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About Christina Brown. Christina Brown is a bestselling author has been teaching

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meditation and relaxation for over two decades. Her how to yoga books rank in the top three instructional yoga books on Amazon.

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Christina Brown lives and breathes the philosophy of a natural life. A long-time yoga and complementary medicine practitioner, she has studied and taught yoga internationally. She runs Yoga Source in Sydney, Australia, where she also conducts workshops on Ayurveda and Anti-Aging Facial Yoga.

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Christina is the author of several books on yoga and natural health including The Yoga Bible: The Definitive Guide to Yoga

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Postures, which has sold millions through the English world and in a dozen foreign translations. Christina trains the new generation of teachers with her teacher training programs.

About Christina Brown - Transform Yoga Pilates Barre

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