



CRISTI

Christensen

CRISTICHRISTENSEN.COM

CRISTICHRISTENSENYOGA@GMAIL.COM

About CRISTI



A former elite-level gymnast and platform diver, Cristi trained with the US Olympic diving team as a young adult. After an injury cut her Olympic dreams short, Cristi shifted her focus to helping others improve their level of fitness through personal training, Pilates, Core Fusion, and yoga. After earning her degree in Kinesiology, Cristi studied extensively for over 10 years with world-renowned teachers including Saul David Raye, Shiva Rea, Seane Corn, Elisabeth Halfpapp, and Fred DeVito.

Taking a class with Cristi involves the perfect melange of inspiration with athleticism. Your body and soul will respond to her unique and holistic approach to teaching yoga. All levels of your being will be transformed and awakened — physically, emotionally, and spiritually. Cristi's bright energy permeates her teaching, creating a dynamic and unique practice that imbues her students with potent vitality. She spreads this energy across the globe leading workshops and retreats and has been faculty on numerous international yoga festivals, teacher training programs, and conferences. Currently, Cristi is shaking up the yoga world by integrating yoga and dance with live DJ'd house music during her invigorating "Deep Exhale" events.

From 2005-2014, Cristi served as the Director of the internationally renowned Exhale Center for Sacred Movement in Venice, CA. Cristi's leadership corresponded with the studio rising to fame - Exhale was the epicenter of yoga, setting the foundation for yoga in the western world. Cristi spearheaded the studio and worked closely with many internationally acclaimed teachers.

Cristi has been the face for yoga & lifestyles brands such as Exhale Spa, Loewes Hotel Hollywood, Satya Yoga Wear, and Ananda Soul Creations, and has graced the covers of Yoga Journal, Om Yoga, Self, and LA Yoga. When she isn't teaching, globe-trotting, and empowering others, you'll likely find Cristi dancing and doing back flips on Venice Beach!

Continued...



Selected career highlights:

- ✦ Cristi was instrumental in launching Exhale Mind Body Spa Core Fusion programs nationwide; opening studios, hand-selecting and training teachers in New York, Boston, and Los Angeles
- ✦ Cristi co-developed Exhale Mind Body Spa's 200hr Yoga Teacher Training Program which is being taught all around the United States.
- ✦ Cristi has taught in and/or assisted more than 10 teacher training programs throughout her career.
- ✦ Cristi has been on the faculty of over 15 international festivals and conferences, including Yoga Journal, Wanderlust, Bhaktifest, Lightning in a Bottle, Bali Spirit Festival, and more.
- ✦ Cristi has a truly international reach. She has lead yoga, core fusion, and deep exhale events in over 12 countries, including Australia, Indonesia, Costa Rica, Singapore, Malaysia, and more.

Cristi has extensively studied and assisted:

Saul David Raye - Atma Yoga

Shiva Rea - Prana Vinyasa Flow

Fred Devito and Elisabeth Halfpapp founders of Core fusion and Exhale Spa

Annie Carpenter - Smart Flow

Seane Corn

Maty Ezraty

Sianna Sherman

Micheline Berry

Cristi has developed unique programs focusing on:

- ✦ The Chakras
- ✦ Core Integration and Awakening
- ✦ Discovering the God/Goddess within
- ✦ Teaching Yoga for Athletes
- ✦ Inspire Your Life Series
- ✦ Yoga Surf Camp (A yoga and surfing program)
- ✦ Deep Exhale ~ A yoga dance experience



For more info please visit: cristichristensen.com or email Cristi directly at Cristichristensenyoga@gmail.com

Print Media

Magazine Covers

YOGA JOURNAL



OM YOGA



LA YOGA



Outdoor Advertising

EXHALE | Billboards



Ad Campaigns



LOEWS HOTEL HOLLYWOOD



GAIA HERBS



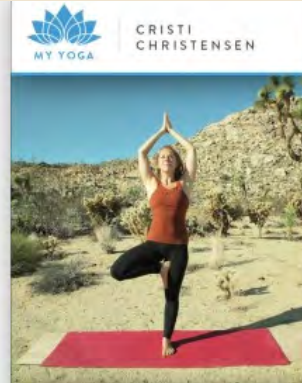
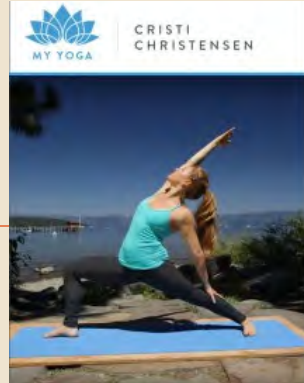
ANANDASOUL
CREATIONS



SATYA YOGA WEAR

Online Video Content:

Gaiam TV | gaiamtv.com

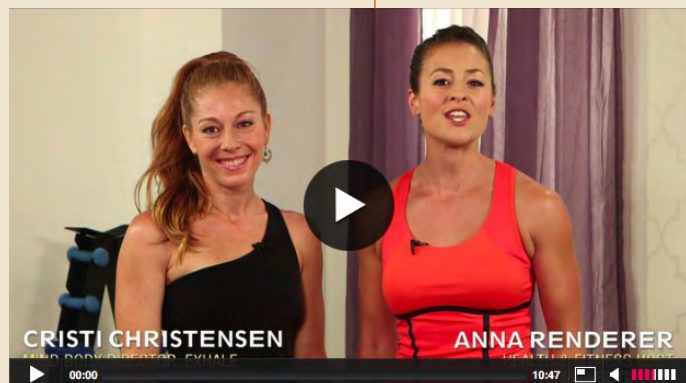


Yoga Vibes | yogavibes.com

Udaya | udaya.com

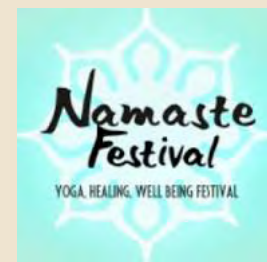


FitSugar | popsugar.com



Festivals & Conferences

Cristi has been a Presenter at: _____



Testimonials

From the Heart...



“Cristi Christensen is a yoga teacher who knows no bounds. Her openness, experimentation, perfect combination of seriousness and playfulness are all built upon a foundation of vast knowledge of the practice. She played a massive role in masterfully supporting me through a huge life transition. I am infinitely grateful for her knowledge, skill, dedication and shining spirit.”

~ WADE ROBSON, **CELEBRITY DANCER & CHOREOGRAPHER**

“Trusting unconditionally I believe is one of the most challenging things to do. We all have gone through experiences in our lives that gives caution to trust. And in the world of the “Arts” finding the right Teacher, Mentor or Yogi to trust is essential to our spiritual evolution. Believing in the one who is sharing with you can either be enlightening or detrimental to your growth. And these teachers are rare to found. I hold my friendship with Cristi close to my heart because I know without a doubt that I can trust her with all my heart. I don’t have many of these friends in my life so I’m honored to share her and her knowledge with you. Your time with Cristi will be filled with laughter and joy while you are learning more and more about your true self because she gets it. My nickname for her is “Fire Goddess” because she embodies the light within. The way to creators heart is through humility and trust. And this is who Cristi Christensen is.”

~ ERIC NIES, **REALITY TELEVISION STAR & HEALER**

“Cristi’s class is a journey from the ego to the heart. Her sequencing is dynamic, innovative and challenging! She will guide you through sequences that strengthen your body in a fiery and creative way. After burning through the layers of stuck energy, she then guides you into a beautiful journey into the heart. Each time I practice with her, I leave feeling reinvigorated, and totally ready to move through my day with a renewed sense of empowerment and a full heart!

~ DESIREE BARTLETT MS CPT

“Cristi’s wonderful balance of positivity and physical energy lifts my spirits and opens my body every time I join her class. I always leave with a happy core and smile on my face. If you are looking for a fun and empowering yoga experience, spend an hour and half with Cristi — she will make your day.”

~ DAVID GRUNWALD, **PRESIDENT & CEO**