



Cristhian Pedreros was introduced to Yoga in December 2015 for his 29th birthday. After discovering the profound practice of Yoga and experiencing its impact, he decided to travel to India and learn the Science of Yoga in its purest and most classical form. Initially he went following his inner journey, but later realized he must share with others the knowledge that has been passed down to him. Cristhian completed the Isha Hatha Yoga teacher training program in Coimbatore, Tamil Nadu, with more than 1750 hrs of training. He graduated with the ability to teach various Yogic practices. Cristhian is now offering these practices as tools for transformation and wellbeing in the United States and South América. He currently resides between NYC and Cali, Colombia.