



**Kristin Bringes**

Ever since I was little girl, I believed in the healing power of exercise and mindful movement. I've always had a passion for running and lifting weights but it wasn't until I found yoga where I truly discovered the powerful connection my mental body has on my physical body.

After delving into my own practice for over 10 years I decided to take the 200 hour yoga teacher training at the Yoga NoHo Center so I could share my passion for yoga and overall health and fitness with others. The very in-depth training at the Yoga NoHo Center was exactly what I needed to be completely confident with combining my years of teaching fitness, to teach meaningful yoga classes.

I love teaching a vinyasa flow that is assessable to all levels of fitness, whether my students are trying out yoga for the first time or have been practicing for years. I will always encourage my students to listen to their bodies and to move freely in a way that expresses how they're feeling at that moment. Always remember this is your practice. I'm just here to guide you.

I'm so excited to share this wonderful journey with my future students.