

relinquish

yoga and wellness



Founded in 2017 in Austin, Texas, relinquish yoga and wellness provides yoga therapy for individuals experiencing burnout, complex chronic illness, or the long-term effects of trauma, as well as mentoring for yoga professionals. The company applies trauma-informed somatic tools, embodiment and breathwork, neuroplasticity practices, and lifestyle wellness coaching to support recovery and beyond. In late 2024, Embodied Resilience, an online membership, was born out of a desire to make recovery accessible to a broader audience. The company's mission is to use the therapeutic tools of yoga to empower others, especially those with complex health issues, to thrive. Guiding values include compassion, presence, and collaboration. For more information, go to <https://www.relinquishwell.com>.

Online Presence



Milestones

2021 Launched YouTube channel

2023 Podcast interview on cultivating self-compassion

2022 First brick-and-mortar location announced

2024 Launched Embodied Resilience online membership

Leadership

Founder Christina Cohee is a C-IAYT® Yoga Therapist, YACEP® Yoga Educator, and E-RYT® 200 Trauma-Informed Yoga Teacher. A chronic illness, trauma, and nervous system expert, she is passionate about using therapeutic tools to empower individuals to move from surviving to thriving. Christina brings experience in teaching individuals and groups in educational and clinical settings. She is faculty at Practice School of Yoga Therapy, mentors teachers and yoga therapists, teaches public yoga classes, and offers private yoga therapy for individuals and groups through in-person and virtual platforms.

Christina is a University of Texas at Austin grad and mom of four who fully recovered from chronic illness through yoga therapy. She has been studying all things embodiment, mindfulness, and beyond ever since. Her work with clients comes from a place of lived experience with chronic illness and recovery. Christina has helped many people with debilitating and misunderstood conditions move toward wellness and thrive, all with a sense of humor. She enjoys singing, traveling, and reading. In addition to being a certified and highly skilled yoga therapist, Christina holds certifications in Restorative Yoga (Relax and Renew with Judith Lasater), and Yoga for 12 Step Recovery (Y12SR).



Christina Cohee
Yoga Therapist

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