



Brett Parris RYT 1500



Melbourne, Victoria, Australia

Contact Author



Description

Details

2016-10-04 11:01 am

Brett Parris – Melbourne

Registered Yoga Teacher (RYT) with Yoga Alliance®

I completed my 200 hour Vinyasa teacher training with Power Living Australia Yoga, and went on to complete a further 1600 hours of training with more advanced modules in sequencing and further studies in Sanskrit and yoga philosophy as part of an MPhil in Classical Indian Religion at Oxford University. I practice and teach both in Melbourne, Australia and in Oxford, UK. In Melbourne, my home studios are Seed Yoga & Wellness in Blackburn and Light Space Yoga in Balwyn. In Oxford I teach at Prana Yoga, a beautiful studio by the river. I love my practice and teaching because I am fascinated by the integration of the mental, physical and spiritual dimensions of yoga. I am enjoying my own ongoing transformation and have seen students thriving as we deepen our practice together. Previously I worked for many years in the areas of environmental sustainability, economic development and social justice, and I have also studied the Christian mystics and Sufi spirituality. I like to bring a sense of expansive spaciousness to my classes – a strong flow, an empowering energy and an experience of possibility where students might find themselves reaching beyond what they had thought were their limitations, both on and off the mat.

www.epektasis.com.au/

TOOLBOX

- 1,480 Views
- 0 Comments
- [Print this page](#)



Description

Details

2016-10-04 11:01 am

Listing Title / Name	Brett Parris RYT 1500
Qualification	RYT 1500
Expiring Date	6.10.2020
City	Melbourne
State	Victoria
Country	Australia
Country	Australia
State/Province	Victoria
distance:	16,673 Kilometers
Address	Melbourne, Victoria, Australia
Category	1. Yoga Teachers
Keywords	Teacher yoga Yoga Alliance