

## Bio English Chris Keller

He started yoga with the intention of immersing himself in an ancient method for movement and breathing and realised how great the impact is on his life.

Today Chris became a true Yogi. Moving daily through his Asanas to feel his body and dive deeper into the union. True to his motto, "Every day is a new day" he is striving to explore.

He teaches a fiery style with different elements of creative movement and he always leads precisely towards one pose at the peak. Based on the Aspects of Anusara with alignment and touching themes to a class full of action.

Since his start as a Yoga teacher in 2018 he has attended multiple Teacher Trainings off Kai Hill and is assisting the 200h Anusara Training Programm through Europe.

LINK

Instagram

[https://www.instagram.com/chriskeller\\_\\_\\_/](https://www.instagram.com/chriskeller___/)

Website

<https://www.chriskeller.co>