

Hi Friends,

Reframing our perception of a thought or belief can provide such a powerful impact on our faith, inner strength, gratitude and happiness. I have learned to embrace what arises and appreciate life moment to moment!

This is one of many lessons I learned from living the life as a yogi. Having the opportunity to share these invaluable lessons with our youth brings me great joy.

My passion is teaching people of all ages not just how to live, but how to thrive. I specialize in creating lifestyle behavioral change, and my clients learn to become empowered from the inside-out, thus allowing their authentic self to shine. As a 20+ year integrative wellness practitioner, I currently coach people of all ages in lifestyle concepts, mindful movement and functional nutrition.

Due to my own personal struggles, I found myself immersed in the nurturing world of yoga, mindfulness, and meditation, learning to heal on a holistic level. As a Yoga Alliance RYT-200 (Registered Yoga Teacher) through Dallas Yoga Center and Registered Children's Yoga Teacher through yogeess yoga 4 kids,LLC., I now can teach students young and old the gifts of compassion and inner strength.

Learning from Heather and Taylor at yy4k has truly been a rewarding experience, opening a new door to help teens gain more confidence and awareness of their inner super powers. I believe in the importance of helping our youth thrive by learning how to pause, breathe and enjoy being exactly who they are.... right now!
I love spreading a little mischief in my classes so be forewarned that mindfulness and laughter go hand in hand.

Warmly,
Christine