



# Krystyna Bialowolska

POLAND

Krystyna Bialowolska, M.Sc, and Yoga Acharya, is certified yoga teacher in the Shivananda lineage. She also studied extensively meditation techniques - Vipassana, anapansati, zen, mindfulness and christian. Her Ayurvedic interests manifested in studying for Ayurvedic Consultants in 2013. She also created website-platform to propagate all healing modalities.

She attended Chronic Solution in 2015 and was so impressed by transformative power of this retreat that since then she relentlessly and successfully worked on bringing this retreat to Poland in September 2018.