



Chris Swain

It was whilst studying for an English Literature degree at UEA in the early 1980's that Chris came across Yoga, Kempo (a martial art), Cheirology (hand reading) and Meditation. Following these trainings Chris developed a deep interest in natural healing which resonated with his childhood in the countryside. On graduating he worked for a year on a 50 acre organic farm in Norfolk. Over the next 14 years whilst living in Norwich, he dedicated his time to training in and teaching the above arts within the framework of Shingon (Chen Yen) Buddhism. He further completed a City and Guilds in Carpentry and Joinery and qualified as a Shiatsu practitioner, appreciating the challenge of combining the practical and the philosophical.

He moved to London in 1996 to take a 4 year degree in Osteopathy, deepening his understanding of western medical models. Graduating as a prize winning osteopath he experienced working at the Osteopathic centre for Children in Harley Street; he currently has an osteopathic practice in Hove.

Chris has had articles published in the Times, the Telegraph and Climber magazine, where he ran a four month feature on 'Yoga and Climbing'. His travels have taken him to study Thai massage in Thailand, Yoga in India and he has experienced training in various Buddhist monasteries. He appreciates a simple realistic life, closely connected to nature and to that end has a passion for growing his own organic food.

Chris has been teaching yoga for 24 years, initially qualifying as a teacher with the Chinese Yoga Federation in 1987, then as an Iyengar yoga teacher, before being introduced to Ashtanga yoga with John Scott in London in 1999. He is currently on the faculty for both the Triyoga and Yogahaven yoga teacher training courses and also teaches asana and anatomy based workshops (incorporating his knowledge of anatomy as an osteopath). The reason he practices yoga is simple; 'a day with yoga is better than a day without yoga'.

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