

CHRISTY BROWN, SAN FRANCISCO, CALIFORNIA



Teaching yoga since 2000, Christy has studied in India with Sri K. Pattabhi Jois and S.N. Goinka and in the U.S. with a variety of teachers including Sarah Powers, Paul Grilley, John Friend, Mata Amritanandamayi, TKV Desikachar, and H.H. the Dalai Lama. In her teaching, Christy emphasizes mindfulness, breath and alignment; strengthening and moving from core; and cultivating one's highest wellbeing for the benefit of all beings. Drawing on ancient yogic teachings and elements of Ashtanga, Iyengar

and Anusara yoga, Buddhism, and other wisdom traditions, she weaves a creatively flowing, invigorating yet calming, centering yet expanding exploration of Self through Asana. Christy teaches in the San Francisco Bay area and leads workshops and retreats at locations in the U.S. and abroad. www.ChristyBrownYoga.com

