



**PRESS**

**& MEDIA**

 **CHRISTINA LOPES**

# MEET CHRISTINA

Since 2014 Christina Lopes DPT, MPH has been a life coach and spiritual teacher on a mission to help people heal from trauma, open their hearts, and lead fulfilling lives. She's committed to guiding people to reach their fullest potential, live with deep purpose, and create an impact on the world. Christina's unique style bridges science with spirituality with a focus on the heart rather than the mind.

Her 17-year career spans physical therapy, energy medicine, wellness, exercise science, mindfulness, and spirituality. She holds a Doctorate Degree in Physical Therapy from New York University and a Masters in Public Health from Johns Hopkins University.



# WHAT CHRISTINA OFFERS



Christina works with clients through her premium coaching program, Heart Alchemy, and her popular yearly retreats, The Heart Accelerator.

Christina also offers workshops and speaking events in meditation, mindfulness, spiritual growth, brain science, and more. She's particularly passionate about speaking on childhood trauma and healing from challenging life circumstances.



On YouTube, Christina creates free in-depth content for those who are new to spiritual awakenings, as well as people experienced on the spiritual path. Once past the introductory stage, they can join her immersive group coaching program – Heart Alchemy, as well as signing up to her Heart Accelerator retreats for a more personal experience.

Christina's latest offering is her online course Awaken where she guides those who are facing difficult awakenings to a place where they're connected and aligned with their soul purpose.

# MEDIA COVERAGE



**REWILDING™  
FOR WOMEN**

**MOGUL**



**THE FOXSHOW**  
PODCAST

# CONTACT INFO

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