

# Kristin Egger

Buti Yoga & Asana Teacher

Kris Egger is a yoga professional with 10+ years of experience. Kris has dedicated herself to helping individuals rediscover themselves through the power of self-care and personal strength. She was inspired by parents who are business owners, entrepreneurs, and health/wellness enthusiasts.

Her classes are intentional – filled with bursts of energy, laughter, sweat, and, yes, the occasional tear. She’s fueled by her love to help others uncover the foundational realization that individuals can accomplish anything they put their minds to. Kris’s deep self-awareness and profound understanding of the body and its potential allow her to teach students to unveil muscles and emotions that might have otherwise been suppressed.

Kris’ yoga journey began while completing a Goddess Program for Sustainability/Health in Hawaii in 2011. Shortly after, she became the first certified Buti Yoga instructor to teach the method. Kris continues to consider herself a “forever student” and loves to share her knowledge whenever she gets the opportunity.

Certifications: Buti® Yoga Master Trainer (incl. all Buti formats). 200HR RYT. XY Workout. NASM CPT.

Yoga NoHo Center  
*live, love, and inspire others!*