



**NEW HAVEN**

Brookfield Ontario Ranch Master Association



# CHRISTINA CANTU

## YOGA INSTRUCTOR

Christina is a dedicated Integrative Health Practitioner who is committed to empowering individuals to creatively enhance their wellness through various evidence-based practices such as yoga, Ayurveda, and Dual Magnetic Therapy.

Recognizing herself as a lifelong learner in the field of medicine, Christina possesses an extensive educational background that includes psychology, neuroscience, child development, business management, bio-magnetic therapy, Hatha yoga, and most recently, Ayurveda. She synthesizes this wealth of knowledge not only to achieve personal success but also to ensure that others benefit from her insights and expertise, fostering their growth alongside her.

Christina is dedicated to inspiring others to embrace the present moment and get creative with their wellness through integrative health.

### CONNECT WITH US

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