

CHRISTOPHER REEVE, RYT-200
BS IN KINESIOLOGY
TEACHES MEDITATION AND KUNDALINI YOGA



Chris discovered in his teen years that physical activity was a source of great help for him both physically and psychologically. This led him to study martial arts including judo, BJJ, kickboxing, wrestling, boxing and MMA. While at university studying kinesiology he began training and competing in powerlifting. These experiences in the sporting realms created an appreciation for the mind, body and spirit connection. His entry into yoga was through the writings of J. Krishnamurti. He began meditating with Sally Kempton's book [Meditation for the Love of It.](#) At Yoga Lola studios he began a consistent Kundalini Yoga practice that continues to this day. He has recently finished his 200 hour teacher training and is beginning a teaching practice.