

CHRISTOPHER DROZD

MASTER TEACHER



Christopher Drozd is a master professional fitness coach and yin teacher with over 30 years experience. He truly understands the mechanics of the human body and has transformed hundreds of people through this knowledge and yoga.

After years of training in Kung Fu San, physical fitness, and competing in several Ironman competitions, Christopher started a yoga practice. He was particularly interested in Yin Yoga and how this style of yoga is very therapeutic for athletes and healing many people of injuries. He received his foundational 200 hr yoga teaching credential under the guidance of Karen Russell and Colin Wolpert, and then went on to study with Yin Masters Paul Grilly and Pauli Zink

Christopher enjoys teaching his yin yoga classes and conducting the Anatomy of Yoga workshops for the Center's teacher training courses. He is a Pose Method running coach, Ironman triathlete, Kung Fu San Soo black belt, hypnotherapist, freelance fitness & adventure-travel writer and the author of *Fitness Straight Up— How to be a better athlete, or at least look like one.*

Yoga NoHo Center

live, love, and inspire others!



Please email info@yoganoho.com to contact Christopher