



## Mary Lillian Humphreys

August 22, 1918 - December 16, 2009

Marylil Humphreys, author, educator and wellness advocate, died Wednesday morning, December 16, 2009, in Centreville, Maryland. She was 91.

Mrs. Humphreys was born Mary Lillian Knotts on August 22, 1918, in Hillsboro, Maryland, the youngest daughter of Howard D. and Susie Anderson Knotts. She graduated with a Bachelor's degree in education from Washington College in Chestertown, Maryland, and later received a Master's degree in drama from the University of Delaware. Early in her career Mrs. Humphreys taught elementary school on Maryland's Eastern Shore. In 1940 she married Charles Raymond Humphreys, Jr., author, avid naturalist and a research chemist at E. I. du Pont de Nemours and Company. The couple lived for many years in Wilmington, Delaware. During the late 1940s and early 1950s, however, they moved with their only son to Buenos Aires, Argentina, where Mr. Humphreys helped managed a Du Pont subsidiary. Later after relocating with her husband in the early 1970s to his hometown of Wilmington, North Carolina, Mrs. Humphreys regularly taught courses on yoga and wellness for more than two decades at the University of North Carolina campus there. Her seminars on healthy living and the mind/body connection provided the foundation for her 1990 book *Staying Alive: The Complete Guide to Energy Renewal*. Mrs. Humphreys is often credited with having introduced yoga to southeastern North Carolina.

Mrs. Humphreys is survived by her older brother Howard Knotts, of Stuart, Florida; her son Howard J. Humphreys, of New Bern, North Carolina; two grandsons; and two great-grandchildren. Her husband predeceased her in 2002.

A private service will take place at a later date. In lieu of flowers, tax-deductible contributions in honor of Mrs. Humphreys may be made to the Choptank River Eastern Bay Conservancy, P.O. Box 1276, St. Michaels, MD 21663.

# Tribute Wall



“ In 1985 or early 1986, she was teaching a Yoga class at the Unitarian Universalist Church on Lake Avenue in Wilmington, NC. I attended the class after moving back home from college. After the class she asked where I had learned Yoga and I told her Kripalu Yoga Retreat. Then she told me that she was retiring and that I would be taking her place. I panicked because I had no training as a yoga teacher., she came to the next class and watched me. Halfway through she said, “You will be fine” and left. This inspired me to actually get Yoga Teacher Training. I never saw her again, but she was a momentary mentor that gave me the push I needed. I honor her daily.

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**Ed Pickett** - November 10, 2025 at 11:52 AM



“ *Mary Lillian Humphreys*

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October 26, 2023 at 06:42 PM



“ *Mary Lillian Humphreys*

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January 28, 2023 at 12:44 PM



“ *Mary Lillian Humphreys*

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January 28, 2023 at 08:03 AM