

Christina Smith~ Biography

Certified Massage Therapist, Certified Yoga Teacher,
Certified Pilates Instructor, & “A Barre Above” instructor



Christina Smith was interested in athletics, stretching, and massage in her youth. She attended the University of WI- Madison, taking art and modern dance courses.

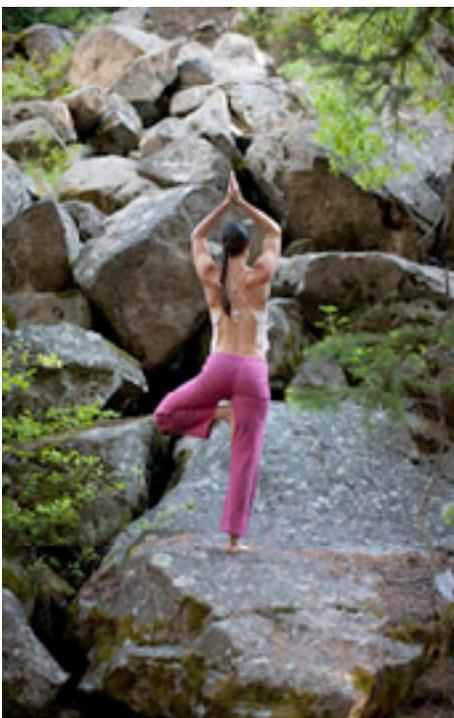
She worked in the salon, spa and aesthetic industry from 1990- 1997, working for Aveda-Concept Day Spas and The Aveda Spa-Retreat in Osceola, WI.

Christina then attended Lakeside School of Natural Therapeutics in Milwaukee, WI, becoming an American Massage Therapy Association- Certified Massage Therapist in 1997. She continues to offer massage therapy, spa treatments, and natural facials.

Her interest in the body and love of stretching led her to become a yoga teacher, completing her Yoga-Alliance Certification in 2001 through the Shambhava School of Yoga in Rollinsville, CO. After this, she took Therapeutic Yoga Teacher Training at The Expanding Light Yoga & Meditation Retreat in Nevada City, CA. Following this she continued her yoga teacher training path with The White Lotus Foundation's, Ashtanga-Based Teacher-Training Certification in 2004. Later in 2004, Christina prepared for pregnancy by completing Pre- and Post-natal Yoga Teacher Training at The Expanding Light Yoga & Meditation Retreat. In 2011, she took a course in Thai Yoga Massage, combining yoga and massage techniques. She has also taken a variety of continued education classes in Chakra-Balancing, and Yin/Restorative Yoga, among others. She has given workshops concerning Yoga & neck issues, Yoga & back issues- Steps to a Pain Free Back, Ayurvedic Yoga Principles, Essential Oils & Restorative Yoga Therapy, and Yoga- Core Principles with a Pilates Focus.

Christina became more specifically interested in back pain issues and completed the Gokhale Method Foundations Course- “8 Steps to a Pain-Free Back” in 2017.

Most recently, investigating the body's imbalances and pain-reduction techniques through awareness practices, Christina became a Peak Pilates Level 1 Certified Pilates Instructor in 2019. She also continued her passion for fun workouts and became a certified Barre instructor through “A Barre Above” in 2020.



Working with The Yoga Body Yoga Trapeze Swing the past few years, she has developed a yoga practice using the yoga swing for the purpose of putting less stress on the joints, deepening stretches as needed, aiding balancing postures, and finding wonderful traction in swing-supported restorative poses. The Yoga Swing is used low to the floor for restorative postures, and hip-height for traditional standing yoga. Yoga Swings are also used for a strong” suspension-training” work out and deep stretch class.

Yoga Class with Christina Smith will combine mild exercise using core Pilates-based principles to help relieve back pain, along with therapeutic, traditional, and restorative yoga postures.



