

Kristen

Kristen began her journey in yoga about 20 years ago when she took an elective class for college called "Stress Management" which happen to be a basic yoga class. It was that class that planted the yoga seed in Kristen's heart. In 2011, Kristen was inspired to become Yoga Certified after being a long-time practitioner as well as a substitute for other Yoga Instructors. Kristen is in awe by the fact that Yoga teaches her something everyday, whether it is about herself, her purpose, or the clients that take her classes. Yoga ignites her passion to help and instruct others. Yoga unites the physical aspects of life to the spiritual through the vital life force - breath. And it is that connection that keeps inspiring Kristen.

Currently, Kristen instructs various styles of yoga classes but more importantly she truly enjoys the connections she makes with her students and her goal for her classes is to just be present, be present for yourself, to enjoy and experience the practice to its fullest in your own body. When not teaching or taking a yoga class, Kristen is continually studying the philosophy of yoga or Ayurveda, loves to cook and play in the kitchen. You may even see Kristen enjoying a walk with her dogs around the many trails of Brunswick Forest after or before class. Brunswick Forest has become a home for Kristen to teach.