

Christine took her first yoga class in 1998 and has been hooked ever since. Following her passion, she became a certified yoga instructor in 2005. Over this time, she has studied different yoga styles, obtained various certifications, and attended multiple workshops. In 2009, she became a co-owner of a Quad City-based yoga studio. Having relocated to Des Moines in 2011, she continues to apply her diverse background in yoga with her patients whom she serves as a physical therapist assistant. In her free time, she enjoys spending time with her family and friends, hiking, biking, traveling, and playing pickleball!