and now she is back home, with eternal peace and happiness. That's what makes me smile. Condolences to her beautiful family and friends.*



*I will never forget you Ms.Berg
Namaste*

Donya Jackson - December 13, 2017 at 04:38 PM

CM

“ Mk was my yoga teacher this semester. Last Wednesday there was a note that said no class. Later I found out what had happened. It was so unexpected. She was the greatest inspirational teacher I have ever met. I need her in my life and truly believe she was put in my life for a reason. She always said " There are teachers everywhere but we won't see them until were ready to learn the lesson". I may have not known her that long but I felt as if I did. Mk and her family are in my thoughts. Things she would quote or say, I think about everyday. She was so uplifting. I will miss her! She was such a positive role in my life. I wish I could have had the chance to tell her that and thank her. Forever in my heart. Namaste MK.

Courtney Mathis - December 13, 2017 at 02:23 PM

AF

“ Mary K was so fun and loving. I took a yoga course with her a few years ago but since then, I always thought about her and the practice. She was the best yoga instructor ever and I always recommended that people take yoga with her and they always loved it and her. She will be missed. Prayers and sympathy for her family and friends.

Allanah F - December 13, 2017 at 08:17 AM

PB

“ We will miss you Mary Kay! I am remembering and telling tales of our "road trips" that we survived back in the day! You are a bright and shining star that will always love in my heart...Rest my sweet Baby Sister..I Love You, Patti

Patti Berg - December 12, 2017 at 10:11 PM

JO

“ Mary Kay had a huge heart and was a gifted yoga instructor who touched so many lives. I am so grateful to have known her and am forever grateful for our time together in yoga teacher training and for the many times we practiced together. Gives me comfort to know she is at peace now.
You will be missed my friend!!!!

Jennifer Ortiz - December 12, 2017 at 12:36 PM

JO

“ Mary Kay, we were beasties for 5 years, I know you had issues but my heart is breaking. RIP, my sweet friend. I know you are in peace right now, and that makes it all ok.

jodie - December 11, 2017 at 08:17 PM