

Krista Bromfield – Balanced Life Yoga, Ajax



Krista Bromfield is a P.E Teacher, Registered Yoga Teacher (200YT), Can-Fit-Pro PRO Trainer, and former Lululemon Ambassador who has been teaching fitness in Durham Region for over 15 years. She believes that fitness and wellness should be accessible to people of all ages and that yoga can bring joy, wellness and balance to EVERYBODY!

With an honours degree in Kinesiology and Education, Krista is the lead Anatomy Instructor for Balanced Life Yoga's Inspiring Spirit Teacher Training Program at the 200hr and 300hr level. She believes that every yogi's individual practice and/or teaching can be enhanced with the knowledge of how postures work from the inside out, so we can feel and experience asanas (yoga postures) on a deeper level.

Krista is the creator and teacher of Mom and Baby Yoga Boot Camp - a unique blend of Post Natal Yoga and Strength Training Exercises that help to get moms back into shape after baby. By strengthening muscles that tend to get weak and stretched with pregnancy and post partum activities, moms can feel stronger, more energetic and start a life long partnership of sharing a healthy lifestyle with baby! Krista also teaches Stroller Fitness to promote camaraderie and cardiovascular exercise for moms and babies on the move. For a complete family experience, Krista leads Yoga and a Story Pyjama Parties. Parents and children ages 4-10 enjoy a yoga adventure, learn breathing exercises to reduce stress and take pleasure in a yoga related story, all in their P.J.'s!

Krista believes that sharing yoga with family and friends is the key to healthy active living. She and her husband Dwayne Bromfield often partner up to teach 'Partner Yoga Workshops' that promote loving kindness, team work and foster deeper communication while practicing yoga for two. Yoga means 'union' - there is no better way to experience that connection than 'partnering up' for your practice! Krista was also featured on Slice TV's "Til Debt Do Us Part" as the Yoga Expert who helped a couple reconnect through Partner Yoga.

As a senior teacher at Balanced Life Yoga, Krista is passionate about sharing her knowledge and energy with the community. She regularly teaches Power Hour Yoga and Flow Yoga as well as her aforementioned specialty classes.

For interviews and media opportunities with Krista Bromfield please contact:

Balanced Life Yoga
possibility@balancedlifeyoga.ca
S.905.428.2300