

Kristin Fritz is a certified meditation and mindfulness teacher, spiritual mentor, and love activist.

With an emphasis on ease and simplicity, she delivers practical tools and insights for a lifestyle of less stress and more purpose.

Kristin's training includes the University of California San Diego Center for Mindfulness; Loyola Marymount program for Yoga, Mindfulness and Social Change; Davidji's Masters of Wisdom Teacher Certification; Coach Training Alliance; and HeartMath Institute. She has served as an ambassador for Lululemon and Yoga2Life Coaching.

Demonstrating her passion for accessibility and giving back, Kristin's online meditations are available at no cost, and all proceeds from her meditation classes are donated to nonprofit organizations that promote healing justice.

Kristin travels regularly to India – the birthplace of yoga – to deepen her practice and understanding of the teachings that have inspired her for decades.



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