Testimonial From A Meditative Yoga Student

In this face paced world we live in coming to yoga allows me to bring my mind, body, and soul back into balance. Having been to several of Chris's classes and following him to several different yoga studios speaks volumes for his teachings. He has the most loving enthusiasm and demeanor which has brought such joy and peace into my life. Chris is doing such wonderful things for human kind- keep beaming...keep guiding. Thank you again for all that you have taught-and will continue to teach- your soul and your teachings have been something I have been so grateful for!

-Sarah

Testimonial from Michelle

I would like to share the amazing experience I have had in Chris's weekly yoga class, and also in the numerous workshops that I've attended and he has lead.

When I found Chris's class, I was in a very deep ,dark place of despair, I was filing for divorce after 20 years, after much careful consideration. I was terrified, confused, and felt very much alone. However, it seemed as though whatever particular thing was happening that week, Chris knew and spoke of it at the start of class.

Trusting ourselves, fully embracing the unknown, loving and understanding ourselves and our family, etc. He just KNEW. I was hooked! I've since managed a healthy and loving split from my partner, am fully engaged in Co parenting our 2 daughters, and have completely changed my outlook on life, love and humanity. With that, I have attracted to my new life some beautiful, kind, compassionate human beings that are lifting me up , but more importantly , I know what to do to lift MYSELF. I am forever grateful. - Michelle

Testimony from Angie:
Owner of Yoga on North

Chris has led many meditations at YOga on NOrth. Simply being in his presence you'll experience a wave of relaxation washing over you. He is knowledgeable and compassionate and he makes you feel you are the only person in front of him. Thought provoking, inspiring and full of heart, Chris's workshops and meditations are a do not miss.

Testimony from Ricardo

I have known Chris for a approximately about a year now. I always describe Chris as a Force of Nature & he always reminds me that we are all a Force of Nature. I took one of his Inner Yoga classes & after the first one I knew I had to make his class a staple for me. Beyond yoga he has helped me understand things better about myself & many other things. He is a Dear Friend & really more like a Brother to me now. No matter what's going on he always comes with so much positivity that regardless whether you are having a good day or bad day after spending time with him you always feel charged with positivity, like anything is possible. Cause it is

Testimony from MH

Whenever I think of CHRIS…the word BEACON comes to mind. A BEACON is a SOURCE of LIGHT and INSPIRATION. A LIGHTHOUSE for GUIDANCE. That's Chris!

Chris, in sharing his experiences, opened a knowing within and without me. I have never felt connected
… yet never felt unconnected. I have never felt a part … yet never felt apart. I don't know yet know, time without beginning and without end. Thank you, Chris. Beam on my friend!

'MH'text