



## Kristin Olson

*Founder, Urban Yoga Center Healing Arts CommUnity, Palm Springs, 2001*

Credentials: Studied yoga with Indra Devi, Mother of American Yoga 1976; Yoga for the People with teachers Dr. Anne Marie Bennstrom and Catharina Hedberg; HIV/AIDS Yoga, 1990-2020 ; developed Urban Teen Yoga high school program, 2000-2020; awarded Karma Service Award, 2003; awarded Best Yoga Studio Readers' Choice/PSLife, 2013 through 2021; teaching yoga at Sunnylands since 2012.

Work Philosophy: I love to teach. I will always care for you, offer you options, and directions to prevent injuries. Postures/poses will stimulate the body functions, activate a conscious humility, offer the opportunity to bow down to the mother, to open up and receive from the heavens. I share and paint a tapestry of your body in union with the mind and spirit. My inspiration comes from sparkly, loving, great guides, and I encourage you to dive in with me and take the Urban Yoga journey.

[www.UrbanYoga.org](http://www.UrbanYoga.org)