

Kristina's Story

Kristina has been an athlete with love of health & fitness that began very young; equestrian, hockey, skiing, martial arts. What she found, was a deep passion wellness & a spirituality of practice. Over the years, Kristina also competed in dozens of marathons & half-marathons.

By her thirties/forties, stresses of life took its toll. At the top of her game professionally & in shape physically, she was struggling internally, with an auto-immune disease leading to eczema, chronic asthma, allergies, numerous bouts of pneumonia, arthritis, & severe anemia, and it went on.

As an adult-diagnosed Neurodivergent and as the mother to a now young man with autism, Kristina found refuge & balance on the yoga mat with what was originally an addition to athletics. Starting a daily practice was essential, to remember to breathe through all of life's challenges, to manage stress, find balance, while juggling the hectic life of being a single-mom. Kristina advocates passionately for neurodiversity, writing & speaking publicly.

In the summer of 2019, after a lifetime of tough sports, all of her injuries came to a climax with a dislocated hip, torn labrum, collapsed & ruptured discs, fractured vertebrae, two torn annular tendons... & a TON of life-altering pain! During the pandemic, Kristina took time off to take care of herself & underwent a lumbar spinal fusion & now has disc implants & titanium... or as she refers to it, her "bionic spine!"

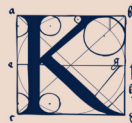
"And, I can honestly say, I feel my best ever!"

Images: Marc Serota, Sports Illustrated

Commitment

A WAY OF LIFE

”*It's not about being good at yoga, or about being flexible, or even a number on scale. It's about being the best version of yourself and continuing it for many years to come!”*



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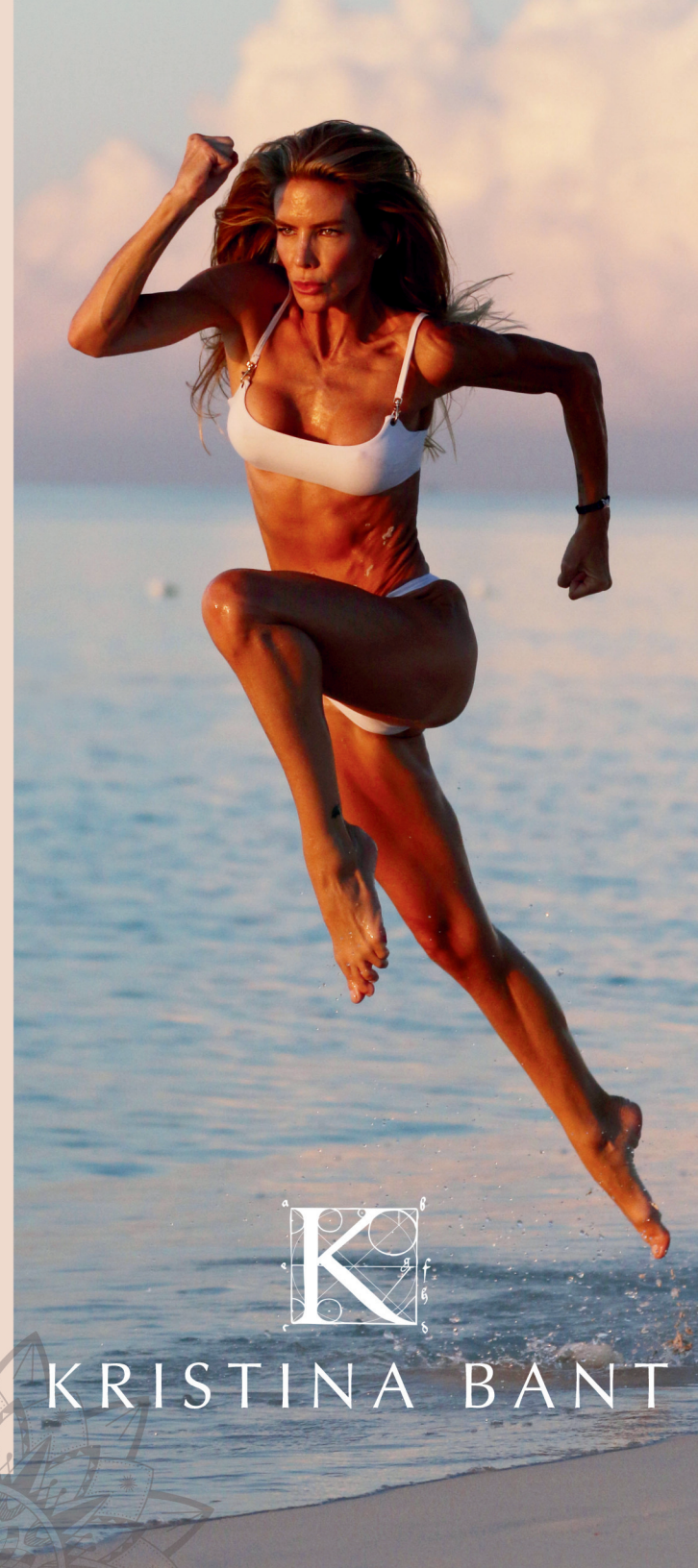
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LOS ANGELES | COPENHAGEN

A WORLD YOGA FEDERATION
AMBASSADOR
& TEACHER



**WORLD YOGA
FEDERATION**
Founded by Swami Vidyasaundar



KRISTINA BANT

WELLNESS & LONGEVITY

requires a variety of modalities... movement, nutrition, stress management, mindfulness, sleep-management, social-connection, and more. Some are in our control, some are not. Let's start with what we can take charge of.



NEURODIVERGENT herself, and a parent to an ND. "Like an impressionist painting, some see the landscape, some see the dots, we need both perspectives."



NUTRITION Kristina has struggled with health issues... all while training like an athlete and managing stress. Now she has found her healthiest life ever holistically, through nutrition & lifestyle! She is your guide in the flood of information out there. Thinking more about longevity; for an active, energetic life, doing everything we love to do!



Images: Marc Serota

K & YOGA
& WELLNESS

THE SESSIONS

INDIVIDUAL OR MONTHLY

YOGA One lesson is great, but to truly make change happen, change your approach... let's start by making a commitment to a practice.

- Individual Sessions 60/90-minutes: Private, Semi-Private & Group
- A Built-In Wellness Practice with a Monthly Plan & Coaching
- Special Events & Trainings

kristinabantyoga.com

THE TEACHER

A GREAT INSTRUCTOR



ERYT 500 YOGA INSTRUCTOR-VINYASA, POWER, SCULPT, YIN ALIGNMENT & STRETCHING



STUDIO & ONLINE CLASSES



TEACHER TRAININGS



WORKSHOPS & EVENTS



LONGEVITY & WELLNESS



GUIDED MEDITATION



NEURODIVERGENT



RETREATS