



Cassandra DSouza SFSU

## **Christine Chen**

Chinese American

### **News Reporter and Yoga Teacher**

Christine Chen (1968-) was born in San Francisco. Her parents were immigrants from Taiwan. She became a television reporter and news anchor. When planes destroyed the World Trade Center in New York City in 2001, Christine stayed for hours on the job. She was surrounded by fire, dust, and chemical pollution, but Christine felt that it was important to report the news. She injured her back, but received Emmy Awards for her bravery and fine reporting. To recover from her injury, Christine found that yoga was very helpful. Now she teaches yoga and has written a book about it so that her students can be healthy and reduce stress.

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