



Cristina Smith's mission is to help people master the energy of their lives. Through her writings, teachings and commitment to community building, Cristina has interacted with thousands of people through her articles, books, talks, workshops, programs and professional presentations.

In 2016, Cristina published her first print book, *The Tao of Sudoku: Yoga for the Brain*. It became a best seller on Amazon and has earned six literary awards. *The Word Search Oracle: Yoga for the Brain with Darity Wesley* and *The Word Search Sage: Yoga for the Brain with Ingrid Coffin* followed in 2017. Both became best sellers and have won numerous literary awards.

Cristina's thought-provoking, perspective-shifting, and soul-stirring writings have appeared in a variety of periodicals and books since she was first published at age 14. She has worked as a feature writer, columnist, content creator, newsletter contributor, marketing copywriter, co-creative ghostwriter, and editor. Cristina's articles champion quality of life through wellness, happiness and the practical application of holistic business practices. Her current articles are available in the Nevada County Union newspaper, *Biz Catalyst 360°* and *Wellness Universe*, where she shares her wisdom on such diverse topics as aging, the historical roots of current holidays and practical tips on how to deal with excess stuff.

Cristina founded the Subtle Energy Center in 1993. Her seven Subtle Energy Retreats have attracted an international audience of both participants and presenters. On the cutting edge of this new field, Cristina she has facilitated and helped to create, define and support the subtle energy scientific, spiritual and healing communities both locally and globally. She currently serves as adjunct faculty for Holos University Graduate Seminary.

Voted Favorite Medical Intuitive on About.com in 2013, Cristina takes her role as a healer and business mentor seriously. In March, 2015, she was recognized for Outstanding Community Service by the State of California for unyielding commitment to preventing and reversing cancer and other degenerative diseases. Her focus on balanced energetics and lifestyle, whether in the Senior Living section of the newspaper, in international talks and speaking engagements or in her private practice makes Cristina's wisdom pop for people of all ages.

On a parallel track, Cristina has served as a marketing executive for several companies. She was the Vice President of Research Development for Integrated Marketing Systems, Director of Marketing for Privacy Solutions, Inc. and Director of Marketing for the Lotus Law Center.

In 2013, Cristina founded the San Diego Chapter of the Holistic Chamber of Commerce and served as its president until 2016. Her work with holistic businesses has helped her hone her very successful model of aligning business with holistic and spiritual principles.

Cristina has served on numerous local, regional and state Boards of Directors including the League of Women Voters, Blue Sky Ranch, Mid-City Community Clinic, and the Cedar Fire Memorial. A survivor of the Cedar Fire of 2003, Cristina knows personally the devastation that fires bring. She founded the El Capitan Fire Safe Council and was recognized by the State of California in 2015 for her community service in fire prevention and disaster preparedness.

Cristina advocates daily practice to keep the brain supple and fresh as well as an approach that seeks continuity and satisfaction in practical life circumstances. Her step by step incremental approach teaches important topics from how to be a good neighbor to how to train, maintain and entertain the brain, to how to take a practical approach to applied spirituality. She lives in two lovely places- the forests of Nevada City, CA and on a boat docked in San Diego harbor.