



Meet Christina Quatrino! If I Was A Bird Yoga Carmel Valley Studio Owner

Christina began practicing yoga with her mother at age 18 and fell in love with that “after feeling” yoga brings! Her personal practice grew from Ashtanga to Bikram and now practices Power Vinyasa. Christina is also a lifelong athlete and runner. When Christina was looking for a way to involve her daughter Madeline in her practice she found If I Was A Bird Yoga in Point Loma and fell in love with yoga all over again. She could feel the magic and peace her daughter was experiencing and immediately signed up for If I Was A Bird Yoga’s teacher training and began teaching at the Hillcrest location when it opened. Christina knew how many other parents in her neighborhood of Carmel Valley would love to have their children have a yoga home to call their own so last year she and Tiffany decided to bring this magic up North and If I Was A Bird Carmel Valley was born!

When Christina is not teaching and practicing yoga she enjoys volunteering her time as a Court Appointed Special Advocate (CASA) for the foster youth of San Diego with Voices for Children. She believes that every child has a voice and has value in our community. She also loves her family and friends very deeply and is an active member of her church where she works with the teen youth group. Christina has received her undergraduate degree from CSUSM, graduate degree from USD and received her 200 hour CYT from Core Power Yoga. She is blessed with two wonderful children, Madeline and Philip and loves working with parents and families to build foundations for lifelong health and wellness.