

Radikal Freedom - Yoga as realisation



About Christopher's Teaching

Teaching yoga beyond beliefs, Christopher will help you cultivate an intelligent and powerful yogic practice.

Radikal inquiry into the nature of existence; balanced with the heart element of devotion are the key aspects of his deep approach to yogic practice.

Christopher's years of study allow him to share ancient wisdom balanced with contemporary inquiry.

Sharing physical, emotional, energetic, meditational and developmental (spiritual) practices of yoga relevant to your individual needs and strengths Christopher encourages you to find your deepest experience of radikal freedom.

Appreciating yoga through the lens of wisdom as a transformational and empowering practice, Christopher teaches how to rebuild your body from the inside out whilst understanding all you need to know about the union between your body wisdom and your emotions, and the communion between these and your conscious and unconscious mind.

Strong and dynamic practice is encouraged by Christopher, as is appropriate for each student.

Development in real yoga is recognized as an internal process that reflects the learning and awareness of the practitioner and their resting in openness, love and equanimity.

The hallmarks of development are recognized as a sense of humor, kindness, awareness, generosity and openness to the flow of life.

In yoga we are all working in the same place, at our evolutionary edge and as such we are all always beginners.

What is the difference between Christopher's style of teaching the physical aspects of yoga and normal yoga classes?

Radikal Freedom is very different from gym yoga, aerobics or exercise class or even a standard western yoga class. Unlike western exercise, which puts muscles and movement first, real yoga puts the key elements of our life force first.

These key elements are awareness, breath, our physical relationship as body to gravity and the planet. The will, the ego and the muscles then follow the essence of life-force rather than seeking to dominate it.

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Most yoga classes in the west are “led,” by a teacher who stands up at the front of the room and calls out what to do like Simon says “put your hands on your head”.

Real yoga is traditionally taught one-on-one, with the student taking responsibility for learning the practice personally, and practicing from memory at his or her own pace with plenty of guidance, assistance and support.

Christopher’s classes are rich with the sound of breathing and punctuated with quiet conversations between student and teacher as appropriate.

Christopher’s method yields safe, long-term results and it puts you, the practitioner in charge of your own practice.

This method is deeply satisfying and empowering over time.