

Kristin Schooler is a yoga instructor and co-founder of Wild Souls Yoga, a yoga workshop and retreat company dedicated to supporting women through the healing powers of yoga and sisterhood. Kristin is a wife, mother, and business owner that embraces the challenges of balancing life and love, while maintaining fierce inner peace. Kristin's free-spirited nature keep her interested in a wide array of hobbies including reading just about anything she can get her hands on, writing, dirt biking, camping, wakeboarding, or snowmobiling. Check out wildsouls.yoga for information on yoga workshops and retreats hosted by Kristin and Wild Souls Yoga.

