

World Yoga Festival



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7th-9th July 2017
Official Programme

@WorldYogaFest
#WorldYogaFest

Save the date! World Yoga Festival UK, 20th-22nd July 2018

Welcome



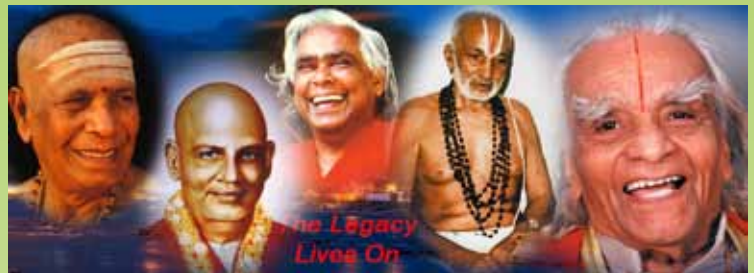
Dear friends,

The World Yoga Festival takes its inspiration from Pujya Swami Dayananda Saraswati and the other great masters of the authentic Yoga traditions. We seek the blessing of the great masters to perpetuate the priceless knowledge, which enlightens our path.

Sunday 9th July is “Guru Purnima”, the day to remember and pay homage to Adi (first) Guru Shiva, representing all Gurus everywhere. The word Guru is derived from two words ‘gu’ and ‘ru’. ‘Gu’ means darkness and ‘ru’ denotes the remover of that darkness. Therefore, a Guru is one who removes the darkness of ignorance. ‘Purnima’ is full moon. What a perfect time to gather so many lineages of Gurus in one festival ground. It is a true celebration and blessing. This is the festival of the ‘seekers’, the seekers of wisdom, knowledge, spirituality and peace.

The Festival is designed to be a wonderful long weekend of meditation, Yoga, Ayurveda, Astrology, Meditation and Non-Dual teachings. An opportunity to connect with our true selves through an authentic exploration into the eight aspects of yoga.

Everything you need to rejuvenate your life both at the physical and spiritual level is offered as a platter of delicious food. Some known favourites and others that are completely new. All guaranteed to be authentic and of great flavour. So come and taste. See what tickles your taste buds and discover an appetite for freedom and unlimited happiness.



Yoga brings about an awakening. Through mindfully moving, breathing and monitoring our thoughts we reap all the benefits of stress-free, successful living. We don't fall under the trance of day-to-day activity. Whatever we do, whatever we say, whatever we think becomes more meaningful, more in harmony with our natural state of being. This is how we learn to live fully. After a day of learning and contemplation, the evening is the time to let your hair down. Sit back, relax and revel as musicians take you into a different realm of experience. Give your mind a chance to rest and be with the moment of now.

One of the key objectives of the World Yoga Festival is for everyone to bring all that they are to the event. What does this mean? It means be curious, inquisitive and keen to learn and develop. Whatever your level of understanding and ability, knowledge has no limit. The World Yoga Festival has the capability to open your mind!

So, welcome to the second World Yoga Festival! Without judgment, immerse yourself in the teachings and then contemplate all that you learn and transform it into your truth.

With love and blessings,

Ram & Sonali

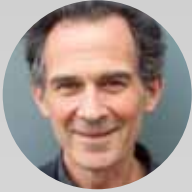
Ram & Sonali Banerjee, Festival Founders

Masters & Teachers



Tao Porchon-Lynch, at 99-years young has inspired millions across the globe - WWII French Resistance fighter, model, actress, film producer, wine connoisseur, competitive ballroom dancer, and yoga master. In 2012, she was named "Oldest Yoga Teacher" by Guinness World Records. Having studied with Aurobindo and BKS Iyengar in Pune and Mumbai, Tao learned how to tap into the incredible power all individuals possess but only few can access.

Discover the secret to boundless energy, vitality, and a fearless spirit with an inspirational talk and yoga practice. Tao shows us what is possible and stirs all of us to reach our highest potential regardless of age. Be enthralled by her journey while you learn her 'secrets' of vitality, mindfulness, resilience, and boundless energy. This guided conversation and multimedia slideshow is moderated by Tao's student/biographer, Teresa Kay-Abakennedy, Harvard-trained strategist and yoga teacher. Take the opportunity to ask questions only hindsight and living history can answer, and walk away ready to craft a fearless 'Tao-like-life'!



Rupert Spira was deeply interested in the nature of reality from an early age. At the age of seventeen he learnt to meditate, and began studying and practicing the teachings of the classical Advaita Vedanta tradition under the guidance of Dr. Francis Roles and Shantananda Saraswati, the Shankaracharya of the north of India, which he continued for the next twenty years.

Rupert will lead daily discussions on the essence of non-duality.

Non-Duality or 'Advaita' means the absence of duality - the notion that there is one and then another, the conscious experience of the subject with the object and the knower with the known. It is a state of oneness with the rest of creation, of the subject with the object, of the knower and the known or the lower self with the higher Self.



Zubin Zarthoshtimanesh came to Yoga, when quite young, 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 masterclasses.

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.



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. During the last 12 years she has specialised in using large, high quality gongs for her sound healing work.

Friday: "Gongs for the Mind". Discover the effect the gongs have on our minds and thoughts, followed by a long deep gong meditation for enhanced perception and mental clarity.

Saturday: "Gongs for the Body". Discover that gongs are an effective tool for relaxation and stress relief. Followed by a gong bath for deep relaxation and cellular renewal.

Sunday: "Gongs for the Spirit". Discover that gongs help to clear blockages on a spiritual level. Followed by a gong-sound journey which will result in a clearer vision of our true nature.



Craig Goldblatt, an Inspirational Speaker with over 16 years experience, has spoken at over 600 keynote presentations around the world. He challenges and inspires audiences to be their very best and to understand that who they are is enough. Craig's message has taken him to some of the most diverse countries the world - these combined experiences have given Craig an enhanced awareness of human identity, a one-of-a-kind asset for personal growth and loving who you are.

Living with Passion. You are magnificent. You were born lucky. You were granted a gift to be here, enjoying this amazing country you live in and what this stunning planet has to offer you, every single day. My message is about taking the audience on a journey into their Purpose, Intention, Identity, their Values and Beliefs. A real deep dive into who they are and what makes them tick, which values they see as their greatest assets, what identity do they portray to the world - is it real? On their rocking chair at the end of life, what would have been their reason for living, their legacy? Many see my speech as a life changing message, this goal is certainly my purpose each time I speak.



Chetana & Chidanand Thornton's yoga workshops are inspired by the mahatma Ammachi. Our roots are in bhakti yoga since we established awakenheart yoga in 2000. Together we open a sacred space to be moved from pranayama in asana woven through live vocal landscapes, harmonium and percussion, mantra and sound-healing.

The kirtan is often infused through our asana practice a flowing vinyasa bhakti yoga flow. The evening practice shares the bliss of restorative yoga therapy, nurturing asana and bodywork. Fluidity in movement awakens the spine, we are invited to move from inner body awareness unwinding cellular conditioning releasing core compensation and holding patterns, to awaken a new way of being and living as awareness. The yoga is our prayers in action, surrendering the 'I' to the greater whole.

Masters & Teachers



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.

Space Becomes Earth: The search for health, wellbeing and longevity has taken precedence over our search for Truth and eternity. In these three World Yoga Festival classes we will focus on the movement from the universal to the particular, from being everything to being something and 'somebody' ~ crying out like the poet Tagore, 'When will I find myself complete in myself.' In this consciousness the needs of survival force our attention onto our external environment. Engaging the tools of Chinese Medicine's meridians, Yoga's tattvas and Purusha Mantras, we will seek the way back.



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.

Friday: "The art of contentment". Satsang with Swami Jyotirmayananda.

Take a journey along the path to transformation. As you apply Swami Jyotirmayananda's teachings, your problems will gracefully dissolve, and you will begin to view your relationships and circumstances in the healthy light of wisdom.



Dr Madan Bali is founder of The Bali Method of yoga is based on the principle that the body is so well designed and equipped that it is self sufficient with a complete pharmacy of its own. Dr. Bali's Method provides a practical methodology to tap into the body's full potential for healing and wellness.

Dr. Bali has developed a unique method of yoga asanas, pranayama, bandhas, and kriyas, combined with a metaphysical approach for an evolution of consciousness. Also, his method helps integrate and refine the subtle body, transcending into infinite and timeless essence. Dr. Bali will be leading yoga sessions daily throughout the weekend.



Guru Dharam has taught Kundalini Yoga since 1979. He founded the Lotus Healing Centre, a multidisciplinary holistic facility, in London in 1989 and served as the Vice Principal of the London Academy of Oriental Medicine until 1997. His formal qualifications have been complemented by his intensive, interdisciplinary, postgraduate study of the esoteric -the Kabbalah, Mesoamerican Shamanic Dreaming, West African healing practices, and many years study of the Mastery Path, White Lotus healing, Black Hat Feng Shui, and the Red Thread empowerments.

Friday: "The Blockbuster: Breaking through Karmic Squares". Clear blocks known and unknown from your energy field. Then harmony and tranquility can prevail in your life.

Saturday: "Your Past Life Gifts: Recovery and Activation". Recover the buried treasure of your accomplishments from previous lives and bring them into the here and now.

Sunday: "Sound, Light and the Science of Ascension". Experience ascending into the realms of Light using specially selected Shakti infused sound current. This is a Kundalini Yoga workshop.



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.

Friday: "Third Eye Awakening Techniques". A once-in-a-lifetime opportunity to learn the secret techniques of opening the third eye from a Master.

Saturday: "Yoga Therapy for common ailments". Learn yogic techniques to reduce invisible ailments from our life. We experience true health through yoga therapy.

Sunday: "Being Blissful Meditation". (Consciousness Awakening Techniques) Wake up the Inner Powers through Chidshakti Prakria. Learn the secrets and rid yourself of life's problems.



Ananta is a long time disciple of Swami Vishnudevananda. He is an enthusiastic and joyful yoga teacher with a great love for asanas and a rich experience in sharing his knowledge with precision, humour and dynamism. He has been teaching hatha yoga in the Sivananda Yoga teachers' training course for over 15 years.

Saturday: "Finding physical and mental stability in the asanas". Asana class.

Sunday: "Pranayama: stimulating the solar plexus and calming the mind". Workshop.

Masters & Teachers



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". This workshop involves Nada Yoga style of music, Mudras, Mantras and guided Meditation.

Saturday: "Balancing the Chakras through Nada Yoga". Experience how musical notes become powerful Mantras and create vibrant, energetic and peaceful ambiance.

Sunday: "Practices for Optimal Living". Meditations for energy, the removal of blockages and uncovering your best self.



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: "Historical perspective as foundation for Yoga practice". In the session, the eight aspects and their interconnectedness will be explained with sutras.

Saturday: "Aim and purpose of Yoga through four essential definitions". We will see the harmony of Patanjali's definition of yoga presented in the Bhagavad Gita.

Sunday: "Understanding Samadhi". If the purpose of yoga is 'to abide in my nature', what does that mean? We see the resonance of this in a definition presented by the Gita referring to dissociation from our natural association with sorrow.



Swami Svatananda 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 Svatananda 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: "Introduction to Vedic Astrology".

Saturday: "Karma (Action-based) Yoga". Karma yoga is about cultivating an "Attitude Adjustment" in dealing with the daily trials and tribulations in one's life. Once accomplished, one gains the necessary qualifications to pursue the ultimate teachings revealed in the Upanisads.

Sunday: "Jnana (Knowledge-based) Yoga". A stress-free, stable and steady mind-set is a necessary requirement to help one begin a profound journey of self-discovery.



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.

Classes in non-duality (Vedanta) and meditation.

Non-Duality or 'Advaita' means the absence of duality - the notion that there is one and then another, the conscious experience of the subject with the object and the knower with the known. It is a state of oneness with the rest of creation, of the subject with the object, of the knower and the known or the lower self with the higher Self.



Amarjeet Bhamra is a lecturer, practitioner and author on India's Traditional Sciences. He has a strong interest in health, wellbeing and the environment and believes in the power of nature to help us all heal. Amarjeet believes in a holistic approach that enshrines the body, mind and soul, aiming to treat the cause not just the symptom of the disease thus helping the body release its healing potential. The aim of any holistic application is to empower the patients through knowledge and education.

Discover the Ayurvedic influence on food and learn more about the effects of spices and different foods within the body.

Ayurveda is an ancient system for conscious and healthy living which originated in India more than 5,000 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).

Masters & Teachers



Sri S. Sridharan is a Trustee and senior yoga expert at Krishnamacharya Yoga Mandiram (KYM). His learning was under Sri TKV Desikachar for more than thirty years and he also had the privilege of learning under Yogacharya T Krishnamacharya. He is well recognized within yoga society in India and abroad. With over forty years' experience, he is an expert teacher on all concepts of yoga like asana, pranayama and dhyana.

Sri S. Sridharan will share with us his insights into the subtle aspects of pranayama, the yoga of breathing. In their supporting sessions, Andy and Michael will be showing you how a pranayama practice can be developed from scratch, sharing tips from their many years of teaching experience. Above all, we will be emphasising the potential to befriend the breath and thus feel its subtle healing flow within.



Dr. Latha Satish is a long-time student of veteran yoga master Sri TKV Desikachar. Her initial training as a child was under Yogacharya Shri BKS Iyengar and she also has the distinction of studying under Sri TKV Desikachar for over 30 years and is a faithful torchbearer of his teaching tradition.

Chants as a tool for healing. One of T Krishnamacharya's most significant contributions has been the integration of healing chants from various sacred texts in his approach to yoga therapy. In the words of TKV Desikachar, "Chanting can open our hearts," and thereby it becomes a potent tool in the context of health and healing.



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.

Discover the ancient system of Ayurveda for conscious and healthy living which originated in India more than 5,000 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 Banerjee is a student of Pujya Swami Dayananda Saraswati and has been running a meditation and Vedanta class in West Berkshire, UK for five 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.

Friday: "Is the world an illusion?" Many who study Vedanta superficially come to the conclusion that Vedanta says that the world is an illusion. This talk will attempt to dismiss this notion.

Saturday: "Are we all One?" An often-used phrase used by 'spiritual' people is that we are all one. What does this mean?

Sunday: "The Ultimate Reality". What is the cause for which this world, you and I are the effect. Is it just random chance or something more organised?



Ananya Chatterjee is professionally trained in Indian classical dance (Bharatanatyam) under the guidance of Guru Dr. Thankamani Kutty. Winning multiple awards, she has been a regular performer and teacher of Bharatanatyam at Kalamandalam, a reputed centre for performing arts in the city of Kolkata, India. Ananya completed her 'Arangetram' (first solo public performance) at the young age of fourteen.

Beginners class in Bharatanatyam dance.

Bharatanatyam is one of the most popular and widely practiced classical dance styles of India, with sculptural evidence dating back nearly 3000 years. A highly spiritual and dedicatory dance form, Bharatanatyam's roots go back to the Hindu temples of Tamil Nadu, in South India.

Masters & Teachers



Sandra Barnes co founder of The Yoga Tree, has over 18 years experience teaching yoga in the UK, she is multi lingual, having taught fitness and well being whilst living and working in many different countries. 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.



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.

Beginner's Iyengar Yoga classes.

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.



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 Practitioners and continues to study regularly with his teacher Gill Lloyd and at the Krishna-macharya Yoga Mandiram in Chennai, India.

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The Isha Foundation is a volunteer-based, non-profit organization founded by Sadhguru, to create an inclusive culture towards global harmony and progress. Its powerful yoga programs for inner transformation and inspiring projects for society and the environment are appreciated worldwide, reflected in Isha's consultative status with the United Nations Economic and Social Council.

The Isha Foundation will lead the following classes, led by Rama.

“Upa Yoga”. Activates the joints, muscles, and energy system.

“Yoga Namaskar”. Activates the lumbar region of the spine and strengthens the muscles along the spine.

“Nadi Shuddhi”. Cleanses the nadis resulting in a balanced system and psychological wellbeing.

“Isha Kriya”. Restores health, dynamism, peace and wellbeing.



Sara Fusaro's personal yoga practice began 20 years ago. Since then, Yoga has been the most meaningful, transformative, and informative force in her life. Sara is a member of Yoga Alliance and she is specialised in different styles. She continues to deepen her practice often traveling to have the opportunity to study with worldwide recognised teachers. In recent years Sara has developed an interest for therapeutic yoga. She is currently working with NHS offering yoga as a complementary treatment in mental disorders.

Sara encourages her students to enjoy the many benefits of Yoga, including the opportunity to relax the body and mind, to be present in this moment, to enjoy the gift of life... and to have some fun! During her classes she uses her extensive knowledge and keen eye to adapt each pose according to individual needs and thereby better facilitate personal growth and inner confidence. Every class is different and created by people who show up. She invites students to feel their way through their practice and create their own rhythm and flow. Often her classes are a mix of dynamic vinyasa flow and yin yoga poses leading to a deeper state of relaxation with the use of yoga nidra.

Masters & Teachers



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 and run on Friday and Sunday. Joe Hoare will also lead our Guinness World Record attempt for the world's Largest Laughter Yoga Class at 7.30pm on Saturday!



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.

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Catia Leite has been teaching yoga for over 10 years. She has the privilege to teach in some of the top yoga studios in London, teaching amazing people from all walks of life and backgrounds. She has regular community classes, to offer a safe space and cultivate a new way of living. Giving a chance to those less fortunate or unsure of their path to come in and let go through the practice of yoga.

Catia's classes incorporate the essence of yoga philosophy, and how to apply the wisdom of yoga into daily life, on and off the mat. The sequence is a fluid, creative vinyasa flow - a moving meditation, with a great emphasis on the breath. She is inspired by the ashtanga practice and brings her influence into her own class. She also teaches Yin yoga and Chakra's, meditation and yoga Nidra.



Sri Louise began her yoga practice at the Jivamukti Center in NYC in 1993, where she sites 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.

Teaching for 20 years, Sri Louise has developed a unique pedagogical process for understanding Asana within the larger philosophical framework of Advaita Vedanta, which she refers to as Embodied Cognition.



Jyoti (Jo) Manuel, a spiritual leader and mentor, has supported children with special and additional needs for over quarter of a century. Setting the standard for a positive approach towards teaching yoga that our practitioners across the world reinforce.

Jo will help us focus on how to help children self regulate and find a deeper connection with themselves.



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.

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Masters & Teachers



Sasha Norton has been practicing yoga for 23 years and teaching it for 13 years. She has been a member of the Yoga Alliance since 2003 and the Register of Exercise Professionals since 2004. She has a vibrant energy and a passion for sharing her experience and knowledge with others. She currently teaches at a variety of yoga schools in Oxford, as well as at yoga retreats overseas.

Sasha's preference is for a dynamic, physically challenging style of asana practice leading to a deeper state of relaxation and preparation for meditation. However, this is carefully balanced with the students' own needs and abilities, and classes are constructed in an organic way to meet these needs. Where possible, the following elements are covered in each session: sun salutations, (flowing) standing postures, balances, core stability, backbends, twists, inversions, forward bends, savasana (relaxation) and pranayama (breath work). A variety of postures and techniques are used as appropriate, with modifications as necessary to suit individuals.



Neil Patel is the Founder and Director of Chi Kri Yoga, a health and yoga company established 27 years ago in the UK. He founded Chi Kri Yoga as a way of using yoga to help improve people's lives and making yoga accessible to the widest sections of society.

Having dedicated his life to help others unlock the power of the soul via yoga, and meditation, as well as the written and spoken word, Neil delivers transformative sessions.



James Russell has studied yoga in Nepal, India and the UK. In India he trained at Yoga Vidya Gurukul, and in the UK with the Devon School of Yoga. His main yoga teacher is Duncan Hulin, with whom he has studied regularly for the past 17 years. James has been teaching yoga since 2007 and teaches classes, courses, workshops and retreats in the South West of England.

"Morning Breath & Bandha Kriyas". Kriyas are inner cleansing techniques that clear excess mucus, rebalance doshas, stimulate internal organs and re-vitalise the energetic body. In this session, James will teach standing, Vata & Agni Sara Kriyas which form an introduction to the method of the late Dr B.P. Pillai of Kerala. These breath-focused Kriyas are best practised in the morning and are an energising and invigorating way to begin the day.



Karen Shekel has helped thousands of clients for more than 14 years with their 'well-being' and 'feel good' plus many millions have accessed her work through BBC1, ITV, international TV and Natural Health Magazine. Karen leads transformative and fun workshops at festivals and retreats around the UK and internationally.

In this 'world beyond words', you will connect with the experience of dance and moving meditation that will leave you feeling inspired, joyful and open to the power of love. Scientific evidence has proven that this system of Dance Meditation increases wellness, vitality and generates "feel good". You are invited to dance to the sounds of uplifting music from around the world: tribal drums, latin rhythms, modern and trad jazz, classic rock and reggae and you'll be invited to move to soothing classical and meditative chants and sounds.



Lord Yogi Devraj Singh Saberwal was a Student of Yogi Bhajan and started by meeting him in the year 2000 ever since he has worked for Yogi Tea. He has been keen on Yoga for a long time and decided to qualify as an instructor. Devraj has had the great pleasure of teaching all over Europe as the Yogi Tea European Brand Ambassador.

Discover the range of Ayurveda-inspired Yogi Tea and how it can help you to bring balance to your body, mind and soul while delighting your senses with every intriguingly delicious cup.



Jim Tarran has been teaching yoga since 1992. He devised and runs the Yoga Alliance registered Vajrasati Yoga 500 hour teacher training course which he founded in 2000. Jim originally trained in Nepal in The Patanjali Yoga Centre Katmandhu and also qualified as an Iyengar teacher in 1996. He has studied many fields of yogic philosophy and is passionate about making yoga philosophy non-abstract and experiential in practice.

The focus of the classes is hinged on yoga practices that are familiar to most; asana (posture), dhyana (meditation), pranayama (breathing practices), mudra (hand gestures and other 'energy containers' and mantra (chanting). Taking the lions share of these is asana. The classes are deep in content but light and joyful in mood and (laughter is often on the menu). All the techniques are employed to serve the principal purpose of yoga - an awakening to the undivided holism of our essence.

Useful Information

Medical & Welfare

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

Stewards

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

Food & Drink

Food/drink is provided by 9 different food outlets in the main area and chain 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

Heartworks will be offering mobile phone charging (for a fee), available from the glamping area.

Toilets & Showers

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

Lost Property

Please visit the Information Tent for lost property.

Swimming

Swimming in the lake is entirely at your own risk.

Valuables

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

Dogs/Pets

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

Cash

Cashback is available from the Information Tent and Box Office for a charge of £2 per withdrawal.

Train Times

The nearest train station is Pangbourne, and the last train for London leaves at 23.28 on Friday, 23.48 on Saturday and 22.42 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

Early Access Pass Holders Only

Thursday 6th July					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent (Chai Tent)
17.00 – 17.30	Gates Open to Early Access Ticket Holders				
17.30 – 18.00	<div>18 : 00</div> <div>Nikki Slade</div> <div>Kirtan</div>				
18.00 – 18.30					
18.30 – 19.00					
19.00 – 19.30					
19.30 – 20.00	<div>19 : 30</div> <div>Chetana & Chidanand</div> <div>Restorative Yoga Therapy with Kirtan</div>				<div>19 : 30</div> <div>Ram Banerjee</div> <div>Introduction to Non-Duality/Vedanta</div>
20.00 – 20.30					<div>20 : 30</div>
20.30 – 21.00					
21.00 – 21.30					

Friday Timetable

Friday 7th July					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	
6.00 – 6.30			Sw. Santatmananda Meditation 2 6 : 00		
6.30 – 7.00			7 : 00		
7.00 – 7.30					
7.30 – 8.00					
8.00 – 8.30					
8.30 – 9.00					
9.00 – 9.30					
9.30 – 10.00					
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20.30 – 21.00					
21.00 – 21.30					
21.30 – 22.00					
Lunchtime music provided by Sam Garrett					

Saturday Timetable

Saturday 8th July					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	
6.00 – 6.30			Sw. Santatmananda Meditation 6 : 00		
6.30 – 7.00					
7.00 – 7.30		7 : 00		7 : 00	
7.30 – 8.00	Zubin Zarthoshtimanesh Iyengar masterclass 3	Ananta Finding physical and mental stability in the asanas	S Sridharan & Dr Latha Satish KYM Pranayama and Chanting 2	James Russell - Yoga 1	
8.00 – 8.30				8 : 30	
8.30 – 9.00				Catia Leite - Yoga 2	
9.00 – 9.30				9 : 30	
9.30 – 10.00	Tao Porchon-Lynch Masterclass 2	Swami Ambikananda Search for truth and eternity 2	Ram Banerjee Are we all one?	Sandra Barnes - Yoga 2	
10.00 – 10.30				10 : 30	
10.30 – 11.00				Sara Fusaro - Yoga 2	
11.00 – 11.30				11 : 30	
11.30 – 12.00	Rupert Spira Essence of non-duality 2	Guru Dharam Your Past lives gifts recovery and activation	Dr Omanand Yoga Therapy for common ailments	Sri Louise - Yoga 2	
12.00 – 12.30				12 : 00	
12.30 – 13.00				13 : 00	
13.00 – 13.30				13 : 30	
13.30 – 14.00	Tao and Terri Conversation with a Master	Ram Vakkalanka Balancing the Chakras through Nada Yoga	Sw. Brahmadevananda Aim & Purpose of Yoga	Sasha Norton - Yoga 2	
14.00 – 14.30				14 : 30	
14.30 – 15.00				Devraj Singh - Yoga	
15.00 – 15.30				15 : 30	
15.30 – 16.00	Zubin Zarthoshtimanesh Iyengar masterclass 4	Dr Madan Bali Yoga with the Bali Method 2	Amarjeet Bhamra Ayurvedic food	Rama Isha Vairagya Yoga 2	
16.00 – 16.30				17 : 00	
16.30 – 17.00				Jim Tarren - Yoga 1	
17.00 – 17.30				18 : 00	
17.30 – 18.00	Sheila Whittaker Gong for the Body	Ananya Chatterjee Bharatanatyam Dance workshop	Swami Santatmananda Value of Values	Karen Skehel Dance meditation 2	
18.00 – 18.30				19 : 30	
18.30 – 19.00				20 : 00	
19.00 - 19.30					
19.30 – 20.00	Soumik Datta & Band	Guinness World Record Attempt - Largest laughter Yoga Class			
20.00 – 20.30					
19.30 – 20.00					
21.00 – 21.30					
21.30 – 22.00		22 : 00			
	Lunchtime music provided by Brett Randell				

Sunday Timetable

Sunday 9th July					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	
6.00 – 6.30			Sw. Santatmananda Meditation 6 : 00		
6.30 – 7.00			7 : 00		
7.00 – 7.30		Ananta Pranayama: Stimulating the solar plexus & calming the mind 7 : 00		Jim Tarren - Yoga 2 7 : 00	
7.30 – 8.00	Zubin Zarthoshtimanesh Iyengar masterclass 5		S Sridharan & Dr Latha Satish KYM Pranayama and Chanting 3 9 : 00	8 : 00	
8.00 – 8.30				James Russell - Yoga 2 9 : 00	
8.30 – 9.00				Homage to Gurus 9 : 30	
9.00 – 9.30					
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20.30 – 21.00					
21.00 – 21.30					

Ganga Arati to close Festival

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.

Nikki will lead Kirtan on Thursday evening for Early Access Pass-holders.



Soumik Datta is a British Indian composer and virtuoso player of the sarod – a 19 stringed fretless instrument with a nomadic history spanning ancient Afghanistan, colonial India and modern day global downloads. Soumik is not only a solo virtuoso. He is also innovative and generous, working with other musicians to create fabulous new pieces, bringing his sarod and their instruments to new and wider audiences around the world. Trained by the sarod legend, Pandit Buddhadev Das Gupta while completing his Masters in Composition at Trinity College of Music, Soumik's concerts bridge the world of Indian classical and contemporary music. His artistic hallmarks are his collaborations with other artists: Beyonce, Jay-Z, Bill Bailey, Manu Delago, Akram Khan, Nitin Sawhney, Anoushka Shankar, Bernhard Schimpelsberger, Talvin Singh, Joss Stone, Shankar Mahadevan to name a few.



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 Didgeridoo 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 Didgeridoo, 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.



Manish Vyas is a composer, vocalist and multi-instrumentalist – he is a talented Tabla player, a disciple of Ustad Allarakha. Later he added his distinct voice to the music and also learned to play Santoor, an ancient stringed musical instrument which was traditionally used in the folk music of Kashmir. He also plays and teaches harmonium. Having learnt Indian music since his childhood with respected Indian Maestros, his music reflects the deep feeling of an ancient mystical India, touching the heart of the listener. Given his later years touring in Europe and USA, where he blended his skills with other world musicians, his music incorporated the friendliness to the Western ear – creating a fine blend of his genuine heritage with more contemporary new age sounds.

Entertainment



Sam Garrett aims to inspire and connect with his soothing melodies and acoustic guitar, his songs reflect his journey and his life which carries the message of his soul. His songs bring hope to a world in need and bring healing to transform our hearts.

Sam's music emanates directly from the inner soul of Being. Here is a pure voice singing pure words - lyrics that pour out from the very womb of life. Perhaps this joy may soon touch your heart too.

Sam will perform during the lunchtime break on Friday.



Brett Randell is a soulful singer/songwriter and yogi based out of Denver/NY in the US. He recently recorded and released his 3rd CD "Rise" and has played 100's of yoga and music gigs across the US, Italy, Ireland, Spain, France, and Morocco, providing smooth guitar work and vocalization for all types of teachers, festivals, classes, and retreats.

Brett will perform during the lunchtime breaks.



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 at 8pm daily, outside the Chai Tent.



Paul Cook (aka Didge Tall Paul) has been playing didgeridoo for about 25 years and is now considered to be one of the foremost didgeridoo performers in the UK with several appearances on radio stations across the country, television and also producing music in film such as Tom Clancy's remainder. Paul started making didgeridoos around about the year 2000 and his instruments are widely respected by players across the world.

Find Paul's tent near the lake to try a workshop for yourself. Starting with the very basic drone techniques, then working with bending the note higher, teaching you how to use vocal calls that are used for animal sounds within the Australian outback and finishing with making the mysterious circular breathing (which allows players to keep reforms flowing indefinitely) both easy to understand and achievable.

Family area



Theme for 2017: Mystical Indian Myths

This year, the family zone hosts a theme of 'Mystical Indian Myths', bringing you characters of wonder and amazement. Rising from the waters, a Beautiful River Deity watched from afar by a King in his palace, loathed by his people for his arrogance. Meanwhile a Brave Prince, in battle with a Demonic Asura, goes to a Wise Sage for advice. Above and below the festival the Unruly Gods play with our sun and moon. So, calling all Children of the Earth! Come and join our Mystical Myths here in the Family Area and start your own creative journey through yoga, meditation and art.

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

Transformation tent

Brand new to the festival this year is the opportunity to become your dream character and dress up from head to toe in the Transformation Tent! Enter as an Earth Child to evolve into your favourite creature. Come inside to be decorated and transformed through paint, glitter and tattoos or make a mask from your own imagination.

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



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. The Family Area's secret is: 'Things are better, done together'. They share mealtimes, meditation, yoga and play.

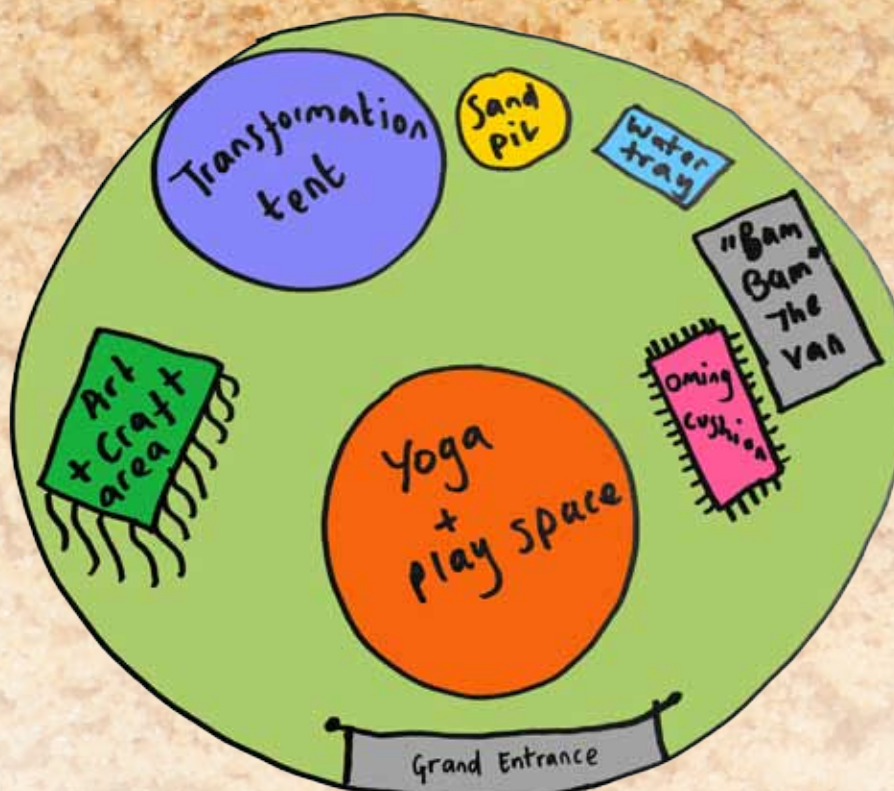
The Family Area does not offer a creche facility. Parents are required to stay with their children if they are under 12 please. In the family area, everyone is encouraged to explore; this may involve some mess, be prepared!



Family area timetable

Time	Yoga Space	Art and Craft Tent	Transformation Tent	Messy Play and Storytime Space
09.00	AREA OPEN			
09.00-09.30	Family Meditation			
9.30-10.30	Yoga for under 12's (with parents)			
	Yoga for 12-16 years			
10.30-12.30		Paint a Canvas or Stone/ Colour a Mandala/Make a Prayer Flag/ Gratitude Tree/ Make a Crown	Glitter Tattoos/ Face-Painting/Body Art	Sculpture with Clay/Sand Pit/ WaterTray/ Storytime
12.30-13.30	LUNCH BREAK – AREA CLOSED			
14.00-16.00		Paint a Canvas or Stone/Colour a Mandala/Make a Prayer Flag/ Gratitude Tree/ Make a Crown	Glitter Tattoos/ Face-Painting/Body Art	Sculpture with clay/Sand Pit/ WaterTray/ Storytime
16.00-16.30	Family Meditation			
17.00	AREA CLOSED			
20.00	Mr Wow Bubble Show - outside Chai Tent			

Family area map



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.

Sponsors



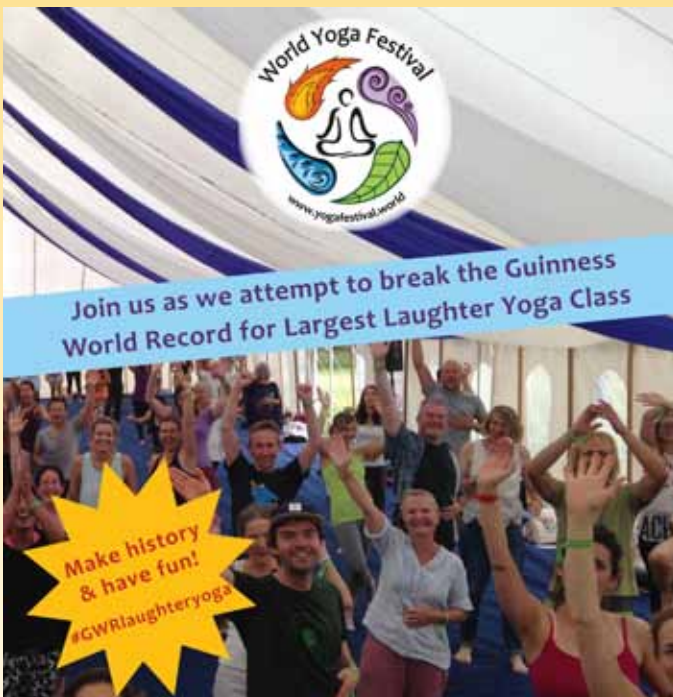
Save the Date: 25th-29th November 2017 World Yoga Festival, India

Five days of 'deep immersion' yoga practice from authentic masters, held at the Swami Dayananda Ashram, Rishikesh, India on the foothills of the Himalayas on the banks of the river Ganges.


November is a glorious time in India.
Throw off your winter blues and join us.

All proceeds from World Yoga Festival are donated to the ARSHA KULA FOUNDATION, UK Registered Charity No. 1171708.

The objective of the charity is to advance the education of the public in general on the ancient knowledge of India (including the 8 limbs of Yoga, Ayurveda, Jyotisha, Vaastu, Veda, Vedanta, etc)



Please all gather together in the Space Tent at 7.30pm on Saturday to help us attempt to break the Guinness World Record for Largest Laughter Yoga Class!




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Tonics
Tinctures
Ayurvedic Cocktails

Explore the Chakras and discover the subtle-self






Daily Chakra Workshops


Root Chakra 10-10:30	Throat Chakra 4-4:30
Sacral Chakra 11-11:30	3rd Eye Chakra 5-5:30
Solar Chakra 12-12:30	Crown Chakra 8-8:30
Heart Chakra 3-3:30	Kirtan 9:30-10:30

YOUR HOSTS

Shanta	James	Vanessa
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Chakra Workshops : £5
(Seats per workshop - max 12)
Kirtan : FREE

The RR Team 

Festival Map

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

