

World Yoga Festival



www.yogafestival.world

Celebrating B.K.S. Iyengar's 100th Anniversary



19th - 22nd July 2018
Official Programme

@WorldYogaFest | #WorldYogaFest

Welcome

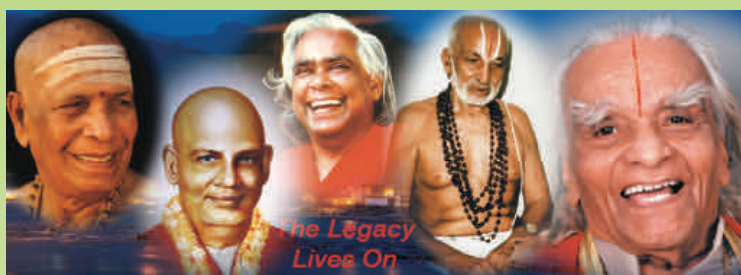
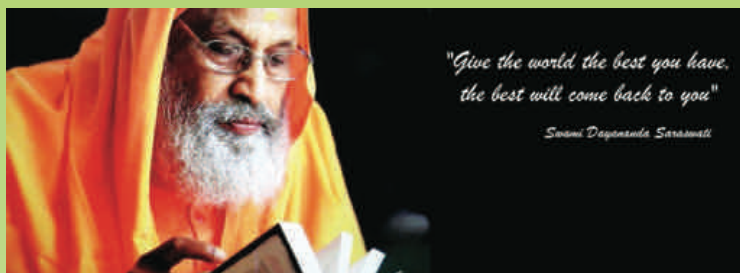


Dear friends,

The World Yoga Festival has always taken its inspiration from Pujya Swami Dayananda Saraswati and the other great masters of authentic traditions. We are particularly pleased in this, our third year, to celebrate the 100th anniversary of the birth of B K S Iyengar who did so much to bring Yoga to the UK and the world. This year is also different in that the festival is now completely run as a not-for-profit under the UK registered charity Arsha Kula Foundation created to promote all aspects of this ancient wisdom to the west.

We often get asked the question “Why do it?”. Indeed, to spend our entire year to set up and operate the festival for no financial reward seems highly illogical. Sonali and I always have the same response, “Because it needs to be done - the authentic wisdom that is Yoga needs to reach everyone.” We all typically spend our entire lives doing what we want to do, but spiritual teaching tells us that true happiness comes from doing what needs to be done. When, what needs to be done becomes what you want to do, then you are living a spiritual life. This festival is our attempt at walking the spiritual path, our own personal journey to happiness. The real joy has come from seeing so many of you wanting to share that journey with us. Your smiles, your hugs and loving support are most precious to us.

So, thank you for being here. Thank you for sharing the vision that success is not measured by the material outcome of actions but the sheer



joy of experiencing every aspect of doing what needs to be done. Enjoy every facet of the festival with an open heart. Learn as much as you can from the great masters assembled and then return to your loved ones and practice the eternal wisdom that is yoga in your own special way.

We warmly welcome you all with love and gratitude.

Ram & Sonali

Ram & Sonali Banerjee, Festival Founders

“My best wishes to the organisers and attendees of the World Yoga Festival being held at Beale Park. Yoga has grown enormously in popularity around the world and in the UK as people recognise the health and spiritual benefits of practicing this ancient discipline which originated in India. This Festival also recognises the signal contribution made by B.K.S. Iyengar, universally acclaimed as one of the leading teachers of yoga in the world. This year we celebrate the hundredth anniversary of his birth and this Festival is a fitting tribute to his memory.”

Alok Sharma, MP, 2018

Masters & Teachers



Zubin Zarthoshtimanesh discovered Yoga at a young age, thanks to his father. So Guruji and Yoga have always been a part of his life. This initial introduction helped steer him on this path and after graduation, Yoga became his calling. Zubin has been a full-time yoga teacher for the last 27 years and teaches in Mumbai, India. He has travelled with Guruji to many Iyengar Yoga conventions and has been an integral teacher of the worldwide Iyengar Yoga community.

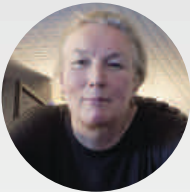
Iyengar Yoga masterclass conducted with Uday Bhosale.

Iyengar Yoga, named after and developed by B. K. S. Iyengar, is a form of Hatha Yoga that has an emphasis on detail, precision and alignment in the performance of posture (asana) and breath control (pranayama). The development of strength, mobility and stability is gained through the asanas.



Uday Bhosale has been a resident teacher at RIMYI for over a decade. He has recently moved to the UK and is based in Reading. A former Taekwondo enthusiast, Uday was introduced to the Iyengar method by his martial arts teacher. He began learning directly with Guruji, Geetaji and Prashantji in 1999 and continues to do so to date.

Iyengar Yoga masterclass conducted with Zubin Zarthoshtimanesh.



Sheila Whittaker is a sound healer, musician, gong master and teacher with a background in classical music. As a professional violinist having studied at the Royal College of Music, she had a thriving career in the mainstream classical music world for many years, both playing and teaching. Some 18 years ago she became a sound healer, obeying the call to use her musical abilities in a more focused, holistic way.

Friday: "Gongs for Vitality and Strength." Focusing on the 3rd or Manipura Chakra.

Saturday: "Gongs for Emotional Health and Balance." Focusing on the 4th or Anahata Chakra.

Sunday: "Gongs for Spiritual Insight." Focusing on the 6th or Ajna Chakra (3rd eye).



H. R. Nagendra is an Indian Yoga therapist, academic, writer and the founder vice chancellor of SVYASA, located in Benaluru. He is best known as the personal yoga consultant of Narendra Modi, the prime minister of India and is a recipient of Yoga Shri title from the Ministry of Health and Family Welfare. He has authored 35 books and over 100 research papers on Yoga. The Government of India awarded him the fourth highest civilian honour of the Padma Shri in 2016, for his contributions to society.

Friday: "Recent advances and global outreach of Yoga and Yoga Therapy."

Saturday: "Concept of Prana and the Use of Pranayama as a technique to regulate and balance the flow of subtle energy." Theory and Practice in sitting position.

Sunday: "Cyclic Meditation - experience the process of stimulation and relaxation continuum". Theory and Practice on regular yoga mat as it includes asanas.



Swami Ambikananda began her Yoga studies forty-five years ago when she met her guru, Swami Venkatesananda, the world-renowned Sanskrit scholar and disciple of Swami Sivananda, founder of the international Divine Life Society. Swami Venkatesananda trained her in Yoga and Vedanta, encouraging her to find the inner meaning of ancient texts, mantra and asana by searching out the spiritual truths of each.

"Pranayama - Ancient and Modern." This class will look at the ancient scriptural sources of pranayama and their modern application. Science now supports much of what the ancients directed us to however, we now know there are some caveats attached to a select number of these breathwork techniques. The class will include an explanation of Heart Rate Variability (HRV) and Breathwork. Be prepared to engage your body AND your mind.



Swami Jyotirmayananda is the director of the Sivananda Yoga Vedanta Centre in London. She is a natural teacher and shares the teachings of yoga with insight, creativity and joy. She has been teaching in Yoga Teachers' Training Courses for many years.

"Energy expansion in the asanas." This Asana and pranayama class will be taught in the Sivananda tradition, teaching traditional hatha yoga with asanas (postures), pranayama (breathing exercises) and relaxation. Following a short pranayama session, the class will move into classical hatha yoga postures with emphasis on the breath and on relaxation. The final relaxation at the end of the yoga session will bring about physical, mental and spiritual relaxation - the key experience of yoga.

Masters & Teachers



Andy Curtis-Payne is a yoga teacher, therapist and teacher-trainer. He is an enthusiastic advocate of the power of yoga to change lives. His teaching covers all aspects of yoga practice and philosophy and is suitable for all ages and abilities. He is a member and the current chair of The Society of Yoga.

KYM Pranayama and Chanting.

The use of healing chants and breath control finds a significant place in the KYM tradition of teaching.



Michael Hutchinson is a yoga teacher, teacher-trainer and researcher with decades of experience. He is a living example of the power of yoga to maintain good health and is committed to spreading the teachings of Sri TKV Desikachar and his father for the benefit of others, regardless of their current or previous background.

KYM Pranayama and Chanting.

The use of healing chants and breath control finds a significant place in the KYM tradition of teaching.



Damini Dalal has been practising and teaching yoga at the The Yoga Institute, SantaCruz, Mumbai, the oldest organised yoga centre in the world founded in 1918. A highly acclaimed yoga scholar and practitioner with over 27 years in the field, teaches various aspects of Yoga and Indian philosophy. She holds a Master's degree in Indian Philosophy from Mumbai University.

The three sessions will be on Samkhya philosophy as applied in everyday life with dynamic meditation and other Yoga practices.



Angela Hope-Murray has been in practice for over 40 years and has trained as a podiatrist and osteopath and holds masters degrees in both nutrition and Ayurveda. She began training in ayurveda with Dr Vasant Lad in 1986 and continued her education in India and at Middlesex University. She has written 'Healing and Ayurveda' and 'Ayurveda For Dummies'. She lectures around the world on ayurveda and continues in private practice.

Nutrition and Ayurveda class: using spices in cooking and therapeutically in Ayurveda. Discover the ancient system of Ayurveda for conscious and healthy living which originated in India more than 5000 years ago. First introduced to the West in the late 1960's, it is often referred to as the science of life (Ayur = life; Veda = science or knowledge).



Ram Vakkalanka is an internationally known Nada Yogi, Yoga philosopher, Sanskrit expert and Meditation instructor. Ram belongs to the spiritual lineage of the ancient Yogi Dattatreya and is a master of Nada Yoga which teaches us to rise above the noise, go deep into our heart and discover an inexhaustible source of inner peace, health and strength.

Friday: "Cleansing Mento-Emotional blockages through Nada Yoga." Ancient melodies on the Sitar will balance the five elemental energies and remove mento-emotional blockages. With guided Meditation.

Saturday: "Revitalize yourself through Chakra-cleansing." Melodies created by the ancient Yogis of India to balance the Energy Centers (Chakras).

Sunday: "Sealing in the Energy through Mudras." The Sanskrit word Mudra means 'sealing or locking in'. Mudras involve specific ways of intertwining the fingers to ignite and seal in subtle Energy.



Pundit Radheshyam Mishra has been teaching Traditional Classical Yoga of India across the world since 1993. He is a direct disciple of Dr. Jayadeva Yogendra in the lineage of Shri Paramhans Madhavdas. Pundit Mishra is the Founder Director of Ujjain Yoga Life Society International, member of Indian Yoga Association, Council of Yoga Accreditation International, International Board of Yoga, Advisor Member of World Yoga Council and International Yoga Federation.

Friday: "Meditation for Emotional Balance."

Saturday: "Inner Journey - Meditation."

Sunday: "Heal Yourself with the Right Diet - The Food Therapy."

Masters & Teachers



Sri. Vijay Gopala is a certified senior Yoga Teacher from Mysore, India - the southern capital of the Yoga world. He has been teaching Yoga for more than 20 years and has completed a degree in science and two Master degrees - one in Philosophy and another in Yoga. Sri. Vijay Gopala has a unique expertise in bringing the Yoga philosophy as an experience on the Yoga mat. In 2012 he founded Yoga Gita to spread the message of 'Yoga as it is'. This approach centers on the practical adoption of the ancient Yoga philosophy on the mat.

Vijay has a full awareness of each person's ability and shares the teachings of Yoga with a rare warmth, humanity and wisdom required for any kind of transformation to take place.

Saturday: "Yogic science of practicing Sun Salutation as it is."

Sunday: AM "Yogic science of practicing Yoga as it is."

Sunday PM: "Yogic science of practicing Pranayama as it is."



Dr. Omanand is one of the chief disciples of Yugpurush Mahamandleshwar Swami Paramanand Giri Maharaj. His students are from 81 countries who become successful Yoga Teachers. He is simple, and compassionate. He is a merit holder throughout education & honored with various Awards. He is a scholar studied and realized various Ancient Scriptures. He guides Meditation-Yoga, Chidshakti Prakriya, yoga Therapy from small to large gatherings and has written 33 books on the topic.

"Being Blissful Meditation." Using consciousness Awakening Techniques, wake up the Inner Powers through Chidshakti Prakria. Learn the secrets and rid yourself of life's problems.



Ondy Wilson has been a Buddhist practitioner since 1979, and established a Buddhist group in her hometown (Yeshe Buddhist Group) in 2001. She has offered teachings internationally and has served as a FPMT (Foundation of the Preservation of the Mahayana Tradition) Touring Teacher since 2007. She has taught in Tushita Meditation Centre in Dharamsala, the seat of The Office of His Holiness the Dalai Lama, and also at Root Institute in Bodhgaya, where the Buddha attained enlightenment.

Managing the ego – our dirty little secret. To be authentic we must unveil the masks that create self-defence systems, locked into habitual tendencies and conditioning built up throughout our lives. This authenticity requires us to manage the ego. What do we mean by "ego" and how can we work with it to nurture the incredible resource of our enlightened potential that is often subdued or silent within us? Ondy will guide us through profound and necessarily testing Buddhist psychology and meditations to aid us in our journeys to discovering Ultimate Truth and the True Nature of the Self.



Sandra Barnes, co-founder of The Yoga Tree, has over 18 years experience teaching yoga. Starting her yoga journey in her early 20's in her home country, Argentina, and leaving not long after in search of the world's mysteries. Sandra teaches a wide and varied clientele, and her fitness background brings an in depth knowledge of the workings of the body, enabling her to make asana variations available to all abilities, ages, bodies and backgrounds.

Sandra loves learning, and sharing her finds through her own dynamic and creative style, based on a Vinyasa Flow. Her unbounded energy and wealth of knowledge, makes each class an eclectic mix of many influences, woven together to create a unique and innovative style. She starts all her classes with a grounding, and culminates them with a deep guided, relaxing meditation, and a healing sound bath.



Wonderlandia Tub blissing - definition:

verb informal: blissing:

reach a state of perfect happiness, oblivious of everything else in a "Wonderlandia hot tub"

Wonderlandia look forward to helping you Soak and rejuvenate your body in one of our traditional wood-fired natural Red Cedar hot tubs.

In addition you can relax in our spa area which includes our chill tent and extra area where you can drink chat and relax.



Find us on Facebook @Wonderlandia Hot Tub Wonderland
Instagram: wonderlandia2016

Masters & Teachers



Swamini Brahmaprajnananda Saraswati (Swamini ji) is a traditional Hindu monk and a contemporary teacher of Advaita Vedanta (knowledge of non duality/ oneness). Her greatest blessing was to be a student-disciple of H.H. Sri Swami Dayananda Saraswati ji (1930-2015), acknowledged as the greatest guru of Advaita Vedanta of his time. She received diksha, initiation into monkhood (Shankara bhagavatpada order of Dasanamis) from her guru on the banks of the Ganga, in India at the age of 40. A qualified psychologist, Swamini-ji's teaching style seamlessly flows from areas of self growth to self discovery of the vision of oneness.

Friday: "In psychology there is no solution. In Vedanta there is no problem." (Originally stated by Swami Dayananda Saraswati)

Saturday: "Who am I ?" (The only question worth asking and answering)

Sunday: "The ancient guide of dharma for all relationships and communication."



Swami Brahmadevananda Saraswati is a traditional and contemporary teacher of Vedanta. He believes that "Vedanta is not only for sadhus but very much for people who are living life to the fullest and who want more from life." Armed with this understanding, for more than thirty years, Swamiji has taught and reached out to different groups of people- students of Vedanta, students and teachers of yoga, seekers and people across all ages and stages of life.

Friday: "The perspective of Yoga and Vedanta on Turiya."

Saturday: "The perspective of Yoga and Vedanta on Samadhi."

Sunday: "How to be a Yogi 24/7."



Swami Svatmananda Saraswati has been a disciple of Pujya Swami Dayananda Saraswati since 2003, and completed an intense study of Vedanta in a traditional three-year course in 2007. Swami Svatmananda has devoted his life to Vedic knowledge. He counsels individually and lectures to groups worldwide on hatha yoga, meditation, Jyotisha (Vedic astrology), ayurveda (Vedic medicine), Vastu (Vedic architecture), Sanskrit language and Vedanta.

Friday: "Forgiveness - Breaking the chains of Karma." To make a mistake is Human. Yet, mistakes torment us, hurt us or drive us or others crazy. We feel guilt, shame, anger, etc. To break away from all this is to find a way to forgive those who have hurt us. We need to not only forgive others but to also forgive ourselves.

Saturday: "Karma Yoga." Karma yoga is not about volunteering in an ashram or doing free labour. It is about cultivating an attitude in dealing with life and all the tumultuous challenges it presents, in a manner that doesn't consume or harmfully affect us.



Swami Santatmananda is resident acharya at the Rishikesh ashram of Swami Dayananda and is currently conducting a three-year residential course on Sanskrit and Vedanta. His association and learning with Swami Paramarthananda early in his life sowed the seed and nurtured his interest in spirituality all along. He has further undergone intensive training in Vedanta and Sanskrit at the Arsha Vidya Pitham, Rishikesh under the tutelage of Swami Dayananda Saraswati.

Vedanta Satsang

The term Vedanta means in Sanskrit the "conclusion" (anta) of the Vedas, the earliest sacred literature of India. ... Thus, Vedanta is also referred to as Vedanta Mimamsa ("Reflection on Vedanta"), Uttara Mimamsa ("Reflection on the Latter Part of the Vedas"), and Brahma Mimamsa ("Reflection on Brahman").



Vikki Phillpott has been teaching under the banner of The Traditional Yoga Association since 2005. Practicing for almost 30 years she finds yoga both grounding and incredibly uplifting. She teaches a variety of classes and one-to-one's in South Oxfordshire.

Vikki feels that yoga is "truly for all! The diversity means there is a practice for everyone". "Enabling students to find their own practice, to explore the way the body can move and change is a joy". Her down to earth teaching reminds us to stay in the body, to remain present with each breath. There is a fun side to her teaching and always an encouraging reminder to smile, to yourself, your fellow students, your fellow human kind.

Masters & Teachers



Ram Banerjee is a student of Pujya Swami Dayananda Saraswati and has been running a meditation and Vedanta class in West Berkshire, UK for nine years during which he has developed the knowledge and a style of being able to introduce the complexity of the Indian Wisdom teachings to a western audience.

An introduction to Vedanta through an understanding of the nature of reality.

Friday: "Seeking Reality."

Saturday: "Discovering Reality."

Sunday: "Understanding Reality."



Lucy Crisfield asks burning questions about the Yoga Sūtras. Having studied Sanskrit for the past 10 years, and have taken her to the feet of Masters of the language: Satyanānda Shastri, Dr Stephen Thompson and Peter Harrison, who have all broken her down again and again as she tried to analyse the Yoga Sūtras and fit them into a box. Patiently they have tired her questioning mind so that she could feel the vast capacities held within the Sanskrit language.

Sanskrit & Yoga Sūtra immersion. What is it that makes Sanskrit a sacred language? What is its visceral connection to yoga? Explore the life force of the language through the vowel sounds and then delve into the sounds of Patañjali's Yoga Sūtras and discover what they truly mean.



Benjamin Parkes teaches Hatha yoga, drawing on many of the available traditional yoga practices in his classes and workshops. He trained for two years with the Traditional Yoga Association and qualified in 2008. He trains yoga teachers on behalf of the TYA and runs courses, workshops, retreats and a free YouTube channel, YogaBenTV.

Hatha Yoga

Hatha yoga is a branch of yoga. The word hatha literally means "force" and thus alludes to the system of physical poses (or "asanas").



Satish Sharma is General Secretary of the National Council of Hindu Temples UK, Chair of the British board of Hindu scholars. He is a frequent speaker in Parliament. As an accomplished YogaAcharya, he has taught in many countries as well as in many institutions including the British Army and NHS Hospitals and he has been working with friends and seekers, particularly those struggling with Depression for many years.

"Rebooting Yoga in Britain." As every Sadhaka knows the journey of Yoga is one of transcending twists and turns, obstacles and delusions and every once in a while even "dead ends". Has the practice of Yoga in Britain hit a dead end? Have we reached a plateau or are we preparing for an evolutionary leap forward? Where does "British Yoga" go from here?



Luci Trendle began her yoga journey almost 20 years ago and it had such a profound impact on her life that she very soon became aware that it was a fundamental part of her well-being. Such was her enthusiasm she was inspired to study with The Traditional Yoga Association®. In 2006 she qualified to teach, under the wing and wisdom of Swami Ambikananda.

"Complacency on the mat". During this class your awareness will be the essence of the practice. I will safely explore with you how doing something you frequently do, but slightly differently, can alter your experience. I will prompt you to be inquisitive of sensation, and to consider your own comfort zone, piquing your curiosity to question your own complacency on your mat.



Dr Ramesh Pattni (DPhil Oxford) is a renowned world authority on Yoga Psychology as explicated from Yogasūtra of Patañjali, the primary text of Classical Yoga. His research is focused on understanding the psychological dimension of the Yogasūtra and creating ways of applying this profound knowledge and wisdom in the modern context for mental well-being and spiritual unfoldment. He is also a long-time practitioner and teacher of Yoga and has conducted hundreds of talks, classes, seminars, workshops and retreats on Yoga and meditation.

"Beyond the Stretch and the Breath: What is Yoga Really?" An insight into the principles and practice of Yoga according to the Yogasūtra of Patañjali. Yoga is now a multibillion dollar commodity. What are all these practitioners practising? Is it just to make the body fit and flexible and make one feel calmer by breath control? Where did the forms of practice seen today in the yoga studios come from?

"The Pathway to Purusha: Yoga Meditation according to the Yogasūtra of Patañjali". Patañjali in the Classical text of Yoga called the Yogasūtra of Patañjali gives a highly systematic method of reaching the state of Kaivalya, a state of liberation, a transcendental state beyond the ego. Experience the meditative techniques.

Masters & Teachers



Yogi Kamal Singh is known for his energetic and motivating Ashtanga classes at Tattvaa Yogashala, an inspired yoga hall overlooking the Ganges River in Rishikesh, India. A class with Kamal includes powerful adjustments which safely teach students the depths of each asana. Students come from all over the world to take his classes and commonly practice with him for one or more months at a time. The results are often profound, students have returned home with straighter backs and clearer minds.

Friday: Mysore Ashtanga Yoga

Saturday: Art of Adjustment (Selective Asana)

Sunday: Foundation of Ashtanga Yoga



Mary Niker is a highly experienced and committed international yoga teacher based in the Thames Valley. She has over 20 years experience studying the Iyengar method of yoga with regular visits to India, including studying with the Iyengar family and B.K.S. Iyengar himself. Through this and her teaching in the U.K. and abroad, she has established herself as a vibrant, enthusiastic and inspiring teacher to the many yoga students she has taught.

Iyengar Family Yoga

Iyengar Yoga, named after and developed by B. K. S. Iyengar, is a form of Hatha Yoga that has an emphasis on detail, precision and alignment in the performance of posture (asana) and breath control (pranayama). The development of strength, mobility and stability is gained through the asanas.



Laura Finch has long been the seeker of truth. Having attended the Greenham Peace Camp where she met Swami Ambikananda, Laura began to realise a spiritual path was changing the world and yoga was a revolutionary act. Swami Ambikananda introduced her to Traditional yoga and Vedanta books of knowledge. In 1996 Laura had a serious motorbike accident. Yoga became pivotal/central in her taking responsibility for her own recovery and future life.

Moving without force into an interconnected body. We will look at how to gain movement without causing tension in the body. When we work at this level we can free ourselves from patterns of tension that hold us captive.

Yoga is to return us to our essential nature and spirit. We can feel inside our bodies root and ground into the earth without being too mental, yoga brings us into the present moment.



Angela Cresswell completed her training in a traditional Ashram in Southern India in the Sivananda lineage of Hatha Yoga and went on to teach in Thailand and India. After six months intense Sadhana (spiritual practice) in India, she returned to the UK and started Pradhupa Yoga in 2014. She returns to India each year to continue her studies and has completed Advanced Teacher Training, Yoga Therapy, Vedic Culture and Vedic Psychology courses.

“Sivananda Yoga.” A traditional Sivananda Hatha Yoga class incorporating the 5 points of Yoga as taught by Swami Vishnudevananda. This class will include some Chanting, Pranayama and Asana. Emphasis will be on breath and body awareness to bring a meditative quality to your practice.

“Heart of Yoga”. A traditional Hatha Yoga class incorporating the key concepts from the Bhagavad Gita, (Knowledge, Action and Love), to inspire you to overcome the ego and live a more Dharmic (righteous) life.



Rita Tchamitchian combines Hatha Yoga which is a beautiful mix of asanas (postures) with a flowing pace that only leaves you more addicted to yoga and want more of this ancient beautiful practice. Hatha yoga is a system of physical exercises essential to maintain muscle quality and flexibility as to keep the body young; and breathing control designed to activate, energise the body and gain control of the mind.

Her class combines strength, flexibility, endurance, balance. It is open for everyone, from the beginner's level to the advanced since options will be given for challenging postures.



Joe Hoare runs the Bristol Laughter Club, which is over thirteen years old and is the longest-running series of laughter yoga workshops outside India.. His own life changed when he ‘woke up’ about 25 years ago. He is the co-author (with the Barefoot Doctor) of ‘Awakening the Laughing Buddha Within’.

Sessions are dynamic, energising and life-enhancing!

Laughter yoga helps build resilience, reduce stress and anxiety, improve communication & connection, and increase mindfulness & happiness. Learn a natural, spontaneous, genuine approach.

Masters & Teachers



Yogachariya Jnandev is founder of the Yoga Satsanga Ashram in West Wales. Jnandev spent the first 33 years of his life in India, grew up in a Hindu household in rural Rajasthan. Jnandev studied Yoga academically acquiring an MSc in Yoga (gold medalist) and later became a sadhu for several years.

Friday: "Working on pranic energies through traditional hatha yoga."

Saturday: "Satsanga - yoga from mysticism to science."



Debbie Farrar was introduced to asana, pranayama, mantra and meditation in the 1970s, and has enjoyed a daily practice for almost 40 years. Inspired by nature, her mother and Godfrey Devereux; she began teaching yoga in 1999 and completed her Teacher Training with Satya Premananda in 2004. She started work on an interpretation of the Yoga Sutras, an ongoing project that forms the basis of her yoga teacher trainings that began in 2012 in Lancashire under the name Feel Now Yoga.

Yogasana as somatic self enquiry. Becoming more intimate with the present moment through the felt sense brings with it a deepening appreciation of the simple wonder of our inner space. A subtle moving meditation to guide you through the 5 koshas of deepening awareness.

Using Structure to Find Freedom. Structure and freedom in dynamic equilibrium. Refine your awareness of the body's structure to find freedom at the joints in a dynamic yoga posture practice. Using the lenses of sthira & sukha we will explore how the structure of the body can support the freedom of the breath.



Abigail Acquaviva started practicing yoga in 1997 and teaching in 2000, delighting in the teachings of Vanda Scaravelli. Having worked with several of Vanda's students, particularly Monica Voss and Diane Long, Abigail has been strongly influenced by the AcquaViva approach to the work, created by Marc Acquaviva. Together they created the Acquaviva School of Yoga, in 2011, which is dedicated to supporting each student participant in their personal journey towards liberating and embodying their essential selves through Yoga.

Abigail's class will be an enquiry into how a yoga practice is supportive to women throughout their lives and particularly in relation to pelvic health issues, such as post-natal recovery, endometriosis and prolapse. Abigail welcomes students to bring questions and she will endeavour to incorporate requests into the class. Ahimsa will be a central theme to the class and students will be invited to work with tapas while paying close attention to the needs of their body.



Sri Louise began her yoga practice at the Jivamukti Center in NYC in 1993, where she cites Allison West as her first and most inspiring Asana Teacher. Influenced by her own life as a Contemporary Dancer and specifically the field of Somatics, Sri teaches an integrative approach to Asana. Sri has conducted six yoga teacher training programmes on three different continents and is esteemed as a teacher's teacher.

Evolution of an Inversion. This workshop will explore the scapulohumeral rhythm in inversions without ever letting the legs leave the ground! Primary focus is Urdhva Vrksasana, Pinca Mayurasana and Sirsasana, as they all require the arm flexed in the glenoidhumeral joint. We'll pay particular attention to the diaphragmatic/psoas complex, connecting the arms, legs and prana to the spine for dynamic verticality. All levels welcome.



Samantha Howick is founder of One Yoga, dedicated to encouraging people to love more deeply and live more fully. Ancient wisdom provides the framework allowing us to tap into the power of love that regenerates, heals and transforms. Uncovering and aligning each person with their own dharma is a passion. Celebrating the renewable abundance of nature and its profound effect on our own body-mind-spirit. In cultivating awareness, a more enlightened understanding of the Self blossoms.

Yoga Nidra, means sleep with awareness. This ancient form of conscious deep sleep allows the conscious mind to recede. In this state, you will melt into deep relaxation and mental calm. Yoga Nidra restores, renews and rests the layers of the body and mind. The natural healing wisdom of the body is awakened and illuminated. You will be guided to a place of supreme stillness, peace and insight. This simple yet profound technique is practiced lying down. Be sure to wear comfortable clothes and bring a towel or blanket to keep warm if desired. We will begin the session with a few gentle postures to align the energy of the body and will end the session with a soft integrative sound bath.

Useful Information

Medical & Welfare

Please find a steward for help, visit the First Aid Tent or Information Tent.

Stewards

For help, please ask anyone in an orange coloured World Yoga Festival T-shirt.

Food & Drink

Food/drink is provided by different food outlets in the main area and Chai Tent. All food is 100% vegetarian, with vegan and gluten-free options also available. Please inform the servers if you have any food allergies. World Yoga Festival does not sell alcohol anywhere on-site. Please remember to keep hydrated throughout the day.

Recycling

Please help us recycle by putting waste into the correctly labelled bins.

Mobile Phone Charging

Subject to availability, limited mobile phone charging is available from the Box Office for a fee.

Toilets & Showers

Toilets are situated in all arena and camping areas. Shower facilities are situated in the Camping area.

Valuables

Please look after your valuables. The festival cannot take any responsibility for lost/stolen items.

Cash

Limited cash is available from the Box Office for a fee.

Swimming

Swimming in the lake is entirely at your own risk and may be dangerous. Sharp rocks/stones/shellfish may cause injury.

Dogs/Pets

With the exception of assistance dogs, animals are not permitted onto the festival site.

Lost Property

Please visit the Information Tent for lost property.

Train Times

The nearest train station is Pangbourne, and the last train for London leaves at 23.36 on Friday, 00.04 on Saturday and 22.43 on Sunday. Please visit the Information Tent for more details.

Local Taxi Numbers

Pangbourne Taxi Service: 01491 671979
Pang Valley Private Hire: 0118 984 1000
Chrissie's Cabs: 01491 682412
Murdochs Taxi: 01491 872029

Shuttle Service

A minivan shuttle service will operate at peak times between Pangbourne train station and the festival site. Please visit the Information Tent for more details.

Leaving The Site

Please leave no trace when vacating the campsite.

Thursday Timetable

Thursday 19th July 2018				
Time	Space Tent	Air Tent	Fire Tent	Water Tent
17.00 – 17.30	Gates Open to All Ticket Holders			
17.30 – 18.00				
18.00 – 18.30				
18.30 – 19.00	18:00	18:30	18:30	18:30
19.00 – 19.30	Puja at Lakeside	Sandra Barnes Yoga	Dr Ramesh Pattni Beyond the stretch and breath what is Yoga really	Samantha Howick Yoga Nidra
19.30 – 20.00				
20.00 – 20.30	20:00	20:00	20:00	20:00
20.30 – 21.00	Welcome Ceremony with Odissi Dance by Parcheeti Dange and Concert by Jyotsna Srikanth			
21.00 – 21.30				
21.30 – 22.00				

Friday Timetable

Friday 20th July 2018							
Time	Space Tent	Air Tent	Fire Tent	Water Tent			
6.00 – 6.30							
6.30 – 7.00							
7.00 – 7.30		7 : 00	7 : 00	7 : 00			
7.30 – 8.00	Zubin & Uday* Iyengar masterclass 1	Andy Curtis & Michael Hutchinson KYM Pranayama and Chanting 9 : 00	Vikki Philpott Traditional Yoga Association 9 : 00	Kamal Singh Ashtanga Yoga 9 : 00			
8.00 – 8.30							
8.30 – 9.00							
9.00 – 9.30							
9.30 – 10.00	Nikki Slade Kirtan 9 : 30	Breakfast 9 : 30	Ram Banerjee Seeking Reality 9 : 30	Mary Niker Family Yoga 10 : 30			
10.00 – 10.30							
10.30 – 11.00							
11.00 – 11.30							
11.30 – 12.00	Sheila Whittaker Gongs for Vitality & Strength 11 : 30	Damini Dalal Samkhya Philosphy, meditation & Yoga 11 : 00	Sw. Brahmanidananda Yoga & Vedanta on Turiya 11 : 00	Laura Finch Connected body yoga 11 : 30			
12.00 – 12.30							
12.30 – 13.00					Sw. Ambikananda Pranayama: Ancient & Modern 12 : 30	Angela Cresswell Sivananda Yoga 12 : 30	
13.00 – 13.30					Angela Hope-Murray Nutrition and Ayurveda 13 : 30	Rita Tchamitchian Hatha Yoga 13 : 30	
13.30 – 14.00							
14.00 – 14.30		Lunch					
14.30 – 15.00	Zubin & Uday* Iyengar masterclass 2 14 : 30	Ram Vakkalanka Emotional Cleansing - Nada Yoga 14 : 30	Sw. Santatmananda Satsang 14 : 30	Joe Hoare Laughter Yoga 16 : 00			
15.00 – 15.30							
15.30 – 16.00							
16.00 – 16.30							
16.30 – 17.00	Dr Nagendra Global outreach of Yoga Therapy 16 : 30	Pt. Radheshyam Mishra Meditation for Emotional Balance 16 : 00	Sw. Brahmaprajananda Psychology vs Vedanta 16 : 00	Janandev Pranic Energies through Hatha Yoga 17 : 30			
17.00 – 17.30							
17.30 – 18.00							
18.00 – 18.30							
18.30 – 19.00		Swami Jyothirmaya Sivananda Yoga 17 : 30	Lucy Crisfield Sanskrit and Yoga Sutras 17 : 30	Debbie Farrar Yogasana as somatic self enquiry 19 : 00			
19.00 - 19.30		19 : 00	19 : 00				
19.30 – 20.00		Dinner					
20.00 – 20.30	Prabhat Rao Indian Classical Concert 20 : 00						
20.30 – 21.00							
21.00 – 21.30							
21.30 – 22.00							
			Please Note:		15 Minute Changeover		

* Please bring a mat, belt and blanket

Saturday Timetable

Saturday 21st July 2018					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	
6.00 – 6.30					
6.30 – 7.00					
7.00 – 7.30		7:00	7:00	7:00	
7.30 – 8.00	Zubin & Uday*	Andy Curtis & Michael Hutchinson	Ben Parkes	Kamal Singh	
8.00 – 8.30	lyengar masterclass 3	KYM Pranayama and Chanting	Hatha Yoga	Ashtanga Yoga	
8.30 – 9.00		9:00	9:00	9:00	
9.00 – 9.30		9:30	9:30	9:30	
9.30 – 10.00					
10.00 – 10.30					
10.30 – 11.00	Sika sound journey	Damini Dalal	Ram Banerjee	Laura Finch	
11.00 – 11.30		Samkhya Philosophy, meditation & Yoga	Discovering Reality	connected body yoga	
11.30 – 12.00	Dr Nagendra	Vijay Gopala	Sw. Brahmapadananda	Angela Cresswell	
12.00 – 12.30	Prana - flow of subtle energy	Yogic Science of Sun salutations	Yoga & Vedanta on Samadhi	Heart of Yoga	
12.30 – 13.00		12:30	12:30	12:30	
13.00 – 13.30					
13.30 – 14.00		13:30	13:30	13:30	
14.00 – 14.30	Sheila Whittaker	Ram Vakkalanka	Lucy Crisfield	Debbie Farrar	
14.30 – 15.00	Gongs for Emotional Balance	Chakra Cleansing - Nada Yoga	Sanskrit and Yoga sutras	Using Structure to Find Freedom	
15.00 – 15.30		15:00	15:00	15:00	
15.30 – 16.00		Pt. Radheshyam Mishra	Sw. Brahmaprajananda	Abigail Acquaviva	
16.00 – 16.30		Inner Journey Meditation	Who am I	Women's Yoga for pelvic health	
16.30 – 17.00		16:30	16:30	16:30	
17.00 – 17.30	Zubin & Uday*	Dr Omanand	Sw. Svatmananda	Sri Louise	
17.30 – 18.00	lyengar masterclass 4	Being Blissful Meditation	Karma Yoga	Evolution of an inversion (Yoga)	
18.00 – 18.30		18:00	18:00	18:00	
18.30 – 19.00		Onky Willson	Satish Kumar	Samantha Howick	
19.00 – 19.30		Managing the Ego	Rebooting Yoga	Yoga Nidra	
19.30 – 20.00		19:00	19:00	19:00	
20.00 – 20.30					
20.30 – 21.00					
21.00 – 21.30	Shammi Pithia & Band				
21.30 – 22.00					
* Please bring a mat, belt and blanket				Please Note: 15 Minute Changeover	

Sunday Timetable

Sunday 22nd July 2018					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	
6.00 – 6.30					
6.30 – 7.00					
7.00 – 7.30		7:00	7:00	7:00	
7.30 – 8.00	Zubin & Uday* Iyengar masterclass 5	Sandra Barnes Yoga	Luci Trendle Complacency on the mat Traditional Yoga Association	Kamal Singh Ashtanga Yoga	
8.00 – 8.30		8:00			
8.30 – 9.00		Onidy Willson Compassion Meditation			
9.00 – 9.30		9:00			
9.30 – 10.00		9:30	9:30	9:30	
10.00 – 10.30	Prabhat Rao Hindustani Classical & Spiritual Music	Damini Dalal Samkhya Philosophy, meditation & Yoga	Ram Banerjee Understanding Reality	108 Sun Salutations	
10.30 – 11.00					
11.00 – 11.30					
11.30 – 12.00					
12.00 – 12.30	Dr Nagendra Cyclic Meditation*	Vijay Gopala Yogic Science of Yoga	Sw. Brahmadevananda How to be a Yogi 24x7	Rita Tchamitchian Hatha Yoga	
12.30 – 13.00		12:30	12:30	12:30	
13.00 – 13.30		Angela Hope-Murray Use of Spices in Ayurveda	Dr Ramesh Pattni Pathway to Purusha (Yoga Meditation)	Mary Niker Family Yoga	
13.30 – 14.00		13:30	13:30	13:30	
14.00 – 14.30			Lunch		
14.30 – 15.00	Sheila Whittaker Gongs for Spiritual Insight	14:30	14:30	14:30	
15.00 – 15.30		Ram Vakkalanka Sealing energies through mudras	Sw. Santatmananda Satsang	Abigail Acquaviva Women's Yoga for pelvic health	
15.30 – 16.00		16:00	16:00	16:00	
16.00 – 16.30		Pt. Radheshyam Mishra Heal yourself with right diet	Sw. Brahmaprajananda Relationship and communication	Sri Louise Evolution of an inversion (Yoga)	
16.30 – 17.00	Zubin & Uday* Iyengar masterclass 6	17:00	17:30	17:30	
17.00 – 17.30		Dr Omanand Being Blissful Meditation	Vijay Gopala Yogic Science of Pranayama	Joe Hoare Laughter Yoga	
17.30 – 18.00		19:00	19:00	19:00	
18.00 – 18.30					
18.30 – 19.00			Dinner		
19.00 – 19.30					
19.30 – 20.00		20:00			
20.00 – 20.30	Sika Deer and his Music				
20.30 – 21.00					
21.00 – 21.30				15 Minute Changeover	

* Please bring a mat, belt and blanket

Please Note:

A woman with curly hair is performing a handstand against a red telephone booth on a city street. She is wearing a grey long-sleeved top and white underwear. The background shows a city street with buildings and a car.

sculptmode

Sculptmode equates to superior athleisure apparel for males and females alike. The performance range incorporates all of the latest technologies required to help you on your way to breaking boundaries and pushing yourself to the limit. The term athleisure best describes the range Sculptmode entails, from being able to handle the most intense situations to chilling out and meeting up with friends at the coffee house. The sculpted fit of the apparel provides the body with agile and flexible support whilst enhancing the sculpted look of the body!

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10% of profits are donated to the World Wildlife Fund to benefit our planet's health.

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for comfort,
no matter
how I’m
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Forbes



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Sally Johnson



**“...all I can say is that this
fit and quality is unreal...”**

Amandeep Minhas



**“High quality kit with a
excellent fit! Would
highly recommend this
company great service!”**

Tristan Allen



**“You can feel the energy
and passion behind the
brand to create a com-
munity and bring some-
thing new & different.”**

Swaggy Doo

www.sculptmode.com



Entertainment



Nikki Slade is a leading pioneer in the field of chanting, core voice and sound work in the UK. Nikki has inspired thousands of individuals to chant and has led chanting workshops for many corporations including M&C Saatchi, Deutsche Bank and Cisco. She has also taken her cutting edge approach to working with the voice into Wandsworth men's prison and she is the resident voice facilitator at the Priory hospital in North London where she has impacted the recovery of hundreds of addicts over the past 13 years.



Jyotsna Srikanth is the most sought after South Indian Carnatic violinist in Europe and composer known for her versatility and ability to collaborate with different genres seamlessly and with ease. Jyotsna Srikanth started her musical career at the age of nine from her mother Rathna Srikantiah and later from R. R. Keshavamurthy, the legendary seven stringed violinist. She has flourished as a performer and composer, exploring lush ground in the crossover between Indian music and a variety of world music & contemporary flavours. Her violin playing has a nice blend of musical expression and emotion with good technique, a result of three 'decades of experimentation' as per a critic. Ms. Srikanth is featured in many major global music events including WOMAD - UK, Red Violin Festival – Wales, BBC Proms, Royal Albert Hall, South Bank Centre, Barbican, The Music Academy - Chennai.



Sika Deer leapt into the UK music scene over 20 years ago, emerging at the forefront of tribal music in the 80's, and was immediately recognized as a gifted Didjeridoo player. Through merging ancient and contemporary instruments, Sika's music crosses the lines between world, ambient dance and acoustic trance, with a deep sense of reverence. His instrument bundle includes the Didjeridoo, Taos Drum, Shells, Ocarinas, Rattles and Shakers, Hoop Drums, Native American Flutes, as well as synths and electronica. Sika's life is based on the medicine wheel teachings, emphasising that we are here to walk in balance and beauty within ourselves and nature. In his shows and concerts, Sika shares anecdotes and stories based on personal experiences, plus a wealth of information, facts and wisdom relating to the instruments and the cultures they originated from.



Prabhat Rao is a leading Hindustani Classical Vocalist of the younger generation based in London. He has been trained under Guru Chandrima Misra of the Patiala Gharana for the past 12 years at Bharatiya Vidya Bhavan, London. He holds a Masters in Music from the University of London and has presented recitals at various venues and events in the UK, Europe, India and Singapore. He has recently been awarded the Yuva Sangeet Ratna award by Milapfest in recognition of his contribution to South Asian arts in the UK.

Prabhat's music has been very well received by audiences and his ability to spiritually connect to listeners from various backgrounds is unique. He is sure to leave every "seeker" more inspired and more connected with their true self!

Entertainment



Shammi Pithia is a creative composer and producer walking in the shadows of great artists such as Nitin Sawhney, who along with other major artist Talvin Singh, have praised Shammi and his music.


A major endorsement of Shammi's ability came in Holland where Shammi performed with full band in Rotterdam. This concert was honoured by the living legend of Classical Indian music Pt. Hariprasad Chaurasia who flew from India especially to see the concert.

Shammi has been commissioned by the Spanish National Dance Company and has recently collaborated with dancer Vidya Patel and the Sujata Banerjee Dance Company to create a piece that he and Vidya then went onto perform at the live final of BBC Young Dancer of The Year 2015 (BBC2) which reached an audience of over a million in the UK alone.




Pracheeti Dange is a renowned professional Odissi dancer from India now based in London. She has choreographed and presented various compositions in Odissi celebrating and showcasing the Yogic philosophy.

She has been dancing Odissi for more than 15 years now and has performed in many prestigious concerts and festivals all over India and UK. To name a few: Illuminating India Science Museum London (attended by HRH Prince Charles and the Prime Minister of India Mr. Narendra Modi), UK Parliament, Nehru Centre High Commission of India London, Pune festival, National Centre for Performing Arts.



Sivananda Summer Yoga Retreat

Snowdonia National Park in North Wales
Saturday 25 August – Wednesday 29 August



Sivananda Yoga Vedanta Centre
Founder Swami Vishnudevananda. Est 1957
Tel: 020 8780 0160 • London@sivananda.net
sivanandalondon.org • sivananda.eu



Joe May (aka Mr Wow) creates an original style of street-theatre performance, where a character moves beyond just tricks. He uses mask, physical theatre, clown, mime, juggling and acrobatic/physical tricks to tell stories, creating play and laughter as well as a deeper human recognition. The Mr WOW show is exactly what it says. This bendy foolish chameleon like clown loves anything that makes him "WOW"! Highly infectious and ridiculous.

Mr Wow will perform a family show as part of the GOTRA Yoga Family Area.

GOTRA Yoga family area

Gemma Alexander, Gotra Yoga, is the Co-Ordinator and lead Yoga Teacher within the Family Area at the World Yoga Festival.

Gemma is supported by her 'Gotra', Family, and they all work together. This is a talented loving team of yoga teachers, artists, storytellers, tipi creators, glitter fairies and herbalists. The Family Area's secret is: 'Things are better, done together'. They share Mealtimes, Yoga and Play.

Benefits of children's yoga and mindfulness

- Body awareness
- Gross and fine motor co-ordination
- Confidence
- Enhancing self-esteem
- Improved communication - verbal or nonverbal and hence greater social interaction



In a magical corner of the festival,
Children will gather and parents too
For art, storytelling, asanas, meditation,
Just to name a few!

As a family we grow together,
Through yoga we marvel creation,
Sharing this journey with children,
Our future generation

So calling all Families!
Come, hear a story, create some art
Practice some asanas and meditate
With an open, playful heart



We only have one rule in the Family Area:
DO NOT LEAVE YOUR CHILD WITH US!

In Gotra Yoga Family Area, we have activities for those wee newborns to those coming into adulthood. The Family Area is a Family Area, not crèche. All children must be accompanied by an adult UNLESS they are competent and confident enough to have walked over to the area on their own and are able to orientate themselves at the festival. Again, NO adult is permitted to leave a child at the area. We hold no responsibility for any children at the festival.

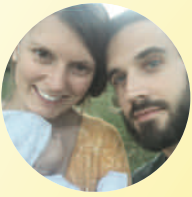
In the family area everyone is encouraged to explore.
This may involve some mess, be prepared!



Family area timetable

Time	Yoga Space	ART, Craft, Sensory Space	Tipi Circle	Transformation Area
09.00	AREA OPEN			
09.30	Yoga under 5	Yoga 5+		Bob Yoga
10.00	Fri & Sun with Chillax Kids, Claire Hutchins Sat - with YO!ga, Ellen Clinch	Fri & Sun with YO!ga, Ellen Clinch Sat - with Chillax Kids, Claire Hutchins	Baby Massage Sun - with GroYoga Leah Mcgrath	All ages with Genius Ideas with Guest Yoga teacher
10.30	Mother and baby, toddler Yoga (under 5) Fri & Sat with GroYoga Leah McGrath	Herb Workshop (5+) Fri – Gathering Plants and Flowers with Laura Sanna Sat – Preparing Medicine Water with Laura Sanna	Circus Games and Free Play with Fay and Adam Rickwood	Glitter and Face Painting Fri & Sun with Alisha and Annabel Sat with Tara and Min
11.00		Sun – Making Flower and Leaf Mandalas with Sarah smith		Meet with Katherine to scavenge!
11.30				
12.00			Stories with Malaki	
12.30	Gotra Yoga Family Area Closed for lunch			
13.00	13.00 – Dining Area/Outside Space tent 'Bob Yoga' with Genius ideas & Guest Yoga Teachers			
13.30				
14.00	Art Workshop (all ages)	Baby Sensory with Caroline Alexander	Circus games & Free Play	Glitter & Face Painting
14.30			Fri & Sat , with Fay and Adam Rickwood	Fri – with Tara and Min
15.00	Imaginary World with Paint Write Now, Katherine Smith	Art Workshop (All ages) with Kate and Gina Shorey Fri – Water: Tie Dying Fabric and Marbling Paper Sat – Air: Making Prayer flags Sun – Earth: Sand drawings and Clay Sculptures		Sat – with Alisha and Annabel
15.30				
16.00	Teen yoga:	Herb Workshop (under 5)	Story Workshop (5+)	
16.30	Fri - Yoga Gym (12+) Sat – Family Yoga (all ages)	Fri – Making Rose crowns with Sarah Smith Sat – Making lotions and potions with Sarah Smith		
17.00	Sun - Partner and Acro (12+) with believe in yoga, Sue Davis	Sun – Creating with dried herbs and flowers with Laura Sanna	With Newbury storytellers	
17.30	Family Yoga Nidra (all ages) Fri & Sun with Samantha Howick			
18.00	Sat – Closed to prepare for Camp Fire.			
	AREA CLOSED			

Children's Teachers



Gemma Alexander is the brain child behind Gotra Yoga and indeed the Family Area. She is supported by Alexandre Rahir, her beloved, to co-ordinate the whole area, ensuring the Families at the festival have the best selection of Yoga teachers, playful and fun workshops and happy volunteers. Their new born baby, Anna, will be making an appearance in the area this year too! Gotra translates to 'Clan'. In the Family Area, we are uniting our Clan through Yoga. Yoga is a lifestyle for Gemma and Alexandre. Gemma teaches Adult, Family and Child Yoga in various parts of the world. Alexandre has a business as a Life Coach and NLP practitioner. They both love creating, exploring and bringing people together! You can find Gotra Yoga on Instagram, Facebook and online.



Ellen Clinch has been a Primary School Teacher for 15 years. In March 2015 whilst on maternity leave, she decided to take a leap of faith, and combine her two loves in life; children and yoga, to train to be a children's yoga teacher. Since then she has been having much fun doing classes in her local primary school and preschools as well as Family Festivals, Family Yoga workshops and Local Community Centres. Last year she had the privilege to run some sessions in Dunkirk at The Children's Refugee Centre. Ellen trained in the Yoga Bananas Technique, an established method of teaching yoga to children incorporating all the elements of traditional yoga in a fun, inspiring and structured way. This technique helps children to nurture a positive image of themselves and others and teaches children that yoga is a science of both the body and the mind. In February 2018 she completed her Special Yoga qualification so is now able to offer yoga for children with ADHD and Autism. Ellen will be teaching three classes of Yoga to those under 12 in the Family Area.



Leah McGrath is a Registered (200 hours) Yoga teacher with specific interest and training in Yoga for Women during the Perinatal period and beyond and also for families and children. Leah is a mum to three daughters aged 13 months, 3 and 7. She grew up in a large family surrounded by lots of babies and children! She spent 10 years working in training and HR and has always found huge satisfaction in nurturing others to reach their full potential. She has also practiced yoga for about 11 years, particularly since her first pregnancy, as a way of maintaining a positive and relaxed outlook during times of stress. At the beginning of 2013 she decided to take the plunge and bring her passions for supporting others together with her keen interest for all things birth, baby and child and enthusiasm for Yoga to train as a Registered Yoga Teacher with additional training to enable her to support Mums-to-be and new Mums during this special time in their life. Leah will be holding two parent and baby yoga classes and a baby massage class in the Family Area.



Sue Davies has been practicing yoga for approximately 12 years. She works with vulnerable young people and is passionate to use the benefits of yoga and mindfulness to help young people. Since 2014 she has attended training in children's, family, community, adult, mindfulness, parent and baby, healing trauma through yoga and also trauma informed youth professional studies. In 2016 Sue wrote the first of many workbooks and classes that can help children aged 7 to 12 years learn the fantastic tools of yoga, mindfulness in a trauma sensitive way that should they have experienced adverse childhood experience will help support their own natural bodily healing. Sue is very passionate and dedicated to her work in this area and is very happy to be with us at the festival this year. In the Family Area, Sue will be teaching Partner and Acro Yoga for teens, creating a Yoga Gym for teens and leading a Family Yoga Class.



Claire Hutchins has been a Primary School Teacher for over 25 years and taught across the ages from 3-11. She is a qualified Mini Me Yoga Ambassador sharing with adults the wonderful benefits of doing kids yoga and mindfulness everyday with children. Claire enjoyed taking part in the Cosmic Kids Yoga Teacher training and completed the 27 hour Rainbow Kids Yoga training. Claire is also a Story Massage Practitioner. Claire really enjoys her weekly yoga classes at 'Addington' Special Needs school in Reading, Berks where working with children who have Autism, ADHD and physical difficulties. Claire loves to play the guitar, ukulele, clarinet and piano and teaches these instruments to children and adults. With these two loves, yoga and music, Claire set up Chillax Kids. I am DBS checked, first aid trained and fully insured. Claire will be bringing Yoga to children under 12 at the festival, in addition to playing music. She will also be holding a Story Massage Workshop.



Kate Shorey is a recent graduate from her Bachelor of Arts degree at Falmouth University, and has since been working for Reading Arts. She has previously volunteered for a surf therapy charity and currently volunteers at the Rising Sun Art Centre. She aspires to complete a masters degree next year specialising in art therapy and community arts, and is passionate about running arts workshops with a range of communities. Kate will be leading three Art workshops in the Family Area. She will be incorporating the theme of the five elements to bring tie dying fabric, marbling paper, sustainability focused collaging using recycled and natural materials and prayer flag making with all the families.

Children's Teachers



Laura Sanna is a Medical Herbalist with a background in environmental conservation and extensive experience working with children and adults with learning difficulties. Learning about herbs and their properties provides a powerful connection to our past, which is at risk of being lost. Laura is interested in the rediscovery and preservation of traditional healing practices around the world, and intends to promote through her work a cultural, intergenerational exchange between children and their elders, and create opportunities for this to happen. Children are wonderfully responsive to Herbal Medicine, and receptive to the Earth's teachings. They are the perfect vectors for plant knowledge past and future. The first two workshops will be on creating a flower essence. Laura will be gathering flowers with the children, guiding them in the preparation of the mother essence, whilst explaining the medicinal values of plants and their application. From here the second workshop will be preparation of the medicine water for the children to take home with them. If time allows, both workshop will include the preparation of a step-by-step instruction sheet. Laura's third workshop is on tea and dried flower bags making.



Sarah Smith is a herbalist, massage therapist and doula. She specialises in all aspects of women's health from menarche to menopause and beyond. Sarah serves her local community as a doula in many ways - pregnancy, birth, post-natal and day-to-day life. Sarah believes that it takes a village and she is pleased to say has a strong tribe and village who show up for each other every day. Sarah used to work in a pre-school and a primary school and so has experience working with children. Sarah feels she has a gentle, open and empathetic approach. In the Family Area, Sarah will be creating Rose Crowns in a workshop, Flower and Leaf Mandalas in her second and Lotions and Potions in her third. She will also be holding a Red Tent area for the female teens who visit.



Fay Rickwood has been making Tipis for Glastonbury festival and beyond for 8 years. From this TotsTipis was born. Fay has created a tipi circle in the Family Area, equipped with soft rugs and circus toys. A safe and colourful space for children to play and explore!



Jess and Helen are Newbury Storytellers. Once upon a time in a land not too far away they met at a storytelling workshop and upon discovering that they both lived in Newbury decided to set up a storytelling club to practise their new storytelling skills. They enjoy many different styles of stories such as folktales, fairy tales, modern stories, local stories and spooky stories - especially when told around a camp fire! Jess and Helen will be bringing three storytelling workshops to the family area, each with a theme; weather, kindness and compassion and animals.



Genius Ideas are a group of volunteers from The Rising Sun Art centre in Reading who build wondrous things limited only by our imagination. They then use these weird and wonderful contraptions (such as giants and fantasy ships) in parades they arrange in town, as well as in-house or as part of other events. The Rising Sun Arts Centre is a small, independent arts centre in Reading, which for 26 years has been staffed and run by volunteers. Their programme includes a varied line up of high quality events and activities, all managed by volunteers without the benefit of core funding or full time staff. The centres aim is to create a space where creativity flourishes and people can come together to make things happen! Genius Ideas are bringing a Giant Yogi named Bob to meet all the families!



Caroline Alexander is a qualified Norland Nanny and mother to four children, Gemma being one of them! Caroline leads the Baby Sensory in the Family Area, bringing items she has made for the babies to explore through touch, sight and sound.



Mal Alexander is an expert in Storytelling, Gemma can vouch for that! Growing up he told Gemma and her four brothers stories of Pirates, Monsters, undiscovered galaxies and the aliens living there! Mal will be bringing his mind creations to the Family Area. He also hosts the Campfire on Saturday night.



Katherine Smith is passionate about inspiring children to become confident artists and writers. She has a degree in literature and is a current third year Fine Art student at UCA Farnham. Katherine has taught Creative Writing and Art for the last 10 years, currently in small groups in Wimbledon as Paint Write Now. As an artist, she practises conscious making: She makes sculptures and paintings, focusing on the sensations, thoughts and feelings that arise in her interactions with the materials in front of her as she makes. Katherine will be 'Building an Imaginary World' with the children at the festival. First they will brainstorm together what could be in the world. This will include wordless picture books, some talking, some scribbling. Then, they will start making using items scavenged from around the festival!

Light On Iyengar Yoga

By Zubin Zarthoshtimanesh



One person has given to yoga what yoga itself gave him years ago: a new life. Today, if people speak of 'Iyengar' and 'Yoga' in the same breath, it is to acknowledge the inspiring life journey of Bellur Krishnamachar Sundararaja Iyengar, better known as B.K.S. Iyengar or, reverentially, Guruji.

Yogacharya B.K.S. Iyengar's life story, in a way, is interconnected with the rise and spread of the ethos of Yoga across the world. If many countries now celebrate an International Yoga Day, it is mainly because of the seed of the idea planted by Guruji in a talk he once gave. To him goes the credit of making yoga respected as an art and a science, located within a rich philosophical framework.

In the beginning

But the wide recognition of Iyengar yoga as the global gold standard was preceded by a long and difficult journey for Guruji. When Sundararaja, then 16, started on the path of yoga, the odds were against him. He was a frail child during early years – over time, he had tuberculosis, bronchitis, malaria and breathing problems. This made him entirely dependent on others. The early death of his father and his family's precarious economic condition made it difficult for him to complete his education.

Then providence introduced him to the yoga master, Sri T. Krishnamacharya (who married Iyengar's elder sister). This changed the direction of Sundararaja's life and placed him firmly on the path of yoga. Soon, he was doing 12 hours of yog sadhana every day – and in these long hours, he began to glimpse the hope of another life – one that could be full of health, wisdom and knowledge.

The young man's determination to 'sink or swim with yoga' even in the face of debilitating circumstances like poverty, hunger and very little peer and family encouragement, saw him through this phase of his life. He started the next phase as a yoga teacher in Pune in the year 1938.

The birth of RIMYI

In Pune, the second key person after his teacher, entered Iyengar's life – his wife Ramamani. She gave him critical support and inspired him to become an author. His landmark book, *Light On Yoga*, was published in 1964 after a gestation period of 10 years.

But shortly after she put in place the foundation stone for a yoga institute in Pune, Ramamani

passed away in 1973. The flagship centre of Iyengar Yoga, the Ramamani Iyengar Memorial Yoga Institute (RIMYI), is named in her memory. Generations of practitioners from around the world have come to RIMYI to learn, study and get inducted in the ethos of Yoga. RIMYI is the inspiration for more than 500 Iyengar Yoga centres all around the globe.

The guru-shishya parampara at RIMYI continues with Guruji's eldest daughter Geeta and son Prashant, who have dedicated their lives to the pursuit of yogic education. Both continue to keep the flame burning bright with their teachings.

What is Iyengar Yoga?

In the high speed era that we live in, it is difficult to imagine a time when 'being still' was the way to evolve oneself. In the midst of this high connectivity, Patanjali's sutra 'sthira sukham asanam' becomes even more difficult to follow. But Guruji has shown us how to live the sutra through practice – he endeavoured to stay in all asanas with perfect equanimity for great lengths of time.

In an Iyengar Yoga class, a student was taught to perform asanas with three signature points of focus – detailed adjustments, precision and alignment. Through these and other pedagogical innovations, arose an 'Iyengar method'. This approach today guides millions in their quest for health and healing in the pancha koshas or the five sheaths of the human self – the physical, physiological, mental, intellectual and emotional.

Guruji's practice evolved, he writes in *Light On Life*, from a quest to integrate the annamaya kosha (the physical layer) with the anandamaya kosha (the bliss-enriched body). He never differentiated between the sole and his soul. As he said, "How can you think of meditating on the big Self when you don't even know what your little toe is doing?"

His insistence that we all learn to abide by Patanjali's dictum 'Tasmin sati' for the practice of pranayama was rooted in this recognition – that a student should attempt pranayama only after achieving a degree of mastery in asana practice.

In that sense, he was a purist as well as a revolutionary. Guruji insisted that the astanga yoga (eight petals of yoga) that Patanjali mentioned were inclusive and integrated practices and not steps on an evolutionary ladder, as imagined by some commentators.

His uninterrupted sadhana became the touchstone for his teachings. As his fame spread across continents, Guruji developed a reputation as the 'the last resort' teacher for people with chronic medical problems and little or no option but surgical interventions.

Among the millions who benefitted was the renowned violinist Yehudi Menuhin, who sought help for tired nerves. Guruji quickly gave him a practical experience of how to rest body and brain together with a deep shavasana. Menuhin became a committed student of yoga, and, after some years, gifted Guruji a wrist-watch with this inscription: "To my best violin teacher."

Over 70-plus years now, Iyengar yoga has become the mainstay for millions of practitioners globally seeking a cure for various problems. Their transformation from patients to dedicated students responsible for their own bodies and minds has become a defining ethic of the Iyengar system.

The body is the first prop

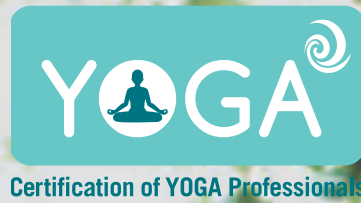
Guruji adjusted millions with his hands and legs with surgical precision to give them the healing benefits of this yogic science. He also conceived of a wide range of props to position the body, mind and breath of the practitioner in the mould of the yogasana. But to achieve this positioning, he would consistently remind his students, the 'body is the first prop.' The props were not meant to lessen human effort, only refine it.

From his innovative props arose a new approach to traditional yoga practices, and the use of props consolidated the healing and therapeutic value of yoga.

Everyday items like bricks, belts, blankets, chairs, sticks, stools, tables and benches were incorporated into the yoga practice. Guruji designed these and other props using his deep experiential knowledge of the human body. He refused to patent these designs and gifted away the props to benefit humankind.

Seekers of yog knowledge will forever find inspiration through the 24 books he authored, his 10,000-plus lecture-demonstrations and his abiding message: "Yoga is a light, which once lit, will never be dimmed; The better your practice, the brighter the flame."

Zubin Zarthoshtimanesh will be teaching Iyengar classes throughout the weekend at World Yoga Festival.




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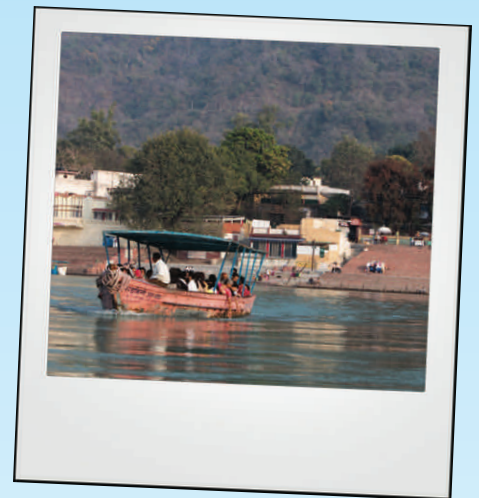
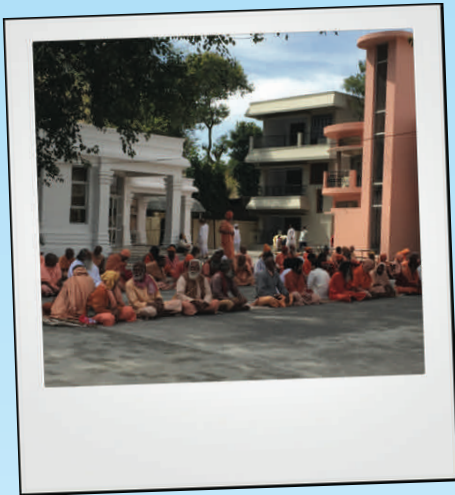


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Vedanta Camp, Rishikesh

7th - 16th March 2019



Tucked up in the foothills of the Himalayas is the sacred town of Rishikesh about 220km north east of Delhi. The river Ganges runs through the town with many ashrams on its banks. One of these is the Swami Dayananda Ashram set up by Pujya Swami Dayananda Saraswati who was the inspiration for the World Yoga Festival. Every year, the ashram runs residential camps where senior teachers give classes in English based on aspects of Vedanta non-dual teachings.

Sonali and I have been to many of these camps and they are beautifully authentic. The accommodation is clean and the food is cooked on site every day. Vegetarian breakfast, lunch and dinner are served by kind staff often with the assistance of camp attendees. Many times a week, one witnesses a 'Bandara' where local shadus (holy men) are invited to lunch donated by someone to say "Thank you".

The day starts with early morning puja and chanting for those inclined to attend followed by guided meditation before breakfast. Classes in the morning and afternoon are on various subjects including Vedanta, basic Sanskrit, chanting, Yoga asana and the evening ends with a satsang (gathering) for Q&A. This is total immersion but there are opportunities to go out and visit the town with its many stalls, shops, eateries, temples and ashrams. A quick ferry ride across the Ganges takes you to many ashrams on the other river bank.

Next year is a very special year for these camps since one of the world's greatest Vedanta teachers, Swami Paramarthananda, will be teaching. In his home town of Chennai, he is legendary and regularly attracts crowds of 1000 or more multiple times a week to hear him speak. He very rarely ventures out of Chennai let alone outside India so he may not be well known to you, but believe us - he is the best there is!

Camps are normally restricted to around 160 people and 2019 is already fully booked. However, Ram and Sonali were very kindly offered 20 places at the camp for World Yoga Festival attendees. The numbers have been reserved and 6 have already been taken. The package includes all classes, food and lodging. The camp runs 7th - 16th March and naturally you will have to get yourself to India and then to Rishikesh. Ram and Sonali will be going and are willing to guide any others that may wish to attend. You may care to combine this camp with any other activity in India - there is so much to see.

If you are interested in finding out more, please contact us at: contact@yogafestival.world and we shall be happy to discuss further.

Ram Banerjee



Photography © Ram Banerjee



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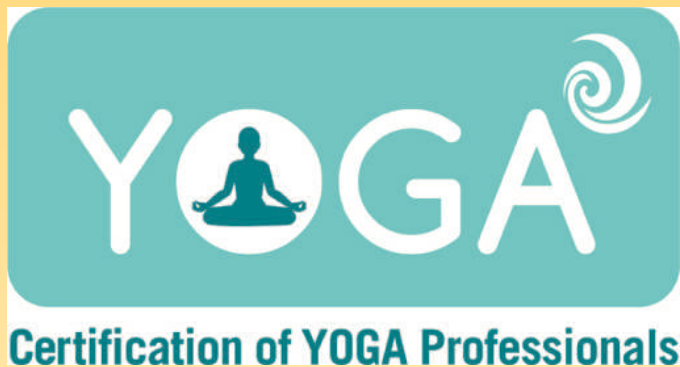
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A collage of images showing various products from Himalayan Crafts, including a blue beaded necklace, a colorful tree painting, a patterned shawl, and a pair of gold earrings.

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Festival Map



Beale Park, Lower Basildon, Reading, Berkshire RG8 9NW



Map drawn by Priya Banerjee
Programme design by Cristina Riveiros