Christina McKitish, Highlighted By Influential Women, Connects Deep Education And Wellness Through Journey Forward Yoga

NATICK, MA, UNITED STATES, October 1, 2026 /EINPresswire.com/ -- Educator and 500-Hour Certified Yoga Instructor Creates Supportive Spaces for Growth, Mindfulness, and Personal Development



Natick, Massachusetts – Christina McKitish is a seasoned middle school educator, 500-hour certified yoga instructor, and founder of Journey Forward Yoga. Based in the Greater Boston area, she has dedicated nearly two decades to public education, teaching middle school social studies in Hudson Public Schools while also developing a wellness community focused on balance, resilience, and personal growth.

Christina earned her Bachelor of Arts in History and Master of Arts in Secondary Education from Quinnipiac University, establishing a strong foundation for a career centered on education, leadership, and personal development. Known for creating engaging, student-centered learning environments, she is passionate about helping others develop confidence, self-awareness, and the skills needed to navigate life's challenges.

In 2020, Christina founded Journey Forward Yoga, a virtual wellness community created to make yoga and personal development more accessible to individuals seeking balance in an increasingly busy world. Through weekly Vinyasa and Yoga Sculpt classes, as well as workshops covering vision board creation, habit building, mindfulness, and intentional living, she helps participants cultivate healthier habits, strengthen resilience, and reconnect with themselves.

Christina's professional path reflects a natural connection between education and wellness. She

incorporates communication, mindfulness, and self-reflection practices from yoga into her classroom while drawing upon her years of teaching experience to create supportive and empowering experiences for her yoga community. Across both areas of her work, her mission remains centered on encouraging people to embrace growth, move forward with purpose, and become the most authentic version of themselves.

Christina attributes her success to being willing to do the inner work. Developing a deeper understanding of herself, her values, and what truly mattered to her allowed her to show up for others more authentically. She also credits consistency as an important part of professional growth. Early in her teaching journey, she received advice to keep showing up until the work became part of who she was, treating the practice as something sacred and trusting that confidence would develop through consistency and experience.

For young women entering education or wellness, Christina encourages them to become what they hope to teach. She believes the greatest influence comes from who a person is and emphasizes the importance of self-awareness, inner work, peace, and lifelong growth. By genuinely embodying those qualities, she believes individuals can create a meaningful impact on the people around them.

As a 500-hour certified yoga instructor with certifications from CorePower Yoga and Aligned Yoga and membership in Yoga Alliance, Christina continues to connect personal development with her commitment to helping others. Through Journey Forward Yoga and her work in education, she creates spaces where people can feel welcomed, supported, and capable of success.

For Christina, mindfulness, authenticity, and connection are especially important today. She sees an opportunity for people in leadership positions to create environments where these qualities can become part of everyday life. Guided by the values of hard work, passion, and consistency, she continues to support others as they develop the confidence and self-awareness to move forward with purpose.

Learn More about Christina McKitish:

Through her Influential Women profile: https://influentialwomen.com/connect/christina-mckitish

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