

The Deeper Reasons for Yoga Practice

- To open the heart and keep opening in connection with the principles of unobstructed compassionate energy or love and to manifest these in life.
- To cultivate vast awareness thus connecting more and more deeply to the manifold and manifest principles of intelligence or wisdom, and to manifest these in daily life.
- To resolve one's own karmic difficulties; heal any therapeutic issues so as to allow full vibrant function, flow with the power and grace of yoga, dissolve all residual seeds (samskaras) through awareness and move with ease and grace into Radikal Freedom.
- To awaken to the truths of reality and find the delicious humour, joy and purpose in this life.

Yoga practice also offers:

Robust health, well-being, flexibility, core strength, stamina, deep relaxation and focus of mind.

Integration and purification of mind, emotions and body. Physical, emotional and mental difficulties resolve as you find a deep sense of peace, power and potential.

Inner radiance. Healthy relationships with your self, with others and with the planet are all enhanced through intelligent, aware loving yoga practice.

Alignment and connection with the essence of the universe. Practice allows you to more fully rest in this moment, here and now.

Real yoga is Radikal Freedom, it is joy and love in action, vast awareness and the wisdom and love that arises with this.

Radikal Freedom is the art of realisation.