



Gail McMahon Connell

October 5, 1954 - March 27, 2026

Gail McMahon Connell of Alpharetta, Georgia died peacefully at home on March 27, 2026 surrounded by family. As a mother, grandmother, yogi, and friend, Gail was known for her radiant spirit, comforting presence, unwavering grace, and genuine kindness. Her energy was contagious, and she was unabashedly enthusiastic, uplifting, and inspiring to everyone who knew her. At times known to break out in song or dance, she radiated joy and laughter and was a comforting—and strong!—shoulder to lean on through life's challenges and grief. She loved to stay moving and enjoyed a range of activities over the years, including aerobics, walking, dancing in the kitchen, and yoga, which became a significant part of her life's purpose throughout the last decade. Gail reminded us that life has many simple pleasures including daily chocolate treats, a spectacularly decorated home at Christmas, a thriving garden, trips to the beach, and the company of loved ones. Above all, giving to others is what brought her true joy, which she achieved through teaching yoga, heartfelt pep talks, and guiding others to healing and peace. The world was a better place with her in it. Gail McMahon Connell was born October 5, 1954 in Rockville Centre, NY, the daughter of Nancy Lantz McMahon and Donald Aylward McMahon. After graduating from Ohio University, she moved to the Atlanta area, where she lived a full life, raising her children and building her community. She is predeceased by her parents, as well as her first-born son, Ryan Lantz Conaway. She is survived by her children, Michael Conaway, Lucy Conaway, and Nancy Connell (Ben Jones), of whom she could never

pick a new favorite, her granddaughter Emerson Conaway, and her three step-children Brian Connell, Jennifer Kiiss, Catharine Connell, and their families. She is further survived by her seven siblings Brian McMahon, Lisa McMahon, Glenn McMahon, Anne McMahon, Carol Lucas, Bill McMahon and Douglas McMahon, many nieces and nephews, and the enormous community of friends, students, and clients whose lives she touched. In lieu of flowers and in celebration of our mom's love for helping others, donations may be made to: Gail's Fund, c/o The Summit Wellness Group, 745 Hembree Place, Roswell, GA 30076 or online by emailing gailsfund@thesummitwellnessgroup.com for details. A celebration of life will be held at a date and location to be announced.