

**Christina Steward, RYT200** , began her journey into yoga several years ago to destress from a heavy college course load. Her love of yoga stayed with her and helped her through many turbulent and stressful points in her life. Passionate about the benefits of yoga and seeking to deepen her practice, she completed her 200-hour teacher training at YogaOne. While Christina enjoys various styles of yoga practices, she truly connected with meditative yoga. Her classes combine gentle movements with soothing meditations allowing students to connect with their internal voice and live their yoga practice both on and off the mat. She teaches our Friday 6:00pm Meditative Yoga class.