

Kristin Olson

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

Credentials: Kristin 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. She was awarded the Karma Service Award, 2003; and the Best Yoga Studio Readers' Choice/*Palm Springs Life*, 2013-2021. Kristin has been teaching yoga at Sunnylands since 2012.

Work Philosophy: I love to teach. I will always care for you and offer options and directions to prevent injuries. Postures and 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.

https://www.urbanyoga.org