

Hello everybody, I'm Chris. I am a Buddhist monk and the owner of Sunyata Yoga, LLC. I have been practicing meditation since 1997, and currently teach meditation in various places in SLC. I did my undergrad at the U of U in Political Science and have graduate degrees from the U of Chicago, where I studied Religion, and the U of U where I received an MSW degree. I am a licensed psychotherapist in private practice in downtown SLC and specialize in helping you find your awesomeness and get back into integrity with your true self. Here is my website with my info and schedule: www.sunyatayoga.com Be well!