

# Chris Paris

## Yoga Philosophy Teacher.

*“Chris has such a deep knowledge and understanding of the yoga philosophy. He transmits his knowledge and wisdom in a joyous and fun way. Even though you might find it hard to process such a lot of information in a short period of time, his teachings stays with you forever. As I read through the pages of Bhagavad Gita, his voice echoes in my ears helping me understand it in a much deeper level than I have ever done before. A true masters mind and gift to those who are on the path of yoga.”*

*Muzeyyen Ercelik-Wilson  
(Student from Yoga Jo's TTC Glasgow)*

Chris has a wealth of experience in living a Spiritual life in modern western society. He combines a broad knowledge of different Spiritual and cultural traditions and practices with a natural ability to communicate, and the organizational skills of a professional tutor.

Chris has organised a broad general syllabus relevant for a foundation Yoga TTC. The course is designed to run for between 16 and 20 hours and covers areas such as :-

- History and development of Yoga and the Indian philosophical tradition.
- Major underlying concepts in Yoga philosophy
- The power and relevance of Sanskrit and Mantra
- Cosmology
- Major textual sources and how they relate to each other
- The personal and impersonal, Maya and how to approach “Deity”.
- Types of teacher
- The transmission of Knowledge
- The four major Yoga systems

The program is lightened and balanced with singing of Mantras and telling of stories from the Mahabharat to give context to the story of the Bhagavad Gita.

Study of the Gita and Patanjali's Yoga Sutra are the basis of the course and all concepts are traced back to the texts as a source of reference, making the texts functional and relevant.

### **About Chris**

Chris first become aware of yoga during the 1970's. He became attracted to everything Indian. As a young boy he also had an interest in philosophy and was influenced by Bertran Russell, Jung, Erich Fromm and Krishnamurti.

In 1982 at the age of 17 he read the Sri Isopanisad and was powerfully effected by its language and imagery.

During the 1980's Chris studied Fine Art in Liverpool and wrote his 10,000 word disertation tracing the orginal impulse to make Art as a shamanic tool to open insight and perception to a realm beyond relative space and time, the mythical realm which is in all traditons, Vaikuntha, Nirvana, Eden.

In 1984 Chris took Diksa from his Spiritual Master in the Vaishanva lineage of the Gauda Nath.

Chris has studied Tai Chi with Derek Swanson himself a student of Chee Soo, Ki Aikido at the Brighton Ki Centre, and also trained as a puppeteer with the late Violet Philpotts of “Cap and Bells” puppet theatre.

Chris has a current enhanced DBS certificate, and a PGCE teaching qualification from Brighton University. He is also a qualified Sivananda Yoga teacher with sixteen years practical teaching experience, and was authorised by Sharath Jois in March 2016 to teach the Ashtanga Yoga Primary Series.

Chris has been teaching and assessing Yoga Philosophy for the last four years on a Yoga Alliance registered TTC in Glasgow Scotland

