

Tara Kristof

A Dallas native, Tara is a long-time student and teacher of yoga. She was introduced to Yoga as a life-path and truly loves sharing her passion with others. She is registered with Yoga Alliance as an ERYT-500, RPYT and has led workshops, teacher trainings and retreats. Tara's teaching style is alignment based vinyasa with specialties in Restorative Yoga and Prenatal Yoga. She seeks to ignite intelligence in the body, inner awareness, and help students connect to their true self. Tara takes her practice off the mat and into her everyday life. She is a happy wife, proud mother and seeks to live an authentic and mindful life.