



31st July - 3rd August 2025
official programme

@WorldYogaFest | #WorldYogaFestival



Sri. Vaa
nikesh

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બધોતોલદ...



Sonali and I warmly welcome you all to the 9th World Yoga Festival. You are in for a treat in what will be our greatest festival yet with more teachers, more classes, more to learn and more to enjoy than ever before.

What started as the wish and vision of Pujya Swami Dayananda has now become, with his blessing, one of the largest and most authentic yoga festivals in the world. However, as a UK charity, our mission stays the same. We simply want you to leave knowing more than when you came. That is why we continue to strive to make every year's festival and on-line classes even better.

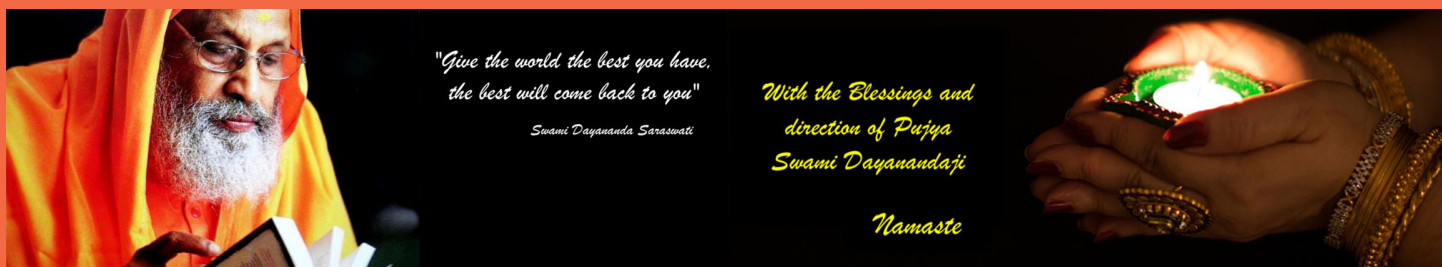
This would not be the magical festival it is, without you, and your mere presence here means that your spiritual journey has begun. Whatever be the level of your spiritual growth, the individual classes here are designed to confirm your current position on the path and map out your own unique direction for the future.

Our advice is therefore to let go. Relax and tune into the pull from certain classes. Trust your inner wisdom and you will find that you end up doing what needs to be done rather than what you planned to do. Be bold, learn new things, safe in the knowledge that the teachers in front of you are the best available, and dedicated to passing on all that they know.

So, thank you for coming and enjoy the love that is the World Yoga Festival.

Sonali & Ram Banerjee

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).







masters & teachers



Swami Sarvapriyananda is an ordained monk of the Ramakrishna Order of India as administered by the Ramakrishna Math and Ramakrishna Mission, Belur, India. Their ideology consists of the eternal principles of Vedanta as lived and experienced by Sri Ramakrishna and expounded by Swami Vivekananda. This ideology has three characteristics: it is modern in the sense that the ancient principles of Vedanta have been expressed in the modern idiom; it is universal, in that it is meant for the whole humanity; it is practical in the sense that its principles can be applied in day-to-day life to solve the problems of life. Swami Sarvapriyananda is the resident Minister and Spiritual Leader of the Vedanta Society of New York, since January 2017.

Vedanta non-duality. Advaita Vedanta is an ancient nondual tradition which seeks to attain enlightenment through self-enquiry. Who am I? The answer to this ageless question is stunning - you are limitless consciousness. Learn how to discover your deepest reality and awaken through nondual meditation.

Ashtavakra Gita – This famous text will form a complete Vedanta course comprising 3 sessions of study with guided mediation and Q&A.

Yoga for the Soul: Finding Truth Through Spiritual Practice in conversation with Sadhvi Bhagawati Saraswati
- Saturday afternoon



Swami Brahmapriyananda 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.

Hidden Teaching Beyond Yoga



Swamini Brahmapriyananda Saraswati has dedicated her life to serving the Vedic tradition by teaching Advaita Vedanta. Her offerings range from the depth and breadth of self-growth to self-discovery through Vedanta courses, podcasts, insightful videos, workshops and retreats in India and abroad. She is the author of 'You matter – Insights from Vedanta.' A Hindu monk who currently lives in Mumbai (India), she is a direct disciple of Pujya Swami Dayananda Saraswati.

Meditation - Friday morning

Essentials of Hinduism - Friday afternoon

Psychology to Yoga to Vedanta - Saturday afternoon

Vijnana Bhairava Tantra - Sunday afternoon



Sadhvi Bhagawati Saraswati is a renowned spiritual leader, author and motivational speaker based in Rishikesh, India. She's the author of #1 bestselling memoir, Hollywood to the Himalayas: A Journey of Healing and Transformation. She is International Director of Parmarth Niketan, Rishikesh, one of India's largest spiritual institutions.

Healing Through Yoga: Overcoming Trauma and Finding Inner Peace

Yoga for the Soul: Finding Truth Through Spiritual Practice in conversation with Swami Sarvapriyananda

masters & teachers



Gesha Lama Abhay Tulu Rinpoche is a highly respected Tibetan monk, recognised by His Holiness The Dalai Lama as the reincarnation of hermit Lama Ahbay Lobsang Tenzin Rinpoche and head of the Yega Choling Monastery. This position makes him responsible for many monks based in exile in South India. The embodiment of kindness, compassion and great joy, everyone who meets Rinpoche immediately feels uplifted - he is the archetypal laughing Buddha.

Wisdom teaching. Rinpoche will share his deceptively simple, yet extraordinarily powerful teachings on how to live a happy and meaningful life by applying highly practical and logical antidotes to the day-to-day negative emotions that can arise in us.



Rupert Spira is deeply interested in the nature of reality and the source of lasting peace and happiness, and has been from an early age. After spending more than twenty years immersed in the teachings of classical Advaita Vedanta, he met his teacher, Francis Lucille, who introduced him to the Direct Path approach whereby one may recognise the source of peace and happiness in oneself. Rupert has written several books and holds regular meetings and retreats online, as well as in Europe and the United States. He is also a noted potter, trained in the British Studio Pottery school, with work in public and private collections

In conversation with Swami Sarvapriyananda - Friday afternoon

Essence of Non Duality - Saturday afternoon



Dr Parthasarathy is a practicing Ayurveda Vaidya, Director & Chief Medical Officer of SDJ Ayurvedalaya. Dr. Parthasarathy completed his 6 year Ayurveda Training from the reputed Ayurveda College of Arya Vaidya Pharmacy (AVP) affiliated to Dr MGR Medical university In 2014 , Founder Pujya Swami Dayananda Saraswati entrusted him with the independent responsibility of setting up SDJ Ayurvedalaya under the aegis of the Sruti Seva Trust. Prior to this, he headed the International Training Academy and the Mangarai branch Hospital of Arya Vaidya Pharmacy (AVP) and served as the Course Director.

Busting Western Health Myths With Ayurveda.

A transformative journey spread across three days, delving into the fascinating world of Ayurveda, focusing on self-assessment of health and exploring the best practices in Ayurvedic lifestyle and nutrition for optimal health and well-being. I aim to dispel common myths and fads prevailing in the modern world, drawing upon the wisdom of Ayurvedic scriptures to provide a solid foundation of principles and practices.

Ayurveda Cooking Workshop with Dr Saraniya Parthasarathy on Friday.

Improving Western Health - in Conversation with Dr Saraniya Parthasarathy and Dr Rajlaxmi Nidmarti on Sunday.

masters & teachers



Dr Saraniya Parthasarathy is a dedicated Ayurveda Vaidya and serves as Joint Medical Director at Swami Dayananda Jayavarthana Velu Ayurvedalaya (SDJ Ayurvedalaya) in Anaikatti, Coimbatore, Tamil Nadu. She completed her 5 ½ years of Ayurveda training at the renowned Arya Vaidya Pharmacy (AVP) Ayurveda College, affiliated with Dr. MGR Medical University. Dr Saraniya furthered her expertise with a postgraduate certification in good clinical practices from FRLHT-IAIM, Bangalore, and graduated with top honours.

Ayurveda For Women's Health - 3 classes.

Ayurveda Cooking Workshop with Dr Parthasarathy on Friday.

Improving Western Health - in Conversation with Dr Parthasarathy and Dr Rajlaxmi Nidmarti on Sunday.



Purnesh, formerly known as Swami Purnachaitanya, is an internationally sought-after expert on yoga, breathwork, meditation and mantras. In 2012, he was ordained as a brahmachari by the world-famous spiritual leader Gurudev Sri Sri Ravi Shankar. After having conducted programs for hundreds of thousands of people all over the world for the past 15 years, he gave up his title and life as a monk with the blessing of his Master, in order to make the valuable knowledge and insights even more accessible by living a simple life in the world. His first book 'Looking Inward', which is a practical handbook for meditation, became an international bestseller and has already been translated into fifteen languages and published all over the world.

The Power of Being. Purnesh and Rowena will be giving a series of 3 talks on the Power of Being at the festival. In these sessions you will be introduced to the essence of true meditation: the art of Being. Discover how some of the main scriptures of Yoga provide us with powerful and practical insights and techniques that can aid us in experiencing our true nature. And learn how these principles can be easily applied and integrated in your day-to-day life, even in the midst of activities and challenging situations. The sessions will include guided meditations and also a chance for Q&A. In a world that never stops doing, rediscover the power of simply being.



Rowena is not only an experienced nuclear physician, but also a trainer for yoga, breathwork and meditation programs. She is an experienced yogi and is also on the advisory board of the National Association of Yoga Teachers for The Netherlands. Her experience and knowledge as a doctor in combination with her knowledge of the techniques and scriptures of Yoga and Meditation make her someone who is at home in both worlds and can help you effectively to find balance in your daily life.

The Power of Being. See description above (Purnesh).



Dr Rajlaxmi Nidmarti is Yoga Head Instructor at Ramamani Iyengar Memorial Yoga Institute, Pune. She has a doctorate in ayurvedic medicine, practice in gynaecology. She worked as a full-time doctor, when she began taking classes at RIMYI Institute and has trained directly under Gururji, Dr.BKS Iyengar. She has been teaching Iyengar yoga full time at the Institute for 22 years. She has assisted with medical classes for 17 years and also been part of Geetaji's entourage when she visited to teach Therapeutic Yoga in USA.

Iyengar Yoga Masterclasses.

Improving Western Health - in Conversation with Dr Parthasarathy & Dr Saraniya Parthasarathy on Sunday.

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.

Ashtanga Yoga asana practice masterclasses. The results of Kamal's classes are often profound, students have returned home with straighter backs and clearer minds.



Ravi Dixit is an Indian Yoga teacher living in London. In his early twenties he studied Hatha and Ashtanga Yoga while living at several Ashrams in Rishikesh. Over the last 15 years, he has been teaching thousands of students across the world. Ravi is passionate to bring back the essence of traditional Yoga and making it understandable for everyone. In November 2020 he was critically injured in a road accident and spent over a month in the ICU. He feels that the power of Yoga played an essential part in his survival and recovery.

Hatha Yoga & Pranayama class. Breathe, stretch, relax... Restore the connection with yourself through the classic practice of Hatha Yoga with the use of pranayama breathwork, dynamic asanas and mantra. This authentic yoga class has a focus on connecting breath with movement to bring harmony to body and mind.



Stewart Gilchrist is known throughout London for his popular, fast-paced and fiery classes. He infuses his high energy and challenging teachings with yogic knowledge, banging beats, as well as his unique charisma, humour and gift of the gab!

Vinyasa workshop. Based on the Ashtanga and Iyengar tradition, his classes include an emphasis on breath, a steady stream of verbal suggestions and strong physical adjustments. For open-minded students looking for a challenge, Stew's classes will push you to take your practice further. Stewurji applies the ancient teachings of yoga to the modern world to create a thought-provoking class. Stewart talks the whole sequence throughout the class. Asanas are not demonstrated.



Dr. Tahir Sharief A dedicated disciple of Gurudev Sri Sri Ravi Shankar, founder of the Art of Living, Dr. Tahir Sharief has over 20 years of yoga and meditation practice and 15 years of international teaching experience. As both a medical doctor and a yoga teacher, he integrates his profound knowledge of the human body with the ancient wisdom of yoga, enabling people from all backgrounds to experience its transformative power. Known for his clarity, kindness, and inner peace, Tahir teaches breathwork, meditation, yoga, stress management, and yoga teacher training, guiding others to the depth of yoga.

The Art of Living - breathwork & meditation.

The Art of Living, founded by Gurudev Sri Sri Ravi Shankar is committed to uplifting and empowering individuals and communities through a blend of ancient wisdom and modern science, with a particular focus on stress reduction and mental well-being. Its mission is to create a happier, stress-free world by providing tools for personal transformation.

masters & teachers



Ram Banerjee is a Meditation and Vedanta teacher from the Arsha Vidya tradition who, since 2010, has run a weekly meditation and Advaita Vedanta group. Under the influence of Pujya Swami Dayananda Saraswati, Ram started to study the Vedic teachings in depth. Recognising his ability to acquire and convey knowledge as well as achievements to date, Ram was honoured in July 2018 with the title of Arsha Vidya Yogashree by Swami Santatmananda, the resident head of teaching at the Swami Dayananda Ashram in Rishikesh, India.

The Elimination of Sorrow. The festival puts a great emphasis on Advaita Vēdantā because it is said to be the ONLY mechanism for the elimination of sorrow. Note, not one of the mechanisms but the only mechanism. How can this be? There are so many other things to study or follow in the world, so why is the study of Advaita Vēdantā so important? Ram will use his two classes to put forward the logical and identifiable factors for why Advaita Vēdantā is an essential and irreplaceable component for long term personal happiness.



Sonali Banerjee is co-founder of World Yoga Festival and has had an interest in meditation and healing for a long time. Even when she was a little girl she used to sit and meditate. She used to make her own massage oil mixtures using essential oils to cure a variety of ailments. This interest led to her going deeper and she became a Cranial Sacral therapist and a Reiki Master. She is currently undertaking a 5-year course on Advaita Vēdantā.

Cooking demonstration. Following the recipes on pages 43 and 45, Sonali will be cooking a couple of simple dishes to show how easy it is for a complete novice to cook a quick, tasty and inexpensive Indian vegetarian meal.



Lucy Aldridge is a Level 3 Iyengar Yoga teacher who has over 30 years experience of Iyengar Yoga and has been a qualified Iyengar teacher since 1997. As Lucy has matured (in age), keeping a sense of fun and play, she's enjoyed exploring the relationship between body, breath and mind. Lucy travels to Pune on a regular basis to deepen her connection with the Iyengar Yoga method.

Iyengar yoga practice. During the sessions offered she will help you explore the practice and aspects of Yoga within your own unique capability.



Clare Allen has been teaching yoga for over 25 years and completed her yoga teacher training at The Sivananda Yoga Vedanta Dhanwantari Ashram in Kerala, Southern India. She has also practiced Iyengar, Bikram, Yin Yoga, Vinyasa Flow and Ashtanga Yoga. She has studied with and been greatly influenced by some exceptional teachers, notably Roger Newton, Shiva Rea, Sarah Powers, Bernie Clark, Paul Grilley and Sri Dharma Mittra.

Dynamic Daoist movement - Friday morning

Yin Yoga with Tales from the Gita - Friday afternoon

masters & teachers



Devi Ananda lives breathes & embodies authentic yoga in her daily life. Yoga is in her veins. She has studied over 1000 hours of various lineages encompassing Kaivalya Kriya Yoga (KKY) Hatha Yoga, Yin Yoga pranayama, mantra & meditation. She is one of only a select few teachers in the world who has been granted authorisation to teach KKY.

Kaivalya Kriya Yoga (KKY) is a detached blissful experience of oneness and freedom, in which the entanglement with life's dramas fades away.

KKY aligns, harmonises and purifies on all levels – physical, mental, energetic, emotional and spiritual. It is energising, cleansing, relaxing, blissful and great for your health. It also encourages the awakening of kundalini.



Angela Ashwin is a highly qualified and experienced Yoga teacher and scholar who runs the Gift of India Yoga School in Exmouth Devon. She has been a BWY teacher and Teacher Trainer since 30 years, specialising in Yoga philosophy and Sanskrit and is the author of the book, 'Pranayama: Lost in Translation'.

Pranayama Lost in Translation. We will work with pranayama whilst sitting still and in the practice of some postures. Pranayama is not breathing exercise, it is the movement and expansion of life force, the vayu, in the pranic body. I will show how much modern teaching of pranayama has deviated from the original instructions in the Sanskrit texts and instruct participants to experience Prana movement in the subtle body. This movement, although it shares the same rhythm than breath is of entire different nature. The class aims for participants to realise through the practice the difference pranayama and respiration and understand how pranayama is the purification method of the pranic body and is as such crucial for the Yoga process, the transformation of ourselves.



Polly Baldwin suffered an auto-immune breakdown which caused her to rethink her entire approach to food - she now cooks, talks and shares her story and those of others to educate, empower and encourage. At the same time as regenerating her gut, she also took an old tired horse box out of a field, with the seed of an idea to grow it into a coeliac friendly gut health food truck and gut education hub for festivals and events.

Gut health talk. Polly discusses the healing journey that has led her to discover the healing power of natural foods and the importance of taking care of the gut microbiome.



Sandra Barnes is a free spirited yogini, originally from Argentina. She offers a unique earthy style and her soothing accent, voice and words from the heart cannot be forgotten. Creating and holding space for others through workshops, classes, retreats and ceremonies, you can often find her sharing alongside her daughter Sofia who follows in her footsteps. Together they birthed Love All Ways Yoga with the belief in the medicine and power of gathering in togetherness with like minded souls to open and receive loving energy.

Welcome Home Heart Opening Yoga Flow. An expansive yet grounding practice. Awaken the body, breath, mind and spirit with love, breath, nourishing movement and freedom of expression. Culminating with cosmic sounds from an array of healing instruments.

Partner & Mandala Yoga. Open up to share your space and achieve a deeper stretch. Weaves together the power of touch and some massage techniques. Culminating with a restful relaxation and sound journey.

Continued with Sofia Barnes...

masters & teachers



Sofia Barnes is a joyful earth loving mama and co-creator of Love All Ways Yoga alongside her own mama Sandra. Growing up immersed in Sandra's offerings and always assisting with the workshops and retreats, she naturally came to journey down the never-ending path of learning and sharing in her early 20's. They now support one another and others to birth and alchemise their visions and dreams into being.

Continued from Sandra Barnes...

Mother Earth Yoga Flow. Ignite your inner shakti - the divine feminine present in all things. Awaken your inner wild as we flow through a sequence of animal based poses. Stretching and breathing spaciousness into life with this invigorating and playful practice. Ending with a restful relaxation and soothing sound journey.

Cacao Ceremony with Elemental Alchemy Dance Journey. Drink ceremonial grade Cacao, welcoming the heart space to ignite, open and blossom - ready to receive. Set off on a voyage of exploration, awakening expression and feeling, on a trip through the elements. Tuning into the ancient wisdoms we all hold, as the medicine of gathering in ceremony and free flowing movement awakens within us. Culminating with a sound journey, allowing our energies to settle, leaving us with a sense of space.

Nurturing nidra and sound journey. Please bring warmth - cozy layers/blankets.



Monisha Bharadwaj Monisha is a trained chef from the prestigious Institute of Hotel Management in Mumbai and has run her successful Indian cookery school Cooking With Monisha, situated in West London, teaching her brand of simple, healthy Indian cooking, since 2005. Her special interest is in teaching about Ayurvedic principles in food. She is also an award-winning author and food historian. Many of her 17 books have won several prestigious international awards.

Ayurvedic Cooking Demo. Learn about the ancient Indian wisdom of holistic eating to nurture mind, body and spirit. Learn to cook intentionally for your body constitution or dosha and be inspired to create practical and delicious food in your own kitchen.

Wellness Through Food.



Emma Bonnici began her journey into Yoga and Ayurveda in 2006, studying under dedicated teachers and Ayurvedic doctors which laid the foundation for her approach: adapting yoga practices to suit individual body types, doshas, and health conditions in alignment with Ayurvedic wisdom. While living in Madhya Pradesh, Emma taught yoga daily to local and international students and contributed a regular column to The Hindustan Times on yogic philosophy, asana, and holistic living. In 2009, she returned to the UK and founded Kanga Wellbeing.

Kanga Yoga is an energetic, alignment-based flow practice that offers a devotional journey through breath, sound, and movement to awaken the body and mind. Inspired by the teachings of B.K.S. Iyengar, Swami Sivananda, and Yogacharya Sri Krishna Pattabhi Jois, Kanga Yoga emphasises precise alignment, music, and breath to help explore the intricacies of one's being. Rooted in the principles of Ayurveda, Kanga Yoga nurtures wellbeing by helping students maintain balance in their physical and mental energy, supporting their overall health.

masters & teachers



Adam Bray is a SOMA Breath breathwork instructor and cold water exposure coach. Wanting to help as many people as possible become aware of and understand what we, as humans can achieve with our own breath, and what our bodies are capable of. "We are our own pharmacy. The place between your comfort zone and your dream is where life takes place."

Cold water exposure and Breathwork techniques to:

- Reduce stress and anxiety
- Create more energy, focus and clarity
- Improve fitness and endurance
- Release tension



Eugene Butcher, previously a Martial arts instructor, was drawn to Partner Yoga's potential to be a beautiful artform, a moving meditation and union of two mind, body, spirits. He has performed and taught around the world, and is the founder of several unique practices including PartnerYoga, AcroYogaDance, Heart Dance Meditation, and AcroYoga SUP. His art has featured internationally on TV, newspapers, magazine covers and he performs regularly for yoga brands like Alo, Manduka.

AcroYoga. Eugene is especially known for helping beginners try AcroYoga for the first time. Many show up unsure or nervous - but leave amazed, having created something beautiful.

Heart Dance Meditation

Acro Dance



Elk Burland has been a keen musician since the 80's, when he began playing the saxophone in groups and as a street musician. He currently spends much of his time working as a sound engineer and producer. He also has a passion for personal development and the positive psychology movement, he trained as a councillor in 2007. Elk now runs Drum Happy where these two worlds meet and the therapeutic benefits of music are made accessible to all.

Rhythm Jam Workshops. Join us in a joyous, rhythmic romp, playing hand drums and percussion in an awesome rhythm jam! No prior knowledge or experience is necessary as we will briefly instruct you on how to hold and play the instruments, and empower you to channel your inner musician. Experience the buzz of creative collaboration in this relaxed, fun and invigorating session. There are few guarantees in this life, but we feel confident that you will leave happier than when you arrived. Instruments are provided, all ages welcome.



Simon Cantlon & Emy Menzoda, a gay couple, are energy healers based in London and founders of ChokuReiki Healing. They work together creating and sharing sacred spaces through their classes and retreats to support people's energy and wellbeing. Emy is originally from Colombia. He is a Reiki Master, Yoga Teacher and Sound Healing Facilitator. Simon is a Reiki Practitioner, Life Coach and Gong Master trained by the renowned Don Conreaux.

Sound Bath. Emy & Simon are offering a relaxing lunch-time sound healing journey in the Earth Tent. You will be guided into a beautiful journey of deep relaxation that includes breathwork and intention setting. We are creating a sacred space for you to unwind and receive the healing frequencies of sound to bring balance and positive energy to your entire being.

masters & teachers



Andrea Carrani helps people from all walks of life to release their karmic patterns and find peace. Having begun his transformational journey over 30 years ago, he now travels to different countries to share his message on the healing power of self-love. He works with music and sound to celebrate the joy of soul awakening.

Self-Love Meditation - Saturday morning

Soul Consciousness Meditation - Sunday morning



Ananya Chatterjee is a performing arts practitioner, educator, and project coordinator, who has trained in the nuances of Bharatanatyam, a form of Indian classical dance, originating from the southern part of India. After years of rigorous training under her Guru, Dr Thankamani Kutty, Kalamandalam, Kolkata, India, Ananya is now based in Reading, Berkshire, and runs her independent performing arts group, Kalakunj since 2008. A Licentiate holder from ISTD, London (Imperial Society of Teachers of Dancing), Ananya has led Kalakunj in Heritage Lottery Fund and Arts Council England projects with the sole aim of bringing arts to the community and making it accessible to diverse communities. Under Ananya's guidance, Kalakunj has been awarded the Pride of Reading Award for Cultural Contribution in 2022.

Bharatnatyam dance workshop



Kate Codrington is an author, speaker and facilitator. The author of Second Spring: the self-care guide to menopause, one of the seven best books on menopause according to the New York Times. Kate mentors professionals and people in perimenopause and beyond, 1-2-1 and in groups, is a nature-based Yoga Nidra meditation guide, hosts Life - An Inside Job podcast, has been a therapist for over 30 years and creates multi-level art textile projects. When she's not doing these things you'll find her playing in her compost heaps. Her second book, The Perimenopause Journal, is available now.

How To Be Peri Queen - Self Care For Perimenopause.

Welcome to a positive, feminist, personal growth approach to perimenopause. At this fun, interactive talk you'll find out how perimenopause isn't trying to kill you, it actually 'has your back', and learn the spiritual process of perimenopause. You'll leave with a do-able self-care plan of low-cost changes to take back control and rock your perimenopause.



Lisa Colclough is the founder and main teacher at Sole 2 Soul Yoga. She teaches retreats and workshops on vinyasa flow and hatha yoga, handstands, yin yoga and meditation. A keen philosophy student, the ancient techniques and philosophy are part of every session and can transform your life. Lisa has been practicing yoga for over 20 years and her style is light hearted, inclusive and accessible although she will always challenge you to your fullest potential!

Playtime Yoga session. A mix of energising vinyasa flow, some playful partner work (come along - we will pair you up!) and relaxing yin yoga to finish. Expect to have fun and build strength and suppleness in this light-hearted session.

108 Sun Salutations. Taking over from Aleigh Dindar on Sunday morning.

masters & teachers



Jenny de Pretto is an artist and yoga teacher specialising in yoga therapy. She combines art with yoga therapy.

Mandala painting workshop*. Learn how to paint a bright and colourful mandala to take home with you - it could become a meditation prop, or a special gift. Painting a mandala is a relaxing and meditative practice that helps to stay in the present moment.

*** This class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £12 per person to cover materials.**



Leo Dey comes from a unique blend of musical traditions and cultures. His father is an accomplished Bengali Folk singer in the lineage of traditional Indian heritage. His mother's origins are from Native American tribes and Colombian roots in Latin music. His singing has been described by his teachers as having the "causeless mercy of Mother Saraswati, the Goddess of Knowledge". Leo Dey has performed numerous concerts all around the world and continues to share his heartfelt melodies. As a well-established, internationally recognised vocalist, he now dedicates his life to music whilst teaching and training his students in this artform through his academy "Swar Yoga".

Storytelling & Kirtan Meditation. This guided meditation will be a deep exploration of the inner world and source of sensory experience through prāṇāyāma, awareness practice and sound. We start by shortly preparing body and mind to soften and be receptive for more subtle states and take you on a journey into the heart.

Voice workshop. Leo Dey's workshop is designed to develop in the participants' self-confidence in voice articulation; improved speech enunciation; enhanced ability for public speaking; voice modulation; singing with a wider range, pitch control, ear training, etc



Aleigh Dindar is a Hatha and Yin Yoga teacher and Acupuncturist, trained by the renowned Swami Ambikananda of The Traditional Yoga Association. With almost 20 years of teaching and personal experience of spinal injuries, she ensures her classes are safe, inclusive, and adaptable for all bodies. Aleigh teaches both publicly and privately, blending yoga with Chinese Medicine to support deep healing.

108 Sun Salutations. Let's meet around sunrise for a gentle yet powerful Surya Namaskar. This flowing sequence wakes us up, boosts circulation - especially the lymph system - and helps shake off sleep and stress. As we move with breath, we untie knots of the past and step into the day feeling clear, free, and energised. Listen to your body and feel free to go at your own pace.



Julli Dunman has studied mindfulness and meditation for over 20 years. Initially as a means of self-reflection, she began to encourage friends to take part and was soon holding classes for stressed and overworked parents! During lockdown, she discovered Forest Bathing, a Japanese art of mindfulness and meditation centred around nature. She studied with The Forest Bathing Institute (TFBI), and qualified as a Forest Bathing guide and mindfulness teacher. Practising with them confirmed what Julli already knew in her heart: nature has all the answers.

Nature Bathing. Life is becoming more frantic, polarising and stressful than ever - the need to reconnect with nature and ourselves is no longer just a benefit, but a necessity. Nature bathing and mindfulness come together to form a beautiful, grounding workshop. You will reconnect with yourself and rediscover peace within. All that is required is an open heart and the desire to be still for a while!

masters & teachers



Mel Fisher is a manual therapist, senior yoga teacher, breath coach, stretch coach, and personal trainer. With a deep understanding of human physiology and biomechanics, as well as expertise in the science of breath, skeletal muscles, movement, flexibility, strength, and cardiovascular conditioning, Mel bridges the gap between ancient practices and modern science. After more than a decade of teaching yoga, meditation, and breathwork, Mel trained as a manual therapist. She incorporates osteopathic adjustment techniques, physiotherapy-based massage, and craniosacral therapy to help clients recover, heal, and correct imbalances.

Breath, Movement & Healthspan. Join Mel to learn the science of stretching and discover how to improve mobility and flexibility effectively. While flexibility is a key part of yoga, how do we actually increase it most efficiently?

As we stretch, Mel will also share profound insights into breathwork. In this class, we'll explore the importance of CO2, understanding that when we breathe, we're not just influencing oxygen - but more importantly, we're manipulating CO2 levels. By the end of the session, you'll be introduced to the three categories of breath, giving you a deeper awareness of what's happening in your body.



Thimela Garcia is a highly respected yoga teacher, holistic practitioner, and author based in London who has dedicated her life to guiding individuals on their journey toward physical, emotional, and spiritual well-being. As an experienced and certified Kundalini Yoga teacher and a holistic practitioner, Thimela combines her vast knowledge of alternative healing modalities to offer transformative experiences for her clients.

Kundalini Yoga session. Unlock your inner power and vitality with Kundalini Yoga, an ancient practice that combines dynamic postures, breathwork, chanting, and meditation. Elevate your consciousness, increase your energy levels, and awaken your dormant potential as you journey towards self-realisation and spiritual awakening.



Sarah Gilbert is a Kundalini Style Yoga Teacher & Trainer who lives in Dartington, Nr Totnes in beautiful Devon. Sarah has worked at Sat Nam Fest in America as a volunteer and it was the most transformative experience. Like-minded souls coming together to raise their vibration is the best way to spend our time.

Kundalini Yoga. Sarah teaches a divinely inspired magical class of breath, movement (postures and poses) and mantra/meditation followed by deep healing rest and relaxation. No experience or flexibility necessary and we all work at our own pace in our own time.



Yogathilakam Deepika Giri is the lead Pranayama trainer for the Gitananda Yoga tradition. Deepika is one of only 25 teachers worldwide with the 3000-hour advanced training in the tradition, founder of 'the yogic breath.com'. Deepika also co-founded the Yoga Satsanga Ashram in West Wales 15 years ago, where classical Ashtanga Yoga of the Rishi culture system is taught in a residential immersive setting. Deepika is also a Senior Acharya at the Gitananda Ashram in Tamil Nadu, where she trains teachers in Pranayama regularly under the mentorship of Dr Ananda Balayogi Bhavanani, son and successor of Swami Gitananda Giri.

Healing pranayamas. The Gitananda system has many different sets of Pranayama which work on different aspects of our being and the flow of the prana itself. This year Deepika will teach a particular set of Pranayama from the tradition called the 'healing pranayamas', which involve some vigorous bhasrika work along with some mental focus into specific areas of the body and breath control. These teachings are passed from Guru to chela in an unbroken lineage (Please note: non-smokers only may attend).

masters & teachers



Daniel Gladwell is proficient in different modalities and has studied extensively in Chiang Mai, Thailand. As well as being a qualified Thai Yoga massage therapist, he has also studied abdominal massage (Chi Nei Tsang), body assessment and realignment.

Massage workshop. Daniel sees massage as a means of prevention and knows that these treatments are of great benefit in relieving stress and tightness in the body. Massage can also improve blood circulation, revive stiff, tired muscles, and address any imbalances which could cause serious problems in the future if they are not seen to. Daniel knows that a great massage leaves the receiver feeling relaxed and invigorated.



Anji Gopal Anji Gopal is a back care expert whose work is focused on using Yoga as an evidence-informed way to find better health. Over the last 15 years she has built an area of clinical expertise in Yoga for BackCare in the NHS & in her London clinic. As an Osteopath & Yoga teacher, she has worked with thousands of students & patients with back aches & pains using the amazing practices from the Yoga world.

Yoga for BackCare session. Release your neck and shoulders! Anji will be sharing a powerful but gentle Yoga for BackCare sequence for the neck and upper back. With explanation, asana and pranayama practice, this session will connect you back to your upper body and help your neck feel long, tall and free! She will also leading a class on the importance of back care when teaching Yoga.



Joe Hoare is a Certified Laughter Yoga Teacher and Ambassador, trained by Dr Madan Kataria, the Founder of the Global Laughter Yoga Movement. In the late 1990's he ran British Medical Association approved stress management courses for health professionals. He started his laughter yoga practice in 2002 and founded the Bristol Laughter Club in 2003, which continues to this day.

Laughter yoga for joy is a practice of embodied and joyful awareness. It is a 'living lightly' approach to embodiment, breath and connection. It is inherently playful and spontaneous, with both dynamism and stillness. The sessions allow and encourage creativity, engagement and connection in a warm and safely held space. We explore embodiment, breath and voice and open-hearted connection with ourselves and others. Sessions are more suitable for adults than children though everybody is welcome and finds their own level.



Nikki Jackson is founder and director of a 550hr post graduate Yoga Therapy Training Course accredited by The British Council of Yoga Therapy, training experienced yoga teachers and health professionals, to become professional yoga therapists. Nikki has been teaching yoga since 1994 and yoga therapy in the NHS and private sector since 2004. She has experienced a wealth of yoga trainings in both India and the UK, which include Hatha, Iyengar, Viniyoga, Yin yoga and Tibetan healing dorje yoga. She is also a mindfulness coach and teacher emphasising Self-compassionate based practices and Nature connections at the core of her teachings and is passionate about bringing a sense of play, curiosity, enjoyment and, above all, smiles into her teachings.

Yoga Therapy.

Subtle Energy.

masters & teachers



Yogachariya Jnandev Giri propagates Authentic Sanatan Yoga based on Indian Rishiculture Tradition. Jnandev is the Founder of Gurukula - A Home of Sanatan Dharma & Yoga, representing the authentic Sanatan Yoga system from its roots of Bharat or India. Jnandev is the author of 14 books and is passionate to educate people about Traditional holistic Yoga and its importance and value in our lives. Jnandev is teaching since 2002.

Sanatan Dharma guides us on pathway to living in harmony with the self, others, and the universe, with the aim of realising the divine essence within all.



Myra Lewin is a professional member of the National Ayurvedic Medical Association (NAMA) and a master yogini. Myra has amassed more than 100,000 hours of Yoga teaching experience spanning 30+ years of practice. In 1999 Myra Lewin founded Hale Pule Ayurveda and Yoga and since then, guided thousands of individuals around the world through consultations, healings, immersive trainings and online programs including Agni Therapy, Holistic Yoga, Heal Your Relationship with Food, and Flow with the Feminine.

Intro to Ayurveda. How to live better in a constantly changing world. Friday morning.

Yoga Asana with Ayurveda - Friday afternoon.

Ayurvedic Cooking Workshop - Sunday morning.



Sumit Manav is a renowned Yoga Guru from India. Through the understanding of the current lifestyle trend across all age groups, he has created a fusion of ancient and modern Yoga practices to help cure many of today's lifestyle ailments. Sumit's journey began from a North Indian town in Uttar Pradesh, from where he then proceeded to the Himalayas, the home of pure Yoga, and studied under the guidance of his Guru Shreeram Sharma Acharya. During his four-years training, he interacted with the mystics and it was this experience that brought him closer to understanding the physiology and psychology of the human body.

Yin Yoga. This class welcomes practitioners of all levels, offering a sanctuary for personal growth and transformation. Come and embrace the soothing essence of Yin Yoga and the power of Pranayama.



Jyoti Manuel is the founder of Special Yoga. For the last 25 years she has implemented and shared sustainable therapeutic yoga programmes and trainings for children with special and additional needs globally. Jyoti is a spiritual leader, setting the standard for a positive, heart-led and compassionate approach towards teaching yoga to children and young people.

Love In Action.

masters & teachers



David Mitchell David embraced Sound Therapy through training with Master Bowl Maker Santa Ratna Shakya in Nepal 9 years ago and also specialises in Sourcing both Singing Bowls and Gongs to retail in the UK describing what he does “As finding home for Singing Bowls by having a hobby that pays the bills”. He has a passion for sharing his knowledge and passing on his learnings. He is currently working on hosting a Workshop in Nepal and the UK with Santa for 2026 as well as various events in the UK.

Himalayan Singing Bowl Workshop. David from Avaja will be providing a Workshop on Himalayan Singing Bowls, talking about their origins, how they are made and how to play a Bowl, this will be an interactive presentation so please feel free to bring your own bowl and ask questions at the end. He will also be discussing, Chakras, frequencies and relaxation.



Anandana Nadhavajhala is a devoted Yogi and teaches Yoga to all age groups in London. She believes Yoga has the power to shape the future and build character in children. She is making efforts to spread the knowledge of this ancient science in London by teaching Yoga to children, supporting women undergoing menopause and people with health and well-being challenges for over last 3 years. She has over 400 hours of teachers training in Hath yoga style of teaching from the Bihar School of Yoga and practice Ashtanga and Vinaya forms as well.

Hatha Yoga class. Asana practice.

Anandana will also be teaching a **Fun Time Yoga class** in the Family Area.



Fay Rosamond grew up in Devon and has a love for nature. There she began exploring movement in her early childhood with Cecchetti Ballet and contemporary dance. She later studied Dance and Choreography completing a BA Honours in Contemporary Dance from Bath Spa University 2006 before a post-graduate Diploma in Dance Studies 2008 from Trinity Laban Conservatoire of Dance and Music, London. Fay went on to study with various different teachers at triyoga, London. She completed her 200 hours teacher training and Advanced 300 hour teacher training with Anna Ashby, Jean Hall and Joey Miles.

Vinyasa Flow Yoga ‘Rose Ritual’. This class will focus on the weave of the Rose and Anahata (Heart) Chakra with a low asana sequence that will focus on deep heart/hip openers, with gentle inversions then a Pranayama and Gong bath finish. The first part of the class will be dynamic and will build up heat. The second part of the class will become more restorative with deep resting poses that work with pranayama and then sound. We will also work with a simple mantra at the beginning and end of the class to honour the tradition and align with our intention.



Satish Sharma is well known in InterFaith as a Dharmic Theologian. He has been recognised for his understanding of the Dharmashastras and was granted authority to speak on the Six Darshanas (Visionary Philosophies) of Sanatan Dharma in Europe. A frequent speaker in Parliament, you can see his work on Tedx. As an accomplished YogaAcharya, he has taught the British Army and in NHS Hospitals, as well as those struggling with depression for many years.

Yoga in the Age of Kali.

masters & teachers



Kimberley Soni. As an avid cook, and an Ayurveda obsessionist, Kimberley Soni has combined these two passions in her food. She believes in using food as a medicine, and sourcing local seasonal produce to enable nature to be a guide in terms of health and well-being. Kimberley has travelled to India to learn from the most authentic Ayurvedic teachers that she could find, and has trained as a chef in the UK. However, her love of food goes back to when she was young. Her nana ('Bibiji') inspired her to cook when she tasted her wonderful food - full of flavour and soul! She loved observing her masterfully cooking in her little tiny kitchen in India and hopes that her food contains the same soul and love that hers did.

Ayurvedic Cooking Demo. Kimberley will be leading cooking demonstrations that reflect Ayurvedic principles to food and its preparation. After the festival you should become well conversant with the principles of Ayurveda and how to utilise its wisdom for your personal health and well being.



Luci Trendle Luci is a senior teacher with The Traditional Yoga Association®, having qualified under the wing and wisdom of Swami Ambikananda and has been teaching for 20 years. Luci teaches with a therapeutic approach, and appreciates that everybody's physiology is different. Her classes are focussed, themed and mindful.

Luci teaches both public and private classes from her own Yoga Studio, located in a rural farm setting, west of Reading.

Strength & Stability. After warming through the body we will embark on a core-focussed practice, maintaining fluidity and movement with a strong and varied vinyasa. Your awareness will be at the heart of your practice, as we connect the mind, the body and the breath.



Jo Winterton teaches yoga, meditation and is a gong master practitioner. She teaches in a gentle, mindful manner, focusing on rest, rejuvenation and being in the present moment.

Gong Bath. Jo will be offering 2 sessions of blissful relaxation! Settle the mind and body with gentle yoga, pranayama and meditation, and then settle down to bathe in the wonderful sounds of the gongs.



Bhavini Vyas is an accomplished and highly trained vocalist with an ability to connect to individuals in intimate settings as well as crowds of thousands. She has an inherent understanding of the ancient Vedic philosophy behind how music can have a very real and transformative effect on the body and mind, and Bhavini is known for the emotional journey she takes her listeners on.

Kirtan. Devotional signing practice.

Essence of Immortality. Talk.



thursday timetable

Thursday 31st July 2025					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent
3pm	Car Park, Camping and Glamping Open to All Ticket Holders (NO access to main arena until 5pm)				
4pm					
5pm	Festival Open to All Ticket Holders				
6pm	Sound Check	6:30	6:30	6:30	6:30
7pm	7:00 Elk Burland Drumming Circle	Lisa Colclough Playtime Yoga	Satish Sharma Yoga in the age of Kali	Sandra & Sofia Barnes Welcome Home Heart Opening Yoga Flow	Solo visitors meet-up
8pm	8:00 Opening Ceremony 8:30				
9pm	Roopa Panesar				
Other Activities	10:00	5.30 - 6.30pm at Chai tent	10 -11pm near Fire tent		
		Puja	Elk Burland Drumming Circle		

Friday timetable

Friday 1st August 2025					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent
7am	7:15	7:00	7:00	7:00	7:00
8am	Babaji Bhakti Band Sound Journey	Kamal Singh Ashtanga Masterclass	Swamini Brahmajprananda Meditation	Clare Allen Dynamic Daoist movement	Mel Fisher - Science of Breath, Movement & Healthspan
9am	9:00	8:45	8:15	8:15	8:15
10am	Swami Sarvapriyananda Ashtavakra Gita	Dr. Rajlaxmi Iyengar Masterclass	Purnesh & Rowena The Power of Being	Deepika Siani Healing Pranayamas	Myra Lewin Ayurveda Talk
11am	11:00	10:30	10:00	9:30	9:30
12am	11:45	Dr. Tahir Sharief Art of Living	Ahbay Tulku Rinpoche Wisdom teaching & Blessing	Thimela Garcia Kundalini Yoga	Jo Winterton Gong Bath
1pm	Bhavini Vyas & Friends Kirtan	Sumit Manav Yin Yoga	Ram Banerjee The elimination of Sorrow	Luci Trenderle Body Connection	Dr Parthasarathy & Dr Saraniya Ayurveda Cooking Workshop
2pm	2:00	2:00	1:00	12:00	12:30
3pm	Dr Parthasarathy Busting western health myths with Ayurveda	Myra Lewin Yoga with Ayurveda	Swami Brahavidananda Hidden teaching beyond Yoga	Nikki Jackson Yoga Therapy	ChokuReiki Healing Emy & Simon - Sound Bath
4pm	4:00	3:45	2:45	1:15	2:00
5pm	In Conversation: Swami Sarvapriyananda and Rupert Spira	Kamal Singh Ashtanga Masterclass	Swamini Brahmajprananda Essentials of Hinduism	Lucy Aldridge Iyengar Yoga	Sonali & Ram Cooking Workshop
6pm	6:00	5:30	4:30	2:30	3:45
7pm	Sound check	Dr. Rajlaxmi Iyengar Masterclass	Dr Saraniya Parthasarathy Ayurveda for Women's Health	Lisa Colclough Playtime Yoga	Jyoti Jo Manuel Love in action
8pm	7:30	7:00	6:15	3:45	5:00
9pm	Acro Dance		Bhavini Vyas Essence of Immortality	Fay Rosamond Flow Yoga & Rose Ritual	Kate Codrington How to be a Peri-Queen
	8:00		7:30	6:15	6:15
	Radhika Das & friends			Anji Gopal Yoga for BackCare	Adam Bray Pranayama
	10:00			7:30	7:30
Other Activites		7.15am to 8.45am Near Chai tent	10.00pm to 11.30pm Fire Tent	10.00pm to 11.30pm Water tent	11am to 1pm & 4pm to 5pm Near Earth tent
		Aleigh Dindar 108 Sun Salutations	Leo Dey Storytelling & Kirtan Meditation	Sandra & Sofia Barnes Yoga Nidra & Sound Journey (Bring warm layers)	Adam Bray Ice baths

4pm to 5.30pm in the Dining Area - Mandala Art Workshop with Jenny de Pretto (book at Info tent - £12 materials fee applies)

Saturday timetable

Saturday 2nd August 2025					
Time	Space Tent 7:00	Air Tent 7:00	Fire Tent 7:00	Water Tent 7:00	Earth Tent 7:00
7am	Purnesh & Rowena The Power of Being	Kamal Singh Ashtanga Masterclass	Andrea Carrani Self-Love Meditation	Fay Rosamond Flow Yoga & Rose Ritual	Julli Dunman Nature Bathing
8am			8:15	8:15	8:15
9am	Swami Sarvapriyananda Ashtavakra Gita	Dr. Rajlaxmi Iyengar Masterclass	Swamini Brahmaprajananda Psychology to Yoga to Vedanta	Thimela Kundalini Yoga	Joe Hoare Laughter Yoga
10am			10:00	9:30	9:30
11am		Sumit Manav Yin Yoga	Jnandev Giri Santan Dharma	Sandra & Sofia Barnes Partner & Mandala Yoga	Daniel Gladwell Massage workshop
12am	Leo Dey and friends Kirtan		11:45	10:45	10:45
1pm		Stewart Gilchrist Vinyasa Workshop	Dr Saraniya Parthasarathy Ayurveda for women's health	Nikki Jackson Subtle Energy	Monisha Bharadwaj Cooking Workshop
2pm	Rupert Spira Essence of non-duality		1:30	12:00	12:30
3pm		Ravi Dixit Hatha Yoga & Pranayama	Swami Brahmaprajananda Hidden teaching beyond Yoga	Lisa Colclough Playtime Yoga	Devi Ananda Kaivalya Kriya Yoga
4pm	Sound Journey with Harevis & Nani Sounds of the Distant Land		3:15	1:15	1:45
5pm	Swami Sarvapriyananda & Sadhvi Bhagwati - Yoga for the Soul: Finding Truth Through Spiritual Practice	Kamal Singh Ashtanga Masterclass	Ram Banerjee The elimination of Sorrow	Luci Trendle Body Connection	Ananya Chatterjee Dance Workshop
6pm		Dr. Rajlaxmi Iyengar Masterclass	Dr Parthasarathy Busting western health myths with Ayurveda	Angela Ashwin Pranayama	Monisha Bharadwaj Wellness through Food
7pm	Sound check		5:00	2:30	3:00
8pm	Kalakunj Dance Group		6:30	3:45	4:45
9pm	Manish Vyas and Band			Leo Dey Voice Workshop	David Charles Mitchell Singing Bowl workshop
				Sarah Gilbert Kundalini Yoga	Polly Baldwin Gut health & nutrition
				Eugene Butcher Acro Yoga	
Other Activities		7.15am to 8.45am Near Chai tent	10.00pm to 11.30pm Fire Tent	10.00pm to 11.30pm Water tent	11am to 1pm & 4pm to 5pm Near Earth tent
		Aleigh Dindar 108 Sun Salutations	Leo Dey Storytelling & Kirtan Meditation	Sandra & Sofia Barnes Yoga Nidra & Sound Journey (Bring warm layers)	Adam Bray Ice baths

4pm to 5.30pm in the Dining Area - Mandala Art Workshop with Jenny de Pretto (book at Info tent - £12 materials fee applies)

Sunday timetable



Sunday 3rd August 2025					
Time	Space Tent 7:00	Air Tent 7:00	Fire Tent 7:00	Water Tent 7:00	Earth Tent 7:00
7am	Purnesh & Rowena The Power of Being	Kamal Singh Ashtanga Masterclass	Andrea Carrani Soul Consciousness Meditation	Deepika Siani Healing Pranayamas	Julli Dunman Nature Bathing
8am			8:15	8:15	8:15
9am	Swami Sarvapriyananda Ashtavakra Gita	Dr. Rajlaxmi Iyengar Masterclass	Dr Saraniya Parthasarathy Ayurveda for women's health	Anandana Nadvahajhala Hatha Yoga for beginners	Emma Bonnici Kanga Yoga
10am			10:00	9:30	10:00
11am	Sadhvi Bhagawati Healing Through Yoga: Overcoming Trauma and Finding Inner Peace	Manish Vyas Mantra Workshop	Jnandev Giri Santan Dharma	Sarah Gilbert Kundalini Yoga	Devi Ananda Kaivalya Kriya Yoga
Noon			11:45	10:45	11:30
1pm		Dr. Tahir Sharief Art of Living	Dr Parthasarathy Busting western health myths with Ayurveda	Sandra & Sofia Barnes Mother Earth Yoga Flow	Myra Lewin Cooking Workshop
2pm	Nikki Slade & Friends Kirtan		1:30	1:15	1:15
3pm		Ravi Dixit Hatha Yoga & Pranayama	Swamini Brahma prajnananda Vijnana Bhairava Tantra	Luci Trendle Body Connection	Jo Winterton Gong Bath
4pm	In Conversation: Improving Western health Drs Parthasarathy, Dr Rajlaxmi		3:15	2:30	2:45
5pm		Kamal Singh Ashtanga Masterclass	Swami Brahmadevananda Hidden teaching beyond Yoga	Anji Gopal Yoga for BackCare	Kimberley Soni Cooking Workshop
6pm	Sound Journey with Harevis & Nani Sounds of the Distant Land		5:00	3:45	4:30
7pm	Sound check	Dr. Rajlaxmi Iyengar Masterclass	Satish Sharma Yoga in the age of Kali	Eugene Butcher Heart Dance meditation	Joe Hoare laughter Yoga
8pm	Closing Ceremony		6:30	5:00	5:45
9pm	Alok Verma & Friends			5:30	Lost & Found
				7:30	
Other Activities		7.15am to 8.45am Near Chai tent	10.00pm to 11.30pm Near Fire tent		11am to 1pm & 4pm to 5pm Near Earth tent
		Lisa Colclough 108 Sun Salutations	Elk Burland Drumming Circle		Adam Bray Ice baths

2pm to 3.30pm in the Dining Area - Mandala Art Workshop with Jenny de Pretto (book at Info tent - £12 materials fee applies)



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In this world we need light.
Our children show us the way.

Our WYF family have worked and grown together for many years now and each year we hand-pick more extraordinary practitioners to add to our team to guide and inspire our future. From family yoga to teen philosophy, now is a time away from the restrictions of the classroom, a freedom and space to find and use our gifts.

We have gathered the most amazing practitioners and are delighted to offer yoga sessions, philosophy talks, yoga stories, arts and crafts, rope walking and, for the first time this year, some chakra dance. There is even a little teen cafe!

So if you have time, come over and visit us!
(Being glittered up is optional!)

Joyful Wellbeing Workshop: CD Suncatchers & Beaded Bracelets

In this session, we'll be transforming old CDs into beautiful suncatchers. Using colourful designs - from peaceful mandalas symbolising harmony, to your own unique creations - we'll make the most of the CDs' reflective surfaces, creating shimmering pieces that catch the sunlight beautifully. To add an extra touch of magic, we'll incorporate sparkling glass beads that hang and twirl in the breeze, bringing your suncatchers to life.

But that's not all! You'll also get the chance to use our gorgeous selection of glass beads to create your very own beaded bracelet. Whether you make one for yourself or as a gift for someone special, it's a lovely way to share a little kindness.

Rope Walking

Ropewalking workshops are an opportunity to appreciate the way we balance our whole self and how our practices are all valuable lessons as to how we navigate through life. Join us amongst the trees!

South Indian Floor Art

Kolam is a traditional art form from Tamil Nadu. This creative and rather spectacular skill lies with the women and it is learnt and passed down through the generations. Typically a woman would arise early whilst everything is quiet during a time called Brahma Mahurta and after washing and getting dressed she would go to clean the threshold of her house. Here she will put a Kolam which is a decorative pattern made of rice powder.

Simple kolams will be done on a daily basis which might just take a few minutes whereas on special occasions and festivals much bigger more elaborate colourful kolams will be made. So many patterns will be learnt and often memorised so there is the benefit to the memory as well as mathematical skill to work out the various patterns and pictures made out of the grids of dots. The rice powder used feeds the little creatures so that they hopefully stay out of the kitchen and since the Kolam is on the doorstep it gets walked through during the day often so that the Kolam can't be seen anymore. This creates the quality of non-attachment since with a Kolam you create something beautiful but don't get attached to its beauty for it slowly gets destroyed and then cleaned up the following morning.

It is said that the Kolam is created to invite the deity Lakshmi into your home. Should you not put a Kolam outside your house and she happened to be walking by then she would not come in bestowing those who live there with health and prosperity.

Family Area terms and conditions

The Children's Tent is suitable from birth up to approximately age 12.

Children must not be left unattended.

The Teen Tent is aimed at senior school age children.

All children/teens must be wristbanded with their parent/guardian's contact number. We cannot accept responsibility for children participating without parental supervision.

We cannot take responsibility for lost property but we do have a lost property box.

We cannot accompany children to the toilets so please bear this in mind.

No food or drink is to be consumed in the workshop space.

Please note that there may be photography/videography within the Family Area.

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Children's Tent (infants and Juniors)			
Time	Friday 1 August	Saturday 2 August	Sunday 3 August
	GLITTER	FAIRIES	ON REQUEST
9.00 – 9.30	Yoga Adventure with Sophie	Family Yoga with Jaz	Yoga / Music and Stories with Jon, Vaishali and Claire
9.30 – 10.00			
10.00 – 10.30	Fun time with Anandana	Kids Story Yoga + Kirtan with Becky + Alan	
10.30 – 11.00			
11.00 – 11.30	B R E A K		
11.30 – 12.00	Family Session with Jyoti	Family Session with Jyoti	Family Session with Jyoti
12.00 – 12.30			
12.30 – 13.00	B R E A K		
13.00 – 13.30	Yoga mindfulness with Jon	Sun Catcher Art with Katy	Creative Textiles with Venus & Emma
13.30 – 14.00			
14.00 – 14.30	Creative Textiles with Venus and Emma	Kolam Art with Rachael	Nature Minfulness, Crafts and Yoga with Jaz and Anandana
14.30 – 15.00			
15.00 – 15.30			
15.30 – 16.00	Yoga and Stories with Vaishali	Chillax Yoga with Claire H	
16.00 – 16.30			Creative play with the family Yoga team
16.30 – 17.00	B R E A K		
17.00 – 17.30	Family Chakra dance with Nicole	Yoga and Stories with Vaishali	
17.30 – 18.00			
18.00 – 18.30			
18.30 – 19.00			
19.00 – 19.30			
	GLITTER	FAIRIES	ON REQUEST

Teen Tent (Secondary school)			
Friday 1 August	Saturday 2 August	Sunday 3 August	Time
M O R N I N G G A T H E R I N G			9.00 – 9.30
Movement & Words with Mark	Mindful Movement Experience with Claire	Inclusive Family Yoga with Lisa	9.30 – 10.00
			10.00 – 10.30
B R E A K			10.30 – 11.00
Teen Yoga + Art with Nicole	Inclusive Family Yoga with Lisa	Express yourself with word and flow with Mark and Claire	11.00 – 11.30
			11.30 – 12.00
			12.00 – 12.30
B R E A K			12.30 – 13.00
			13.00 – 13.30
Rope walking with Mia / Kolam Art with Rachael and Nick	Creative textiles and clothes mending with Venus & Emma	Rope walking with Mia / Kolam Art with Rachael and Nick	13.30 – 14.00
			14.00 – 14.30
		Teen Asana + Kirtan with Becky and Alan	14.30 – 15.00
Mindful Movement Experience with Claire	Visit with the Swamis		15.00 – 15.30
			15.30 – 16.00
Yoga Philosophy chats with Alan	Rope walking with Mia / Kolam Art with Rachael and Nick	Evening Chill with the Teen Yoga Team	16.00 – 16.30
Teen Asana + Kirtan with Becky and Alan			16.30 – 17.00
			17.00 – 17.30
			17.30 – 18.00
			18.00 – 18.30
			18.30 – 19.00
			19.00 – 19.30
			19.30 – 20.00

family area teachers



Ellen Clinch is a trained primary school teacher who shares yoga with young people and adults, especially those with learning, physical, or sensory challenges. Her classes are shaped to be gentle and inclusive for all people from all walks of life exploring this unique specialisation. Alongside her teaching, Ellen helps run family and women's support sessions in West Berkshire.

Ellen is the wonderful Family Area Co-ordinator.



Alan Abhaya has been teaching Philosophy and Religion in schools for over 20 years. He trained as a yoga teacher 12 years ago in order to understand Vedantic philosophy more deeply. Alan recently set up the 'Earthrise Integrated Education Project' as a way of providing opportunities to home-educated teenagers to achieve a diploma qualification, in which yoga is an accredited part of the course.

Family Yoga & Kirtan. Join Alan in the Children's and Teen Tents where he will be leading Yoga sessions which will combine movement with storytelling and/or singing.

Yoga Philosophy chats - talk to Alan to discover more about the philosophy behind Yoga in the Teen Tent.



Rebekah Abhaya is a Yoga Therapist and Teacher whose experience in the field of Yoga spans over the past 25 years. Rebekah's commitment to the practice of Yoga touches all aspects of busy family life and one of her passions is connecting the teachings of the ancient Vedic texts to our modern day lives as a pathway to living consciously with a reverence and gratitude for life.

Family Yoga & Kirtan. Join Becky in the Children's and Teen Tents where she will be leading Yoga sessions which will combine movement with storytelling and/or singing.



Nicole Asghar has been passionate about yoga since her first class at the age of 12. As a trauma therapist and yoga teacher she knows the benefits of uniting the body with breath, befriending the nervous system and finding safety in the self. Nicole specialises in working with neurodivergent clients of all ages, and enjoys creating spaces for people to express themselves creatively through the arts, movement and sound. Sessions are offered online or in Dorset where she lives. Her favourite thing is to meditate at the seashore and feel the sand underneath her feet.

Family Chakra Dance - Children's Tent

Teen Yoga & Art - Teen Tent

Ecstatic Dance - Teen Tent



Sophie Bee left her career as primary school teacher in 2017 to pursue her dream of travelling to India to complete a 200 hour teacher training course, in the Goan jungle. Sophie now works solely as a yoga teacher and children's yoga teacher trainer.

Kids' Yoga Adventure! Get ready to stretch, move, and explore with your body. We'll go on magical imaginary journeys - diving deep into the ocean, swinging through the rainforest, and meeting all kinds of amazing animals. With music, partner poses, and playful games, this yoga class is full of laughter and adventure. Come join us and discover how amazing your body can be while having lots of fun!

family area teachers



Mia Burgess teaches Rainbow Yoga to young people and adults, with an aim to enhance their experience of holistic learning through activities that are rooted in conscious flow and creativity. Initially a languages teacher, she has steered her career down a more holistic path as she realised the importance to share knowledge for healing and well-being before anything else. She wants her students to feel empowered with the necessary tools to choose the course they take in life and keep focus, whilst having fun!

Rope-Walking. Rope-walking workshops are an opportunity to appreciate the way we balance our whole self and how our practices are all valuable lessons as to how we navigate through life. We take time to observe our movements and our connectivity in the present moment. Join us amongst the trees in the Family Area!



Mark De'Lisser is a poet and youth mentor with many years experience working with young people both 1:1 and in groups. A trained teen yoga teacher, Mark is passionate about empowering young people to feel valued and heard.

Words, poetry and movement. Bringing together his love of movement and words, Mark's sessions are bursting with creativity and playfulness, with a focus on gentle postures, relaxation, creative expression and meditation.



Lisa Harwood is a registered nurse with over 35 years' experience working in clinical and senior leadership nursing roles. She has a passion for research and is currently studying for her PhD on yoga and balance. Lisa qualified as a yoga teacher in 2018, TeenYoga teacher 2020 and 500hr training with Debbie Farrar in 2022. These have influenced her development of the 'Yoga for Me' Approach making yoga fun, accessible and inclusive to young people and adults with learning disabilities.

Inclusive Family Yoga. This class is a time for creating memories and enjoying yoga with family and friendship groups.



Rachael Hill is a passionate yoga teacher with 12 years of personal practice and 3 years of teaching experience. Rachael is also a primary school teacher and has used her knowledge and skills to implement yoga through storytelling, helping young learners develop body awareness, focus, and calming breath techniques in a fun and imaginative way. Teacher trained in traditional Indian Rishi Culture Ashtanga yoga from Ananda Ashram, India and informed by her long-standing practice in Iyengar yoga.

Kolam Art.

family area teachers



Claire Hutchins has been practising yoga from the age of 16. She is a qualified Mini Me Yoga Ambassador sharing the benefits of kids' yoga and mindfulness. She is also a trained Cosmic Kids Yoga Teacher and completed the 27 hour Rainbow Kids Yoga training at Pineapple Studios in London. She is also a Story Massage Practitioner and uses this technique in her classes. Combining music and yoga, she set up Chillax Kids in 2016.

Claire will be assisting with Yoga, Music Stories sessions in the Children's Tent.



Emma Kennedy Emma Kennedy is a fashion designer & stylist who works across a range of areas within the fashion & costume industry from catwalks to film. She is a huge supporter of the creative arts for emotional wellbeing & aims to promote creative outlets as therapeutic activities & community engagement experiences within her practice.

Make Do & Mend. Learn clothing repair and up-cycling techniques, so bring those broken buttons and holey jumpers for some fun and learn a valuable life skill too! We will also have a range of creative textile products from fabric paints to embroidery threads, ready to be played with! Unleash your inner artist with creative textile methods and make something old new!



Venus Malaise is a fine artist and has worked with children for over 30 years in schools and at festivals on a range of art projects. Venus has been volunteering with Emma Kennedy for several years, sharing the joy of textiles and creative skills.

Make Do & Mend. Learn clothing repair and up-cycling techniques, so bring those broken buttons and holey jumpers for some fun and learn a valuable life skill too! We will also have a range of creative textile products from fabric paints to embroidery threads, ready to be played with! Unleash your inner artist with creative textile methods and make something old new!



Claire-Marie McBride is Founder & CEO of The Mindful Movement Training & Coaching, as well as an award-winning Holistic Health Expert, TV & Radio Presenter. Grounded in rich research, Claire's Irish/Indian roots and science-to-soul approach, gently allow this weaving wisdom of East meets West. During a decade of award-winning teaching, Claire was graded 'outstanding' by Ofsted for her 'sheer vibrancy'. It was through witnessing the mental health decline with both young people & colleagues, coupled with personal loss, that cemented her purpose to 'evolving our emotional health' and empowering awareness around emotional intelligence.

Mindful Movement Experience. A unique wellness immersion through music, movement & meditation, inspiring and igniting connection, harmony and inner balance.

Claire leads with an open heart, guiding you through her award-winning Mindful Movement Method with her signature sequences of blissful breath work, gentle asana and guided heart meditation.

family area teachers



Jon Powell started his yoga journey in order to support his autistic son. It was recommended that he attend yoga classes; however, none were available locally that could meet his needs and so Jon decided to qualify to help his son himself! Jon completed reflex yoga teacher training in 2020 with 'Yotism' - a method which combines traditional hatha yoga with reflex therapy.

Yoga & Mindfulness session. This approach is suitable for all ages and abilities, and is particularly beneficial to those on the autistic spectrum. Jon will be teaching in the Children's Tent.



Vaishali Raithatha is a professional storyteller certified from Kathlaya's International Academy of Storytelling and a certified Yoga teacher trained and certified from Atmayogashala Chennai. She works with children in schools and adults in the area of storytelling and Yoga based in Berkshire.

Yoga & Stories. Vaishali will be holding a Yoga & Stories session in the Children's Tent.



Katy Stevens is an artist, graphic designer and creative coordinator living in rural Hampshire and working throughout West Berkshire on all things creative. After many years working as a graphic designer, she co-created 'Doodles', a successful business and community space promoting the work of over 50 artists and creators, supporting their development and marketing their work. Currently working at the Corn Exchange Newbury coordinating a creative programme of wellbeing community-wide, enriching people's everyday lives through art and creativity.

Sun Catcher Art. Get creative and feel good! We'll be turning old CDs into colourful, shimmering suncatchers, adding sparkling glass beads that dance in the sunlight. You can also make your own beaded bracelet - to wear or gift to someone special. A fun, relaxing workshop all about creativity, kindness and wellbeing.



Jazuela Wall is a senior special yoga practitioner & trainer. She shares yoga with children & adults with special educational needs and disabilities (SEND). Jaz has 9 years experience working in special education, particularly with neurodivergent children.

Jaz has also completed a 200h hatha/vinyasa YTT, Thrive Approach training (trauma informed) and a PG certificate in therapeutic play skills. She is currently completing a PG diploma in Play Therapy. Jazuela is also co-founder of SENDsenses CIC, who offer nature-based play sessions for children with SEND.

Children's Yoga. Jazuela brings her love for nature and passion for creative play into her yoga sessions, with a focus on regulating the nervous system.



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- Mini 2 hour modules on a variety of Yoga Therapy subjects during the year

"The Yoga Therapy trainings are of high quality and the trainers are deeply respectful and compassionate"

ABOUT



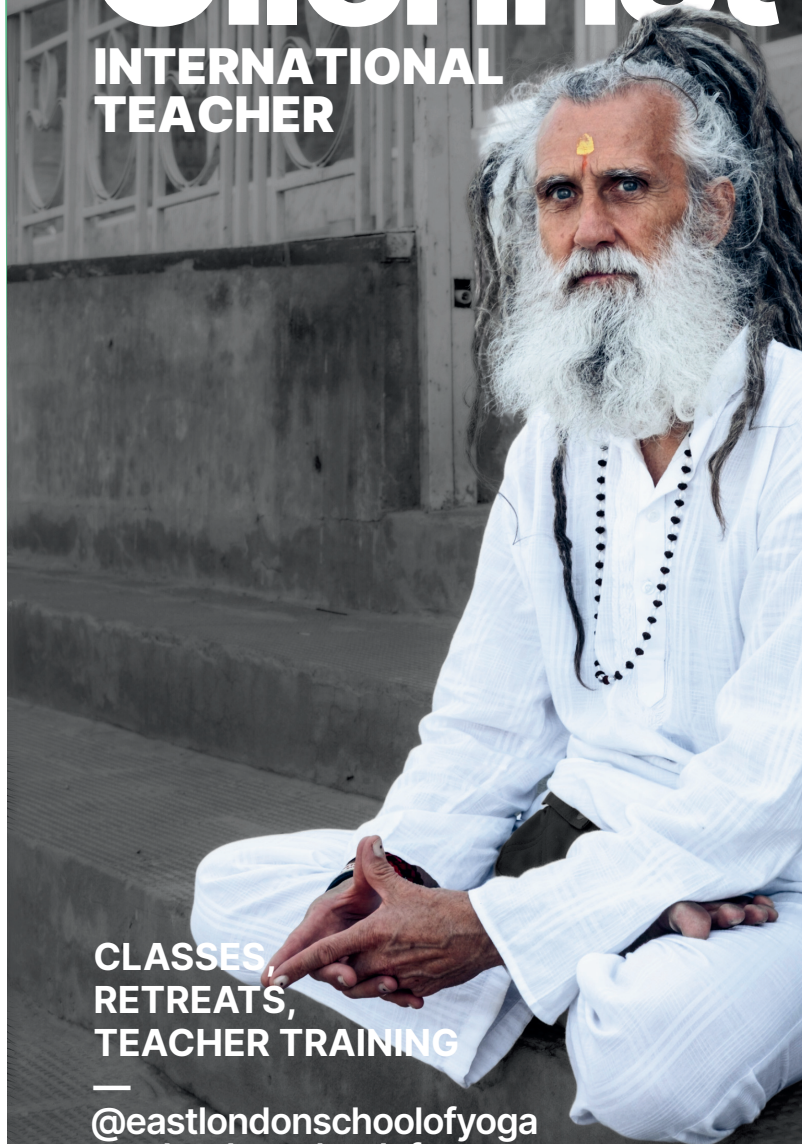
Yoga Focus, established in 1998 runs a professional Yoga Therapy training school accredited by The British Council of Yoga Therapy. The course trainers are highly experienced yoga therapists/teachers with expert knowledge.



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useful information

Inside The Venues

Please remove shoes on entry to all carpeted venues.

Medical & Welfare

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

Stewards

For assistance, please ask anyone in an orange 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 re-use your water bottle wherever possible and recycle responsibly.

Mobile Phone Charging

Subject to availability, limited mobile phone charging packs are 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

Subject to limited availability, cash may be available to withdraw from the Box Office for a fee.

Dogs/Pets

With the exception of Registered Guide Dogs, animals are not permitted onto the festival site.

Lost Property

Please visit the Info Tent for lost property.

Train Times

The nearest train station is Henley-on-Thames, and the last train for London leaves at 23.20 on Friday, 23.28 on Saturday and 22.00 on Sunday.

Local Taxi Numbers

Henley Taxis: 01491 574222
Chiltern Taxis: 01491 578899
County Cars: 01491 579696

Local Buses

The Arriva 800 and 850 buses run along Marlow Road and travel between Reading Henley and High Wycombe.

Shuttle Service

A car shuttle service will operate at the following peak times between Henley-on-Thames train station and the festival site for a donation of £5 per journey. Please visit the Info Tent for more details.

Thursday: 3pm - 8pm

Friday: 8am - 10am and 7pm - 9pm

Saturday: 8am - 10am and 7pm - 9pm

Sunday: 8am - 10am and 6pm - 9pm

Leaving The Site

Please leave no trace when vacating the campsite and ensure you take all rubbish with you.

દિશોરો લપ



इराणदे ह लपइते



Roopa Panesar is considered one of the finest sitar players to emerge on the Indian Classical Music scene from the UK. She is a disciple of the renowned Ustad Dharambir Singh ji MBE (a disciple of the late Ustad Vilayat Khan). She began her training at the age of seven, under her Guru until present day. She also had the honour of learning from the senior most disciple of the late Ustad Vilayat Khan, Pandit Arvind Parikh ji. As per the introductions made by Ustad Dharambir Singh, Roopa's musical vision has been enriched while receiving guidance from many outstanding musicians visiting the UK including Ustad Shahid Parvez, Pt Buddhaditya Mukherjee, Ustad Bahauddin Dagar, Pt. Ajoy Chakraborty, Pt. Rajan Sajan Mishra, Prof Yashpaul ji, Ustad Siraj Khan, Pt. Buddadev Das Gupta ji to name a few.

Roopa has toured extensively in the UK, Europe and USA. Aside from touring Europe, US and India she has made numerous BBC appearances, collaborated with Mercury Prize winner Talvin Singh. She released her debut album, Khoj ('discovery') in 2011, followed by Subha, voted Songlines "Top of the world album" and her most recent critically acclaimed album ATMA (The Soul). Roopa also played at the VJ75 memorial, in the presence of HRH King Charles III, which was broadcast on BBC 1 and performed with Sir Simon Rattle for the CBSO 100 programme.



Harevis & Nani will be leading a "Sounds of the Distant Land" Sound Journey.

Harevis & Nani create immersive sound journeys using a blend of exotic instruments from around the world. The journey is an exploration that transports audience to mystical places - from deep jungle atmospheres to the echoes of ancient civilisations. With over a decade of experience, they have captivated audiences across Europe and internationally, delivering sound journeys that resonate deeply and leave lasting memories.

During the sound journey Harevis & Nani play world flutes, wind instruments and percussions: Egyptian flute, Native American flutes, Arabic flute, overtone flutes, dan moi jaw harp, ocarinas, Deep Forest bamboo flutes, frame drums, rattles, shakers, handsonic. The sound journey brings participants to the depths of the imagination. Beyond time and space. From temples hidden in the jungle thickets, the treasures covered in the sands of desert.



Radhika Das first discovered the practice of Bhakti Yoga in 2007, the path of love and devotion. He decided to dedicate more time to absorb himself in the ancient practice of Kirtan and discovered the beauty of mantra. Radhika is committed to helping people, whether it be from an existing yoga or spiritual background or to those with limited or no exposure to the practices. His aim is to help you through accessible and relevant chants to feel more fulfilled, connected and joyful in the mind, body and soul. He has shared in a variety of spaces including major Yoga festivals: Wanderlust, World Yoga Festival and The British Museum.

"Every human being has a beautiful light within that is just waiting to shine, but our false ego can often block us from unlocking our full potential. As a Bhakti practitioner, I want to serve you to dive deep and explore, unleashing your true vibrancy and joy." Radhika Das also helps to run 'Kirtan London', a project which aims to make sacred mantra music accessible to a wider audience, including schools, mental health institutions and outdoor events.

इष्टान्दे इ लपशित



Leo Dey was born and raised in India to parents from diverse and different backgrounds, Leo Dey comes from a unique blend of musical traditions and cultures. His father is an accomplished Bengali Folk singer in the lineage of traditional Indian heritage. His mother's origins are from Native American tribes and Colombian roots in Latin music. Growing up in a truly versatile artistic family, Leo has been a gifted musician from the very start. He began his formal training in Indian Classical Music at a young age. His singing has been described by his teachers as having the "causeless mercy of Mother Saraswati, the Goddess of Knowledge".



Bhavini Vyas takes the listener on a profound journey to the core of their being, quite literally channeling her voice into the collective evolution of humanity. The product of a culturally rich family hailing from the northern suburbs of London with a spiritual yet Western upbringing, today Bhavini is committed to giving the world an experience of mantra, meditation, and yogic philosophy through her music and spiritual alchemy.

An avid supporter of maintaining cultural diversity and with a profound understanding of global music, Bhavini has been responsible for curating artistic performances at festivals and events around the world. Bhavini is an accomplished and highly trained vocalist with an ability to connect to individuals in intimate settings as well as crowds of thousands. She has an inherent understanding of the ancient Vedic philosophy behind how music can have a very real and transformative effect on the body and mind, and Bhavini is known for the emotional journey she takes her listeners on.



Manish Vyas is considered a unique phenomenon in the world of Indian fusion music. Singer, composer and multi-instrumentalist, Manish has emerged as both performing and recording artist. Growing up in Gujarat, India in a family passionate about Indian music; from classical to kirtan, devotional, Mantra, Sufi and folk. Music is quite simply in his blood and he is held in high regard as a composer with a talent for creating beautiful melodies. Manish has so far created more than thirty albums; each of his creations having a different flavor, an indication of how versatile and far reaching his musical style is. From the ancient spiritual roots Hinduism to the pulsating rhythms of contemporary dance, from Sufi to celebration, from relaxation to sounds for meditation; all these flavors have been explored extensively. With a fan base of young and old, east and west, traditional and new-age, and of course Mantra-Kirtan lovers, Manish Vyas has touched and inspired people in every corner of the globe and continues to bring his unique form of creativity to an ever more appreciative audience searching for an authentic yet contemporary Sound from Bhārat - India.

इष्टान्दे ह लपइते



The Babaji Bhakti Band are devotees of Haidakhan Babaji and love to serve him and share Bhakti (devotional) yoga through the singing of simple mantras. The miracle of healing sounds and Kirtan/Bhajans has a very rapid and deep effect with people and The Babaji Bhakti Band love to be immersed in this and share this.

Tom Simenauer (a.k.a TablatOM) was born into a musical family. His parents were amazing classical musicians. Tom has been following spiritual practices since 1987. From 1991 studied and lived with his Tabla master Shib Shankar Ray for many years, being very blessed to live with his music guru. In 1995 he joined the Babaji band Goma. With Goma Tom found his way to Haidakhan Babaji and so the union of his musical path and spiritual path began. Since then Tom has been a holistic music producer, composer, teacher, live sound engineer. He loves to help people on their healing journey with Bhakti yoga teaching Kirtan, Harmonium, Dholak and Tabla.

Lauren Moss came to Haidakhan Babaji in 2016. In 2017 She had a spiritual experience where the Divine feminine instructed her to, "Do music and see what happens!" Lauren now plays and sings Bhakti yoga chants daily and serving Babaji has become the focus of her life.



Alok Verma is a London based music producer, performer and live looping artist. As a tabla player and multi-percussionist, Alok has performed globally with a number of artists including Ian Anderson/Jethro Tull, Boris Grebenshikov, Dr L Subramaniam, Erik Truffaz, and Julian Joseph to name but a few.

As a producer, Alok has developed his own style of mixing electronic and acoustic instruments live on stage. One of his albums Avartan did a top in iTunes chart. He has also produced fusion music with Indian influences and has released tracks for mantra, meditation and relaxation.

His music and videos have reached tens of millions of views on social media, which has resulted in music technology brands like Roland, sE Electronics and Adam Audio joining hands and providing valuable support.



Nikki Slade has, since 1989, been a leading pioneer and facilitator in the field of mantra chanting, core voice and sound work in the UK for 36 yrs. Nikki has inspired thousands of individuals to chant and has led chanting and voice workshops in a wide variety of settings including companies such as M&C Saatchi, Deutsche Bank and Cisco. She has been resident Kirtan leader at triyoga London for 23 years and has also taken her cutting-edge approach to working with the voice into Wandsworth men's prison. She was the resident voice and sound facilitator at the Priory Hospital in North London for 20 years where she has, through her work, supported the recovery of people on the addiction treatment programme.

For the past 10 years she has been facilitating chanting and voice workshops at the half-way recovery house Start 2 Stop in central London. Nikki has worked extensively in natural voice coaching with leaders in their fields including Business Ceos, Therapists, Yoga teachers, School teachers, Writers and Performing artists. She has released 4 successful mantra and chanting recordings including: Nectarine, Monsoon, Soundscape and the double album Epiphany.



Kalakunj - Dance Group are an award-winning, dynamic performing arts group from Reading, Berkshire will present KRISHNA LEELA.

The dancers will enact Lord Krishna's mystical charm and divine energy through rhythmic and musical compositions based on the nuances and techniques of Bharatanatyam, an Indian classical dance form.





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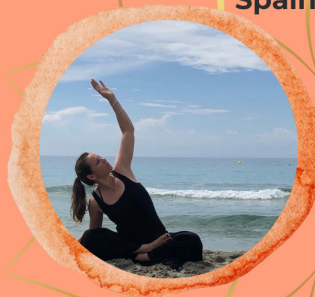
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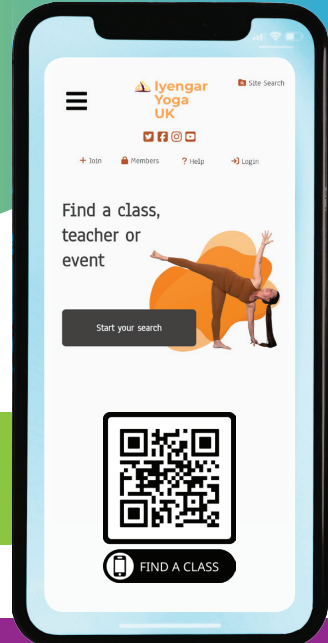
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Cauliflower with Potatoes

Serves 4-5

2 medium size potato cut into chunks
1 cauliflower cut into medium sized florets
½ cup frozen peas
2 medium tomatoes (finely chopped)
1 tbsp grated ginger
5 tbs cooking Sesame oil (or any good oil)
1½ tsp turmeric Powder
1 tsp cumin Powder
1 tsp chilli Powder
½ tsp ground black pepper
1 tsp salt or to taste
½ tsp sugar
½ tsp cumin seed
1 bay leaf
1" cinnamon stick
2 dried red chillies
2 green whole chillies
1 tsp garam masala
1 tbsp ghee
Hand full chopped coriander leaves (optional)

Chop the potatoes and the cauliflowers into medium size pieces. Chop tomatoes into small pieces or make smooth puree. Coat the potatoes and cauliflower with ½ tsp salt and turmeric powder.

In a covered frying pan heat up the 4 tbs oil and gently fry the potatoes in a medium heat until they turn golden brown, set aside. Next gently fry the cauliflower florets until they look golden and set aside. Make a spice paste with cumin, turmeric, chilli and black pepper powder set aside.

Heat 1 tbsp oil, temper with bay leaf, cinnamon sticks, red chillies and cumin seeds. Add the chopped tomatoes and ginger to the tempering and sauté for 3 minutes in a low to medium heat. Add the spice paste, salt and sugar sauté until oil begins to separate.

Add the fried potatoes and cook for 3 minutes on a low heat with cover on (might need to sprinkle some water to stop it burning). After 3 minutes add 1 cup of water and carry on cooking for another 3 more minutes with cover on until potatoes start to get tender.

Next add the fried cauliflower and peas and another 1 cup of water and simmer for 10 more minutes until it reaches the desire consistency.

Finish off by adding garam masala and ghee. Garnish with chopped coriander leaves (optional).





28-DAY PRANA CHIKITSA COURSE

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BHAVANANI & YOGATHILIKAM DEEPIKA GIRI
FROM THE GITANANDA YOGA TRADITION

A medical doctor and a yoga master, Dr. Ananda Balayogi Bhavanani is the son and spiritual successor of Swami Gitananda. With over 20 books and decades of teaching experience, he bridges classical yogic wisdom and modern science in an inspiring and accessible way.

Senior Pranayama teacher of the Gitananda tradition, Yogathilikam Deepika Giri's grounded and clear instructions empower students of all levels. Her focus on subtlety and embodiment brings breathwork alive.

This four-week online journey introduces **Vibhaga Pranayama** (sectional breathing as the core technique for restoring harmony to the respiratory system, nervous system and subtle energy body. Each session builds progressively – awakening a deeper connection with breath, body and mind.

You will also be introduced to:

- **Hathenas** yogic postures to open the lungs)
- **Hasta Mudras** (hand gestures for energetic flow)
- **Nada** (sound techniques to expand pranic capacity)

Each week focuses on a different region of the lungs:

Week 1: Adhama Pranayama – Lower Lungs

Ground your energy with diaphragmatic breathing and release tension in the lower body

Week 2: Madhyama Pranayama – Middle Lungs

Access emotional balance by working with heart-centered breath and rib cage mobility

Week 3: Adyama Pranayama – Upper Lungs

Cultivate uplift and clarity through clavicular breathing and subtle inner awareness

Week 4: Mahat Yoga Pranayama – Complete Breath

Unify all three zones into one harmonious breath. Awaken pranic flow and healing potential

4 weekly online classes every Saturday 4pm to 6pm UK time

Starting Saturday 6th September 2025

Cost: £59 for the full course



MANOSHAKTI - MIND MASTERY WITH MEDITATION

5-WEEK ONLINE VĒDANTA COURSE WITH SWAMINI
BRAHMAPRAJNANANDA SARASWATI (Ph.D.)

A Hindu monk and traditional teacher, of Advaita Vedānta, Swamini's journey bridges the ancient and the modern. Formerly a clinical psychologist, she now resides in Mumbai, India, sharing Vedānta with clarity, depth, and gentleness. Her teachings integrate profound Vedic insight with compassionate psychological wisdom, resonating with seekers worldwide.

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The mind is the cause of both bondage and liberation.

Together we journey through three stages of transformation:

- **From Problem to Peace**
"My mind is not a burden—it is a friend."
- **The Mind as Sacred Instrument**
"I use my mind wisely in the pursuit of a full life."
- **Freedom Beyond the Mind**
"I am Consciousness (Chaitanyam) — the one who illumines the mind."

Week 1: Dharma & Your Relationships

Week 2: Befriending the Mind & Healing the Inner Child

Week 3: Knowing the Ways of the Mind

Week 4: Karma Yoga & Aligning with Reality

Week 5: I am the Witness-Consciousness

5 weekly online classes every Sunday 2pm to 3.30pm UK time

Starting Saturday 2nd November 2025

Cost: £69 for the full course



KATHA UPANIṢAD (KATHŌPANIṢAD) ONLINE COURSE WITH RAM BANERJEE

3 blocks of 8 classes each. Online every Thursday 7.30pm to 9.00pm UK time

Starting Thursday 4th September 2025. Cost: £64 for one block

Based on the teachings of Swami Dayananda and Swami Paramartha

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At its heart, this Upaniṣad is a journey – from doubt to clarity, from the seen to the unseen, from the finite to the infinite. It speaks directly to the spiritual seeker, pointing to the reality beyond body, mind and identity. Each verse is a doorway into subtle understanding – guiding the student inward, toward the Self that is ever free. This is a guided, verse-by-verse exploration of the full text, with space to reflect, absorb and ask questions. Suitable for both newcomers and long-time students of Advaita Vedānta.

All classes are recorded and the class video is distributed to all attendees.

For further information, please visit www.arshakulafoundation.org/courses

इतनाही रेसिपेस



Sonali's Khichuri

Serves 4-5

Ingredients

160g Basmati rice or small grain white rice
160g Yellow (husked and split) Moong dal
2 tbsp cooking oil
8 Cherry tomatoes (halved)
120g Carrots cut into small cubes (Optional)
120g Sweet potato cut into small pieces (Optional)
180g frozen peas (optional)
1 tsp Turmeric powder
½ tsp Ground black pepper
2 tbsp grated ginger
½ tsp Asafoetida (optional)
1tsp Salt (according to taste)
½ tsp sugar
1 Cinnamon stick (1 inch)
4 Green cardamoms (smashed with husk removed)
1 Dry bay leaf
2 Dry red chillies
2 Green chillies
1 tsp whole Cumin seeds or Panch Phoron
½ litres boiling water (approx) or more if needed
½ tsp ground Garam masala (optional) to add at the end
1 tbsp ghee (optional)

Rinse the rice a couple of times in fresh water, drain and set aside.

In a large deep saucepan, dry roast the dal on low heat for 5 to 6 min stirring often. Continuous stirring helps the dal to be evenly roasted. Roast until the dal turns light golden and fragrant. You will see that the dal will begin to change colour. Be mindful, because if the dal turns brown or black, you have overdone it and they will NOT cook. Transfer the roasted dal into a bowl and set aside.

In the same saucepan, add 2 tbsp of oil or ghee and add the dry red chillies, bayleaf, cinnamon stick, cardamom and stir for a minute and then add the cumin

seed or Panch Phoron. When you hear the 'spitting' add the chopped carrots and sweet potato and sauté for 4-5 minutes on medium heat. Add the washed rice stirring often on medium-low heat for another 4 to 5 min and finally add the roasted dal.

Add the finely grated ginger, turmeric powder, ground black pepper and a pinch of asafoetida (optional). Add the water and simmer for 35 minutes with the pan partially covered. Check often so that it does not get dry. Add water as needed to maintain the consistency required.

Add 2 whole green chillies (optional) and peas 15 minutes into the simmering. When the dal is cooked, add the salt (to taste) together with a pinch of sugar.

Finish off with garam masala and 1 tsp of ghee (Optional).

Note: Panch Phoron is a mixture of cumin, fennel, methi, kalanji or nigella, mustard seeds. You may also substitute other vegetables such as green beans, baby potatoes etc.





Is fruit good for health?

I am sure all of us have heard repeatedly this most common of recommendations for healthy living: “Eat More Fruit”.

How can Ayurveda contradict the goodness of fruit! Undoubtedly, Ayurveda also celebrates fruit for its wonderful properties and benefits. Fruit are one of the most easily digested foods, providing good nourishment and at the same time, satiating and refreshing.

Unfortunately, we usually miss out on some of the nuances about fruit, and end up getting compromised benefits or at times even get some negative effects and then blame the excessive sugar content in the fruit. So, let's get the basic concepts straight!

Nature Directs You Better

As we usually mention “Everything available and not available in a particular season is for a reason”. There is an amazing synergy between what is required for us and what is produced in nature. If you can hear these whispers of nature and tweak your life, then you are already practising Ayurveda! Before going deeper, let's reflect on some fundamental questions below:

Did our ancestors import fruit when local nature didn't produce them?

Three to four decades ago, did we get to eat our favourite fruit the whole year round?

Are Fruit available in nature in cold and snowy winter?

Do we get as many good varieties of

fruit in cold countries as we do in warm countries?

Since almost all of your answers are “NO”, we have to realise that something is seriously wrong and we should look into this deeper...

Let's take the season of summer as a classical example to understand better. Summer is the period where the digestive power of a person is very weak, and one is deprived of energy as the scorching sun sucks the energy off us. It's very important to have nutritious food to replenish the energy but this nutritious food cannot be digested because of weak digestive power and can lead to serious digestive complications if one overloads the system. This is a Catch-22 situation and we should find a way to escape from this trap.

Ayurveda gives a beautiful solution - **take food that is sweet, easy to digest, nourishing, “cold in potency” and closer to liquid in nature.**

The solution sounds good, but to find food that satisfies all the criteria is a herculean task because things that are sweet, nourishing and cold in potency are difficult to digest. But MOTHER NATURE is ready with enormous varieties of fruit which satisfy all these requirements. Just take Watermelon as an example, and compare the 5 criteria. You will be amazed.

From a modern scientific perspective, it can be understood that fructose in fruit is a variety of sugar that slowly undergoes digestion, supplying gradual but effective nourishment, unlike

Sucrose, the regular sugar. Isn't it amazing? But unfortunately, today we see watermelons available in supermarkets all year round as well as in cold countries in the coldest season. No wonder people are suffering from Flu and the Common Cold in the winters and in the spring in cold countries.

Which fruit does nature produce in Russian winters? Hear the whispers of nature and stay away from these supermarket aisles. If you import fruit from tropical and temperate countries and relish them because “fruits are good, rich in fibre, boosts immunity”, and so on, you are completely off track. Instead, if you have preserved the fruit into jams with extra sugar and consume them, you are on track as the Ayurvedic understanding of cold weather recommends a sweet-dominant, heavy for digestion food, and that too early in the morning, which is the culture of breakfasts in cold countries.

Fruit Fundamentals in Ayurveda

There is nothing like good fruit or bad fruit, as it depends on the context. Ayurveda does mention a few superior fruits or Phala uthamā in Sanskrit - such as Grapes, Gooseberry, Pomegranate, Citron, Silver Date palm & Mimusops (Spanish Cherry), as they are the most beneficial in nutrition.

The general rule for eating fruit: Avoid unseasonal, worm-infested, overripe or unripe fruits.

Bad Combinations: We should not mix milk with any fruit that is not completely sweet. Adding milk to fruit, especially if the fruit is sour, can be a disaster.

Dr.Parthasarathy & Dr Saraniya Parthasarathy

Rethink your mango milkshakes! Bananas with milk are fine but bananas with yogurt or buttermilk can be highly problematic.

When to Eat: Ayurveda strongly recommends not to mix cooked and uncooked food in the same meal — by that we mean, eat fruit individually, when hungry, and not with other foods. However, there are exceptions for very sweet fruit like mangoes, jackfruit etc. which can be taken at the beginning of a meal.

Dried fruit: Dried fruit are also good. Ayurveda recommends dried and preserved fruit in the rainy season.

Cooking Fruit: In principle, the sun has already “cooked” the fruit and as a result, they are ripe and sweet and hence they are ready to eat. However, there are some fruit like a few varieties of banana, apples etc which are a little heavy for digestion and can be cooked before eating for easy digestibility, especially for children.

Fruit in Diabetes: Parallel to Ayurveda, even modern researchers have shown that fructose is not harmful in diabetes even if the fruit is very sweet, but they have to be taken appropriately considering the above pointers.

Bottom Line

Fruit is generally good but only when we consume them appropriately. The most important factors to consider are eating naturally-ripened, seasonal fruits and logically understand that there is no mandate to eat fruit daily. Eat them only when hungry and not just for the sake of eating fruit. Always be watchful about what is mixed with the fruit.

Stay tuned for more structured and methodical learning of Ayurveda in our Ayurveda sessions at this year's festival.

**In service of Ayurveda,
Dr.Parthasarathy & Dr Saraniya Parthasarathy**



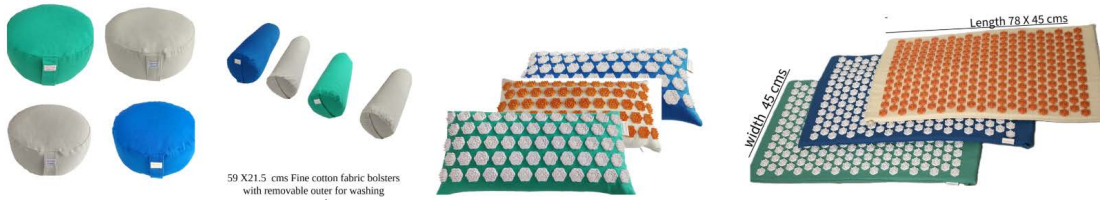
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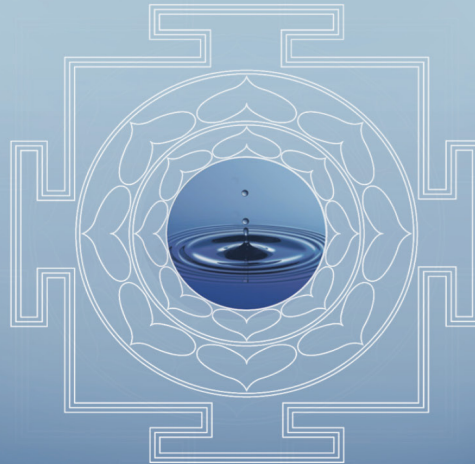
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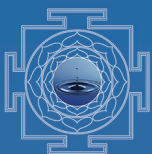
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effortless awareness: your natural condition

Effortless Awareness: Your Natural Condition

Just notice that you are effortlessly aware.

Being effortlessly aware is your natural condition. It is what you naturally, effortlessly are, irrespective of what you are aware of – the activities of thinking, feeling, sensing and perceiving. These are activities that you do from time to time. But being effortlessly aware is not something you do; it's what you essentially are.

You are not always thinking, but you are always effortlessly aware. You are not always feeling, sensing, perceiving, but you are always effortlessly aware. You are not always acting and relating, but you are always effortlessly aware.

When you wake up in the morning, the activities of thinking, feeling, sensing and perceiving begin. But being effortlessly aware doesn't begin; you are always that – sometimes in the presence of experience, sometimes in the absence of experience. Just as the screen, relatively speaking, remains the screen – sometimes with a movie

playing, sometimes without – so awareness remains unchanged, whether or not there is experience. The content of the movie doesn't affect the screen. Likewise, what you are aware of doesn't affect your essential self – the fact of being aware, or awareness itself.

Being aware is the constant, steady, changeless background of all continually changing experience. You don't have to practice being aware; you are essentially that, naturally, effortlessly.

The Simplicity of Meditation

Meditation is simply to notice the natural, effortless awareness that you essentially are, and to be that, knowingly. Everyone is always essentially that, but mostly without realising it. They are that, so to speak, unknowingly. Meditation is to remain as awareness, whatever arises. In other words, meditation is simply to be knowingly what you always and already are.

Notice that there is no agitation, sorrow, pain, or conflict in the awareness that you naturally, effortlessly are. Agitation belongs to your thoughts; it is what you

are aware of. Sorrow belongs to your feelings; it is what you are aware of. Pain belongs to the body; it is what you are aware of. Conflict takes place in relationships; it is what you are aware of.

But you – the fact of simply being aware or awareness itself – are inherently free of the agitation, sorrow, pain and conflict that characterise your experience. In other words, being effortlessly aware is already at peace, already free of all sorrow. It is already the peace, the quiet joy, the absence of conflict, that is, the love that you seek.

If you find yourself, through force of habit, lost in the content of experience, just come back to being effortlessly aware. Notice that this recognition of what you essentially are is always a coming back, a returning. It is never a reaching for your self. It is never a going towards your self. It is always a returning, a relaxing, a coming back.

You do not find your self; you are your self. One can only find what was lost – what was absent and then becomes present. But your self is never absent. You cannot reach for it; you can only be it, knowingly. You are always your

by Rupert Spira

self – either knowingly or unknowingly.

Beyond Seeking

Enlightenment, awakening, self-realisation, liberation – these must be amongst the most misunderstood words in all the spiritual traditions, suggesting, as they do, some extraordinary, mystical experience.

There is nothing extraordinary or mystical about being or being effortlessly aware. Being or being aware is the simplest, most ordinary, most intimate experience there is.

The eyes see everything, except themselves. Why? Because they are too close to themselves to be able to look at themselves. The eyes can only see something at a distance from them.

It's exactly the same when you try to know your self. It is only possible to know something that is at a distance from you – in other words, in subject-object relationship. You can know a thought, experience a feeling or perceive an object, because the thought, feeling or object stands, as it were, at a distance from you.

You know them in subject-object relationship. You are the subject – the knower – and the thought, the feeling or the object, are the object – the known. But when you try to know your self, it's like the eyes trying to see themselves. You are too close to your self to know your self as an object.

So, when you try to know your self, there is an absence of experience, an openness, an emptiness, just pure aware being without any objective features. That pure aware being – awareness itself – cannot know itself as an object. It can only be itself knowingly.

To know your self is to be your self knowingly.

In other words, in self-knowledge, there is no objective knowledge. This absence of knowledge is your presence all alone. And in this presence is all the peace, the joy, the love that you have ever longed for.

It is in your absence that you find your presence.

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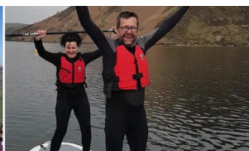


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meditation = 3 myths and key truths

Meditation or Dhyaanam is an integral part of sadhana of a Yoga practitioner and a Vedanta student-disciple.

Since meditation has entered the mainstream, numerous misconceptions have arisen. We will explore five key myths about meditation and offer the truth into this profound practice.

Myth 1: The Goal of Meditation is to Empty the Mind

Since most of us don't know how to manage our minds, we think that we can be at peace only when our minds are empty. Further, all of us experience great joy after a deep, restful sleep when the mind is dormant. So people often associate meditation with an empty mind, devoid of all thoughts, which leads to frustration.

Truth 1: Meditation is about transforming our relationship to the mind.

From a Vedantic perspective, the goal of meditation is not to empty the mind but to abide in your true nature being having gained mastery of the mind.

Patanjali's Yoga Sutras define yoga (which includes meditation) as "chitta vritti nirodha," often translated as "the cessation of the fluctuations of the mind." However, this doesn't mean stopping all mental activity. 'chitta vritti nirodha' is better translated as 'mastery of the mind'.

Meditation is about cultivating the ability to not incessantly identify with the mind. We can then discern which thoughts are worth acting upon and which ones aren't.

As one progresses in meditation, thoughts may naturally subside, leading to periods of stillness. But this is a byproduct, not the primary goal. The ultimate aim is to realize one's true nature as the unchanging witness consciousness illuminating the ever-changing mind.

Myth 2: Meditation isn't working if your mind wanders.

Truth 2: If your mind wanders, congratulations! Your mind is working well because it is moving.

Our problem is not that the mind wanders. If your mind stops moving then there will be no learning or interaction. Thank God your mind moves!

The mind may feel like it is a solid tangible entity but is correctly described as vritti pravaha – a flow of thoughts. Bhagavan Krishna teaches us that the most exalted happiness reaches such a meditator, who does the following.

For whatever reason the unsteady mind, always in a state of flux, goes away, bringing it back from that, with reference to the self alone, may one bring (the mind) into one's own hands. (6.26)

Myth 3: Meditation is Always a Peaceful Experience

Many newcomers to meditation encounter restlessness, boredom, or difficult emotions during their practice and feel they're doing something wrong.

Truth 3: Meditation practice may lead to the experience of all emotions, which embraces the entire human experience.

Some meditation sessions may indeed feel peaceful, but truths are brought into awareness which had previously been repressed.

Meditation can actually cause some dysregulation because it might be the first time that someone sits with the discomfort of their inner experience. These experiences are not obstacles but opportunities for growth and changing our relationship with our minds.

Myth 4: Meditation is a Quick Fix for All Problems

In today's fast-paced world, meditation is sometimes marketed as a quick solution to all of life's problems, promising instant stress relief and success.

Truth 4: Meditation practice is not a substitute for doing what needs to be done (Dharma).

A lot of the problems we experience, are related to the Dharma of justice, kindness and ahimsa not being upheld.

If you or somebody else is being treated unfairly at home or at work, the solution is to address it with the other person and not escape into a room to meditate. Sure, collecting your thoughts and calming yourself down is important so that you do not escalate the situation but escaping the situation is not the solution.

by Swamini Brahmaprajnananda Saraswati

On the eve of the war, Bhagavan Krishna did not ask Arjuna, the great warrior to meditate but taught him the nature of the Atma and his svadharma.

Myth 5: All spiritual paths should begin with meditation.

Truth 5: Meditation as a practice is introduced in traditional Yoga and Vedanta only after the larger framework of an ethical life has been established.

The principle in most spiritual paths is to move from the gross to the subtle.

Meditation is taught after one is largely living a life of Dharma in one's interactions, practising asana and pranayama.

Ashtanga Yoga includes the following angas or limbs which have a progressive quality to it as well as a deepening of all these angas as you move through these :

1. Ethical living (Yama – avoidances of Adharmic Behaviour) – Ahimsa – non-harming, Satyam-truthfulness, Asteya-Non-stealing, Aparigraha – Non-grabbing, Brahmacharya – all discipline including sexual discipline)

2. Ethical living – Niyamas (Observances of Dharmic Behaviour) These are Shaucham – External and internal Cleanliness, Santosha – contentment, Tapas – Discipline, Svadhyaya- Study of oneself and the scriptures and Ishvara pranidhaanam – surrender to Ishvara

3. Asana - Physical postures and practices

4. Pranayama - Breath regulation

5. Pratyahara – Withdrawal of the sense organs from sense objects

6. Dharana - Focus and Concentration

7. Dhyana - Meditation

8. Samadhi - Absorption

Without the initial steps, if a person jumps straight into meditation after working long hours, inadequate sleep and an argument with the partner. What do you think will happen? The person will doze off to sleep or only ruminate about the argument and will be quick to conclude that 'meditation does not work for me'.

Thus, meditation is an important step after the foundation of Dharma and moderation has been established.

Only after revealing the nature of the Atma, the lifestyle of Karma Yoga and Jnana Yoga for the goal of moksha and the different sadhanas for mastering the mind, Bhagavan Krishna introduces the topic of meditation in the 6th chapter of the Gita not the 1st.

Meditation is thus seen as part of a comprehensive system of self-growth and mastery, not an isolated practice that can create magic on its own.

Vedanta introduces students to different types of meditations and ultimately helps him/her discover the reality of the meditator that is free and boundless.

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What is Sanatan Dharma?

Sanatan Dharma is “eternal and virtuous ways of living” or “eternal order,” to attain self realisation and modern times commonly known as Hinduism. It gives us timeless and universal teachings rooted in principles of truth (Satya), righteousness (Dharma), compassion (Karuna), and spiritual wisdom (Adhyatma Vijnana). Sanatan Dharma is a holistic system (Shad Darshanas – six major ways of attaining enlightenment) of that encourages self-realisation, harmony with nature, and the pursuit of dharma (life purpose), artha (prosperity), kama (desire), and moksha (liberation). The teachings are composed in ancient scriptures like the Vedas, Upanishads, and Bhagavad Gita, etc. It embraces a diversity of beliefs, practices, and deities, reflecting a deep respect for individual paths to the Divine.

The Shad Darshanas are the six classical schools of Bharat that form the foundation of Sanatan Dharma’s intellectual

and spiritual traditions. Each offers a distinct perspective on reality, the self, and liberation as well as the practices to reach that realisation:

1. Nyaya – Focuses on logic and epistemology. It teaches how to gain valid knowledge (pramāṇa) through reasoning and helps in removing ignorance.
2. Vaisheshika – A companion to Nyaya, it offers a metaphysical framework, classifying the world into categories (like matter, quality, action) and explaining the nature of reality.
3. Sankhya – A dualistic system (Dwaitvad) that distinguishes between Purusha (consciousness) and Prakriti (matter). One can attain liberation through realising the separation between the two.
4. Yoga – Based on Patanjali’s Yoga Sutras, it provides practical methods (like ashtanga yoga) to master the

mind and realise the true self, closely aligned with Sankhya.

5. Mimamsa – Emphasises ritual action (karma) and the authority of the Vedas. It advocates proper performance of Vedic rituals as the path to dharma and prosperity.
6. Vedanta – Focuses on the philosophical teachings of the Upanishads, especially the nature of Brahman (the Absolute) and Atman (the Self), aiming for liberation through knowledge and self-realisation.

Together, these six systems explore the full spectrum of wider human viewpoints - from logic and matter to meditation and transcendence.

Key Teachings of Sanatan Dharma:

1. Dharma (Fulfilling True Potential): Live ethically and responsibly according to our nature, role, and stage in life. Dharma sustains individual within the cosmic order.

by Yogachariya Jnandev Giri

2. Karma (Action and Consequence): Every action has consequences. Good deeds lead to positive outcomes, while bad deeds lead to suffering. We shape our future by our choices and actions.

3. Reincarnation (Samsara): The soul (Atman) is eternal and takes birth in different bodies over lifetimes, evolving spiritually through experiences.

4. Moksha (Liberation): The ultimate goal is to attain freedom from the cycle of birth and death through self-realisation and union with the Divine (Parmatman).

5. Atman and Brahman: The Atman (individual self) is divine and eternal, and its true nature is the same as Brahman, the supreme universal reality.

6. Akhanda Brahma leads to Respect for All Life: All beings are manifestations of the Divine. Ahimsa (non-violence) and compassion are central

values.

7. Unity in Diversity: Multiple paths (Jnana, Bhakti, Karma, Raja Yoga) and deities are accepted as valid routes to the same truth, encouraging spiritual freedom.

8. Vedas and Scriptures: Ancient texts like the Vedas, Upanishads, Bhagavad Gita, and Ramayana are revered as sources of spiritual wisdom and guidance.

Sanatan Dharma guides us on pathway to living in harmony with the self, others, and the universe, with the aim of realising the divine essence within all.

Yogachariya Jnandev Giri

Founder, Director, Gurukula - A Home of Sanatan Dharma







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