

Christina is well-known and respected in the dance and yoga communities, and we are over the moon to have her on our SOULSHINE team!

"Growing up I studied ballet seriously and later taught ballet at a number of studios in Ames and Des Moines. I began taking yoga classes over 15 years ago to prepare myself to perform in the 30th anniversary of the Nutcracker with my childhood studio and instructors. I instantly fell in love with yoga and it seemed only natural for me to get certified to teach yoga and barre classes too. I started teaching in 2011. Music is my motivation and I love combining good music with movement and creating classes that leave students feeling fantastic. When I'm not working (I'm an HR Director at Centene) or teaching yoga you will find me swimming, running, biking, cooking or babysitting my grandson. I look forward to guiding you through your yoga practice."