

# KRIS PACE

# MEDIA KIT

USAF VETERAN

INTERNATIONAL YOGA TEACHER

E-RYT500, YACEP

OWNER OF THE BALANCE STUDIO ORLANDO

OWNER OF ACROFREEDOM FESTIVAL

OWNER OF BALANCE TEACHER TRAINING

200 HR YTT RYS OWNER

300 HR YTT RYS OWNER

PERSONAL TRAINER

CROSSFIT L2 TRAINER

HANDSTAND COACH

ACRO BALANCE COACH

CERTIFIED LIFE COACH

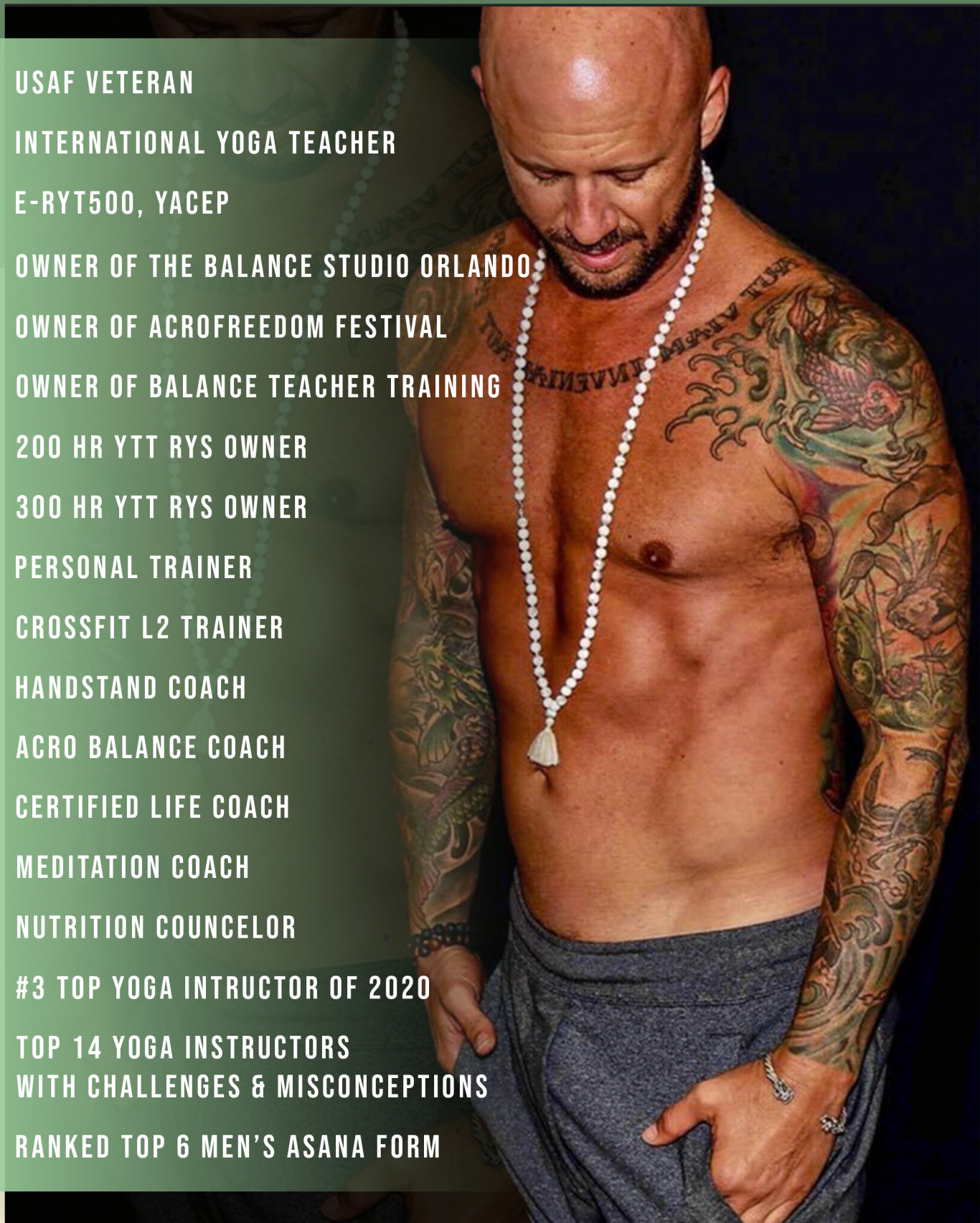
MEDITATION COACH

NUTRITION COUNSELOR

#3 TOP YOGA INSTRUCTOR OF 2020

TOP 14 YOGA INSTRUCTORS  
WITH CHALLENGES & MISCONCEPTIONS

RANKED TOP 6 MEN'S ASANA FORM



# KRIS PACE

## INTERNATIONAL YOGA TEACHER

E-RYT 500

YACEP



**K**ris is an E-RYT500 yoga instructor with over 5000 teaching hours. He found yoga around 2000 as a periodic practice incorporating it into his training routine. After coming back from serving his country in the United States Air Force, Kris faced many challenges including overcoming injuries and the traumatic brain injury he sustained during his service. Initially attempting to use the resources and numerous prescriptions provided by the VA medical services, he authentically became a daily practice and a true way of life for Kris. It allowed him to pursue a more fulfilling and holistic route to overcoming issues with his body, mind, and spirit. Yoga and meditation gave him peace and balance.

Upon certification as an RTY-200 yoga teacher, Kris found his passion to teach. After the first year as a teacher he expanded his knowledge and understanding of the human body pursuing trainings with all the best teachers, shaman, and healers that he could find around the world. It was also during this time that he developed a daily inversion practice which has led him to become a hand and arm balancer. Upon completing 1000 teaching hours he decided it was time to travel and share the messages and lessons that he learned.

Almost immediately Kris received opportunities to teach workshops for yoga, handstands, and acro all over the United States. Once he had become well-known in major US cities like Miami, NYC, Los Angeles, Maui, and Honolulu, the chance to travel overseas to teach became a reality. Since then he has gone on to teach in over 20 countries around the world including Singapore, Greece, Mexico, Indonesia, Japan, Chile, Jamaica, Costa Rica, and many more!

After traveling for several fulfilling years inspiring and motivating yogis around the world, Kris decided his next venture was to return to his home state of Florida to establish his own studio. In 2020, Kris opened The Balance Studio in Orlando, Florida. He has dedicated himself to creating a safe space for people to come and feel welcome and accepted by all. This led Kris to institute the Balance Yoga Teacher Training School. In less than two years Kris has had the privilege of certifying more than 25 teachers in both 200 hour and 300 hour programs.



# KRIS PACE

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## INTERNATIONAL YOGA TEACHER

One of the most rewarding and satisfying ways Kris is able to interact with his students while helping them reach their goals is by sharing his passion for handstands. Kris designed a program to teach handstands that has already yielded

more than 30 successful students who have obtained their open floor handstand.

Kris wholeheartedly believes education and daily practice are essential in growing as an individual. While traveling he learned everyone is both student and teacher. In addition to the talented teachers at The Balance Studio, Kris has had the pleasure of hosting some of the most popular and gifted teachers in the world. Since he can't take his yogis around the world, Kris brings the best teachers to them.

Kris's focus as a yoga teacher is always the correct alignment and balance of the body. He pursues the highest level of understanding the body's ability to move, align, and strengthen. With his training in the US Military, martial arts, CrossFit, and many other physical activities, combined with his practice as an acrobat and hand balancer, Kris is able to share the wealth of information and knowledge he has. Kris is passionate and grateful to be able to offer and provide an authentic practice based on all eight limbs of yoga.



@kristopherpace



@krispacefitness



The Balance Studio  
Orlando



# KRIS PACE

## workshops & class offerings

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### ACRO

#### L-Base

beginner  
intermediate  
advanced

#### Standing

beginner  
intermediate  
advanced

#### Flow

Acro Balance  
Acro Vinyasa  
Partner Yoga

### BALANCING

Handstand Basics  
Handstand Shapes  
Hollowback Handstands  
Arm Balances  
Advanced Arm Balances  
Handstands & Arm Balances  
Cane Basics



### YOGA

Yoga Basics  
Master Your Vinyasa  
Masterclass with Arm Balances  
Splits & Hip Flexibility  
Heart Openers & Backbends  
Yoga Inversions  
Advanced Asanas  
Yin Yoga  
Alignment & Balance  
Men's Yoga  
Core Activation  
Meditation

# KRIS PACE



the  
**balance studio**

ORLANDO

[www.thebalancestudioorlando.com](http://www.thebalancestudioorlando.com)

<https://get.mnbdy.ly/VJoINsz8Yob>

[www.facebook.com/thebalancestudioorlando](http://www.facebook.com/thebalancestudioorlando)

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the balance studio orlando

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MindBody Class Schedule & Sign Ups



the balance studio orlando

the balance studio orlando

the balance studio orlando

6645 Vineland Rd  
Ste 210  
Orlando, FL 32819

[thebalancestudioorlando@gmail.com](mailto:thebalancestudioorlando@gmail.com)

# KRIS PACE



## balance teacher training

Our 200-hour and 300-hour Balance Teacher Training is designed to build and then deepen the trainee's understanding of the fundamental concepts of the practice and teaching of yoga from what we teach through the 200-hour level to the 300-hour level. The 300-hour advanced training prepares trainees to teach principles and techniques of yoga that are more advanced, more detailed, and/or subtler, and the program enables them to teach with greater skill and intuition. Both programs will guide trainees to share yoga as a spiritual practice that goes beyond the body, as a practice that has the power to transform and awaken.

We will focus on an understanding of yoga asanas, alignment, and adjustments. Both the 200-hour and 300-hour courses will help students learn more about the business of yoga, marketing, and teaching strategy. These courses will also focus on your personal journey into yoga.

The courses are designed to prepare you and certify you to be a Yoga Teacher and register with the Yoga Alliance. Upon completion of the course, you will be prepared to teach yoga, confidently help others to realize and develop their practice, and to be the best version of themselves they can be. The course will cover techniques, training, and practice, teaching methodology, anatomy & physiology, yoga philosophy, lifestyle, and ethics for yoga teachers, practicum, and personal study time.



  
the  
**balance studio**  
— ORLANDO —

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# KRIS PACE



AcroFREEDOM Festival is a premiere all encompassing Acro festival that is held in Orlando, Florida on Independence Day weekend. This festival is co-owned by myself, Kris Pace, and James Heugh (AcroJames). Being a veteran-owned event, AcroFREEDOM celebrates all things freedom incorporated in the slogan, "Everyone is Welcome!" Not only does this event include all levels and varieties of Acro from L-base to standing and dance lift flows to partner yoga, but we also have yoga, handstands, trapeze, silks, and more.



We have invited 40 of the best Acro teachers from all over the United States to teach and be a part of the four-day festival. We anticipate between 300-500 attendee in our first year with that number growing to 1000 over the next five years.

The weekend is set up with intensives, classes for every level and style of acro, plus jam time for attendees to play and practice skills. Classes run from the morning to the late afternoon followed by acro jam time.



AcroFREEDOM is being hosted by the UKnight Training Center, a 55,000 square foot, two-story facility that includes four cheer/tumbling floors, two full-sized basketball courts, a full restaurant and bar, overlooks to observe the on-going classes, plus a multitude of other rooms and resources.



4304 Metric Dr  
Winter Park, FL  
32792

## publications & lists

**sponsor spotlight**

**the balance studio**  
ORLANDO

**BOX BREATHING**  
When was the last time you took a breath — a real, deep, intentional breath that filled your lungs and felt clearing when you exhaled? With how busy and on-the-go today's society is, it's no wonder we forget to stop and focus on the most fundamental and basic action that has so much power.

Box Breathing, also known as four square breathing, is a simple and easy technique that anyone can use to aid in the reduction of stress, anxiety and to calm the body and mind.

**How To:**

- Breathe in for a slow count of four.
- Hold the air in your lungs for a slow count of four.
- Breathe out for a slow count of four.
- Hold with empty lungs for a slow count of four.
- Repeat!

To learn more breathing techniques, visit The Balance Studio Orlando.

**How does your business impact the lives of your clients?**  
We make such a difference in people far more than one aspect of their lives. We believe in total balance: mental balance, spiritual balance, physical balance. There are things in life that throw you off balance, but we can show you how to be balanced and how to get there. We welcome every body to come by and talk to us at any point in time. We're more than happy to set up a consultation. It's our goal to make sure we provide the absolute best and balanced service.

**Given your expertise, what advice can you offer?**  
Outside of us being yoga teachers and personal trainers at the highest levels, I also have been practicing the game of golf for many years and am a single-digit handicapped golfer. I have been working as a swing coach for many different golfers throughout the past four years. I was a four-five tennis player, too. I've been blessed in athletics and understanding the body's connection to our daily lives. I'm pretty much good at any sport and understand the full mechanics, so if you have a sport you'd like to get better at, I can make you a more balanced and effective player.

**Please include anything you feel would be exciting to share with the community.**  
Kris is currently working on establishing the not-for-profit organization, Next2You, designed to help veterans by introducing them to the physical, mental, and emotional benefits of yoga. More information as well as making sponsors and donations would! Please reach out if you would like to be involved.

**The BALANCE STUDIO**

other styles of fitness and all types of knowledge for our staff and trainers. We do personal training as well as yoga, life coaching, aerobics, and even working with disabled people on balance. At Balance, all of our trainers and coaches are certified personal trainers as well.

**How long have you been in the area?**  
I currently live in Fort Orange and have lived in the area my whole life. I wanted to bring my unique take on yoga, handstands, and acro to the central hub of Orlando in order to build a community of like-minded people of all levels.

**Tell us more about your business.**  
The business at The Balance Studio is "all things balance." We are a studio that is based in yoga but incorporates

Kris leading a morning yoga class in Miami.

Kris with his sons, Jedy, Gabriel, and Malachi.

Kris became passionate about yoga and pursued training with the best teachers, shamans, and healers throughout the world. He has taught more than 1000 hours of yoga classes in the US, and throughout the world, plus he teaches handstands and acro classes.

After traveling for several fulfilling years inspiring and motivating yoga around the world, Kris decided his next venture was to return to his home state of Florida and establish his own studio. In 2020 Kris opened The Balance Studio — a safe space for people to come and feel welcome and accepted by all.

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20 Bay Hill Living • January 2022

January 2022 • Bay Hill Living 21

Bay Hill Living -- January 2022  
The Balance Studio

**Surfer Rule**  
48 mins •

KRIS PACE, ENCUENTRA TU MEJOR VERSIÓN

Kris Pace Yoga, ex-militar, surfista y yogi, confió en el amor como cimiento fundamental para construir la mejor versión de sí mismo.  
Foto Ines Lombardi

www.surferrule.com  
See Translation

SURFERRULE.COM  
KRIS PACE, ENCUENTRA TU MEJOR VERSIÓN • SURFER RULE • Más que surf, olas gigantes y t...

SurferRule.com -- March 2019  
Kris Pace, Find Your Best Version

**Yoga Hawaii Magazine**  
Monday at 12:00 PM •

Evolution Yoga Maui is stoked to host world renown yogis Kristopher Pace & Susie Vanessa Yoga on their world tour for a special two-day workshops on Maui from Oct 6-7.

This workshop will guide you through preparatory postures for inversions & arm balances. We will discover that we don't have to over-rely on force for these postures, but find integrity in our alignment and preparation, understand the mechanics and buoyancy in our bodies.

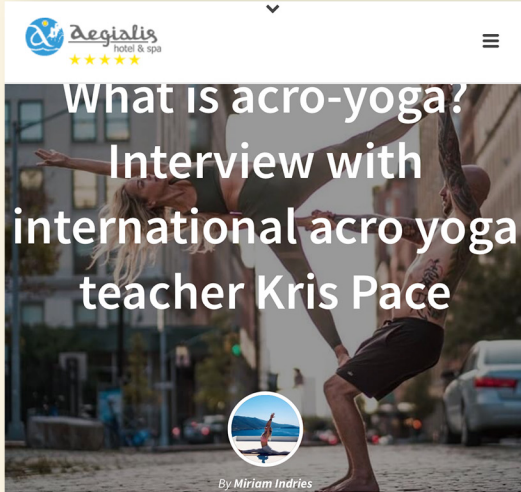
YOGAHAWAIIIMAGAZINE.COM  
Evolution Yoga Maui Arm balances & inversions workshop | Yoga Hawaii Magazine

Yoga Hawaii Magazine -- October 2019  
Arm Balance & Inversion Workshop

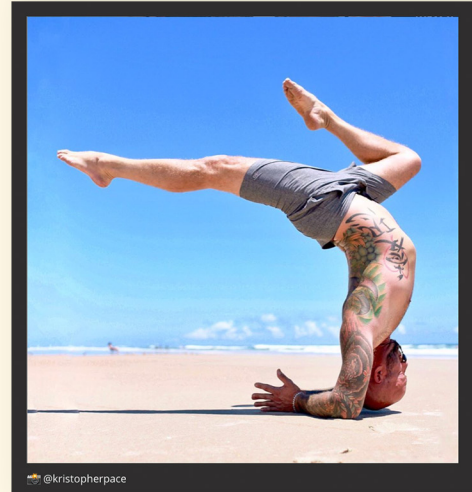


# KRIS PACE

## publications & lists



Aegialis Hotel & Spa Blog -- November 2018  
What Is AcroYoga?



thecuriopop.com -- May 2019  
Form: Asana



ChillWall Blog -- April 2020  
Top 6 Yoga Instructors for 2020

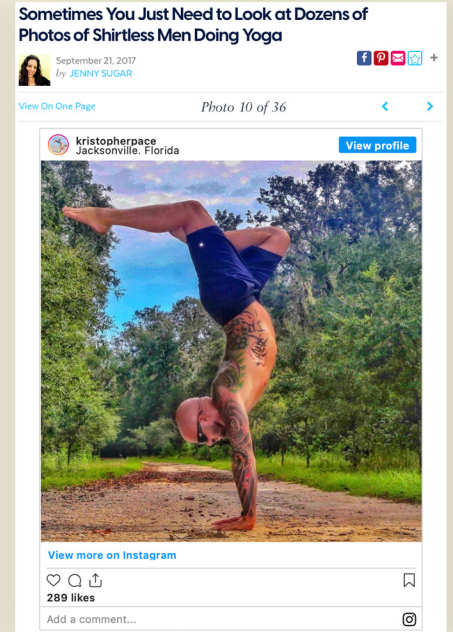
### Kristopher Pace: Yoga Instructor and Air Force Veteran



Photo: @kristopherpace

Kris Pace's yoga journey started with a challenging injury: [Kris](#) was facing cervical deterioration from his time serving in the United States Air Force. From there, his doctors recommended building flexibility and core strength.

VeryWellFit.com -- August 2020  
14 Top Yoga Teachers on Personal Challenges and Biggest Misconceptions



Popsugar.com -- September 2017  
Shirtless Men Doing Yoga







