



NERVOUS SYSTEM EDUCATOR • SPEAKER
FOUNDER OF YOGIC COWGIRL WELLNESS CENTER

CHRISTINA ELENA McHUGH



HELPING PEOPLE UNDERSTAND THE HIDDEN
LANGUAGE OF THE NERVOUS SYSTEM—

one breath at a time.

Bridging **ANCIENT YOGIC WISDOM** with **MODERN NEUROSCIENCE**
to teach practical, breath-centered strategies that help people
better understand stress, cultivate resilience, and **transform their lives.**

ABOUT CHRISTINA

Christina Elena McHugh is a Nervous System Educator, speaker, yoga teacher, and founder of Yogic Cowgirl Wellness Center.

After naturally transforming her health and losing more than 100 pounds through breath practice, yoga, meditation, and nervous system regulation, she devoted her work to helping others recognize the patterns their bodies have learned.

She teaches weekly at luxury wellness destinations, leads sound baths, workshops, private breath assessments, and retreats, and hosts conversations that bridge lived experience, ancient yogic wisdom, and modern nervous system education.

Areas of Expertise

-  Nervous System Regulation
-  Breath Practice & Stress Physiology
-  Ancient Yogic Wisdom
-  Mind-Body Connection
-  Emotional Resilience
-  Trauma-Informed Practices
-  Wellness & Personal Transformation

SIGNATURE PRESENTATIONS



YOU'RE NOT BROKEN. YOU'RE DYSREGULATED.

Understanding the hidden language of the nervous system.



BREATH IS THE REMOTE CONTROL FOR THE NERVOUS SYSTEM

How breathing patterns shape stress, sleep, awareness, and resilience.



RECODE • RESET • RISE™

Rewriting stress patterns through breath, awareness, and intentional practice.



ANCIENT WISDOM FOR THE MODERN NERVOUS SYSTEM

What yoga has always known about stress.



FROM SURVIVAL MODE TO POSSIBILITY

The power of nervous system awareness to create a life of resilience, clarity, and ease.

AUDIENCES LEAVE WITH

- ✓ Practical breath tools they can use immediately
- ✓ A deeper understanding of stress and nervous system regulation
- ✓ Greater resilience, clarity, and emotional awareness
- ✓ Science-informed strategies rooted in timeless yogic practices
- ✓ Inspiration to create sustainable personal change

WHAT PEOPLE ARE SAYING

“Breath practice has helped me through grief, improve my stamina and sleep, and understand what my body needs.”

— Marnie H., six-month student

“I began with a healthy dose of skepticism, but now believe we should all be educated in this holistic field. I have a whole new awareness of ‘Christina Breathing.’”

— Joan Y., retired nurse

“Christina creates a space where I feel safe, supported, and able to reconnect with myself through my breath.”

— Krissy O.

FEATURED EXPERIENCE



Luxury Resort
Wellness Programs



Retreat
Facilitator



Podcast Guest
& Speaker



Sound Healing
& Breath Practice



Founder, Yogic
Cowgirl Wellness Center

Let's Connect

-  Christina@YogicCowgirl.com
-  323.706.4782
-  www.YogicCowgirl.com
-  Wickenburg, Arizona

YOU ARE NOT BROKEN.
YOUR NERVOUS SYSTEM IS
ASKING FOR A DIFFERENT
conversation.



SCAN TO VIEW MEDIA KIT