



Alex Christie is originally from Asheboro, NC, and moved to Myrtle Beach in Spring of 2020. She has been practicing Yoga for over 8 years and received her 200-HR Vinyasa Yoga Certificate from Dawn Yager Yoga. She has also been certified in Reiki Level 2 from Lori Alderman out of Greensboro, NC, and received her Master Reiki Certificate from Lisa Powers. After having a spiritual awakening in 2016, she knew she had a greater purpose and discovered the true benefits of the traditional yoga practice. Alex is happy to bring the knowledge of Yoga, Reiki, and Crystals, to as many people as possible!