



Cassandra DSouza (SFSU 2015)

Christine Chen

News Anchor & Entrepreneur

Christine L. Chen (b. 1968) is a two-time Emmy Award winning news anchor/journalist and a certified Yoga instructor/author. She was born in San Francisco of Taiwanese immigrant parents, and attended UC Berkeley. Due to stress and back/spine issues developed during her years as a news anchor, Chen began practicing yoga in the late 1990s. In 2015, she published her first book entitled, *Happy-Go-Yoga: Simple Poses to Relieve Pain, Reduce Stress, and Add Joy*.