

## Kristianne Epperson Bio



Kristianne Epperson grew up in sunny Orange County, California, eventually making her way to the east coast and settling in historic Savannah, GA. She has amassed 20 years of experience as a certified Yoga instructor, personal trainer, and spin instructor with a wealth of certifications to include an Integrative Yoga Therapy 200-hour certification, the National Personal Training Institute's 500-hour certification, and the Baptiste Power Vinyasa Yoga Level 1 teacher certification. Kristianne couples her passion for Yoga with studies of nutrition, wellness, and disease prevention, taking a full-body approach to health and fitness.



A graduate of Loyola Marymount University's Yoga Therapy Rx program, Kristianne has continued her education with nationally-known yoga instructors to incorporate skillsets such as Breathing and Heart-Centered Yoga, Detox Yoga, and Anusara Yoga into her practice. She is dedicated to improving the lives of each of her clients, creating a welcoming environment where their health and wellness goals are heard and nurtured. Kristianne believes in the power of her craft, and its health-giving qualities. "Yoga is as necessary as taking a shower," she says. "It is the key to longevity."

Mind & Body Fitness Professional