



Kristina Kuzmich

Yoga Program Supervisor

CLUB HOURS:

Monday - Friday
5:30am - 9pm

Saturday - Sunday
6:00am - 9pm

Contact Kristina
at 816.645.8567

KKuzmich@destinationhotels.com

Kristina's formal yoga practice began in 2004 when she attended graduate school at Naropa University in Boulder, Colorado. She devoured herself in the discipline of mindful meditation and later came into the physical practice of yoga. Completely humbled by its discipline, she studied with Ashtanga Yoga, Baron Baptiste Power Yoga and Shiva Rea Vinyasa Yoga teachers. Growing up an athlete with many years devoted to competitive tennis, Kristina had a love for keeping the body healthy, strong and balanced. Upon completing her 200 Hour SmartFLOW Yoga Teacher Training with her Los Angeles based yoga teacher, Annie Carpenter, Kristina began teaching yoga classes and yoga private sessions immediately. She has mentored closely with her teacher and is working to complete her 500 Hour SmartFLOW certification, traveling back to LA throughout the Spring and Summer months, assisting her teacher.

As a 600 Hour Certified Massage Therapist, Kristina has a well developed understanding of the human body and emphasizes yoga practice with the viewpoint of longevity and ease in the body. Her classes focus on the principles of SmartFLOW, alignment-based instruction with the emphasis on the longevity of one's practice while providing playful flowing vinyasa sequences. Her classes emphasize strength building, balance, exploration and the flow of the breath. Teaching fills her heart, and her students continually remind her of compassion, loving kindness and the abundance of growth in all realms of life!!

“Come Align, to Unwind”

KRISTINA'S CREDENTIALS

Yoga Program Supervisor
Certified Yoga Instructor, RYT
Licensed Massage Therapist, LMT
BA Psychology

