**Kristie Harris:**

I travel through life leading with my heart and soul.

I've been practicing yoga around the world for over 20 years. Yoga is a huge part of my life, guiding me through trials and triumphs.

I am a wife and Mother of 4.I believe children even from a very young age benefit greatly from mindfulness. Children are little sponges, who feel the energy around them. They can connect with their minds and bodies without years of life experience filling their little brains with fuzz. Now is a wonderful time and opportunity to give our children tools to use throughout their lives. Connecting and slowing down for even a moment.

During my life chapters, my practice has grown and changed through many different styles of yoga. Today, I enjoy a dynamic Yang practice to give me strength in body and mind, as well as a Yin practice for my mental health and well-being.

My classes are always led with openness, authenticity, and encouragement.

It will be my pleasure to be a part of your own yoga journey.