

Namaste



Welcome. My name is Russell. You can contact me via phone on 07712 610 120, or, using the [contact form](#) to send an email.

I have been exploring various paths of yoga over the years, such as; Hatha, Karma, Mantra, Raja (meditation etc) and various yogic texts. My Hatha yoga experiences include the cleansing techniques and various styles, such as; Ashtanga Vinyasa, Iyenger, Yin amongst others. It is through sustained personal and regular daily yoga practice that I refine and build the foundation from which I teach and explore yoga with students.

My teachings explore both physical and non-physical aspects. I relate yoga to the individual not the false view of making a posture outwardly look a certain way. The underlying principle is to use the posture to go beyond, and to connect with the inner self using the posture as a vehicle and not a destination. It's the state of being which must be addressed. We explore this through postures and other means. I teach regular classes and one to one. In addition I teach sessions at [British Wheel of Yoga North West Region](#) and [Cheshire Yoga Teachers Association](#) events from time to time.

Namaste, sometimes expressed as Namaskar or Namaskaram, is a customary greeting when people meet or depart. From en.wikipedia.org/wiki/Namaste

I received my yoga teacher training at [Mandala Yoga Ashram](#) in

Wales, where I gained my accredited Yoga Teaching Diploma with the [British Wheel of Yoga](#). I have been teaching since April 2010, having been a yoga practitioner since 2004 when I also started my daily yoga practice.

The teacher training I received was provided by; [Swami Nishchalananda](#), [Swami Krishnapremananda](#), Tara Rupa and [Hridaya Purna](#). My training included (but not limited too); asana, pranayama, meditation, mudras bandhas, yoga nidra and the yogic texts. I received teaching on upanishads and the yoga sutras from [Swami Nishchalananda](#), and the bhagavad gita from [Swami Krishnapremananda](#). The yoga sutras are a particular interest of mine along with karma yoga, the bhagavad gita and chakras (yoga psychology).

My yoga experience before the ashram teacher training course was focused on the Ashtanga Vinyasa style of yoga and reading such texts as the yoga sutras and bhagavad gita. My teachers during this time included; [Helen Painter](#), [Simon Chandler](#), Mara Muso, Jane Slevin and Liz lark. Since this period I have explored other teachers from different traditions including the Iyenger tradition, Kundalini and Yin yoga. I continue to receive training from the ashram and other places as part of continuing professional development (CPD).

Presently a teaching member of the [British Wheel of Yoga](#) and the [Cheshire Yoga Teachers Association \(CYTA\)](#). My karma yoga practice also includes my full-time job, housework and volunteering. Volunteering includes being on the committee for the [BWY North West](#) region as the website administrator, and also web admin for the [Cheshire Yoga Teachers Association](#).

Yoga "... is a thoroughly practical system which can profoundly help people in both everyday living and in exploring life's deeper aspects. The techniques used include physical postures, meditative and breathing practices and deep relaxation." taken from: [What is Yoga \(Mandala Yoga Ashram Website\)](#)

Yoga works into the deepest levels of who we are, and the result of this process is that changes emanate naturally and spontaneously in subtle, natural and profound ways. With regular and sustained practice we heal and grow as people; physical, mental and emotional changes ripple through us, and we find our selves to be more than we ever dreamed we could be. The depth, breadth, and scope of yoga is unlimited if approached with an open and willing mind.

“Yoga is not for a select few individuals, but is for all the young and the old, the fit and the ailing, the rich and the poor. With its infinite resources and potential it will usher mankind into a new and glorious era of evolution.” (Page x of Dynamics of Yoga, by Swami Satyananda Saraswati – Bihar School of Yoga)

I look forward to sharing the wisdom and tools of the yoga tradition with you.

Om Shanti Shanti Shanti

Russell