



ONE SOUL YOGA & WELLNESS CENTER



TRISTON PULLEN

REIKI SUB

Triston began his yoga practice in 2014 at Brick House Yoga in Sulphur Springs. In the fall of 2014, he moved to Santa Fe, NM to study acting and began teaching gentle flow yoga and Meditation. Triston has his MFA in directing from the University of Memphis where, through independent studies, he researches ritualistic theatre and its healing nature. He believes that the

earth, our bodies, and the energy around us are vital sources for healing and enlightenment. Triston is a Level One Usui Reiki Practitioner and a Kundalini Reiki Master. Reiki is a form of energy healing that can help physical pain, mental health issues, built-up trauma, and an array of spiritual wellness issues. Triston is currently working on his 200-hour certification in Kundalini yoga. Triston can be found leading occasional pop-up classes and serving as an occasional sub. Triston schedules private Reiki sessions at One Soul.