



PEACE, STRENGTH & VITALITY FOR ALL

BRIGHTON

# YOGA *Festival*

SAT 14<sup>TH</sup> — SUN 15<sup>TH</sup> JULY, 2018



[brightonyogafoundation.org](http://brightonyogafoundation.org)

FOR THE LOVE OF YOGA

Registered Charity: 1166982

# BRIGHTON YOGA FESTIVAL

## 2018 TEAM

**Founder & Chair of Trustees** Davy Jones

**Trustee & Main Festival Coordinator** Camille Pierson

**Trustee & Fringe Coordinator** Emma-Louise Newlyn

**Trustee, Specialist Yoga Coordinator & Small Grants** Anika Grimm

**Trustee, Secretary & Community Outreach Coordinator** Caroline Pick

**Trustee** Hannah Weller

**Trustee & Design Communication** David Carry

**Festival Organiser** Josie Martin

**Head of Marketing** Rachel Matthews

**Retail Coordinator** Romy Threadgold

**Programme Coordinator** Madeleine Zindel

**Sponsor Coordinator** Clare McGill

**Food and Music Coordinator** Asta Sabaliauskaite

**Volunteer Coordination** Ben Walker

**Registration** Stiliana Delchova

**Event Coordination** Jinny Nash

**Programme Design** Tomás Morren

**Flyers & Posters Design** Anna Sugarman

**Brighton Yoga Festival would like to thank the following for their support**

Yogamatters, Sussex County Cricket Ground, Sussex Cricket Foundation, Brighton & Hove City Council, The Float Spa, Space Yoga Studio, Be-Yoga, Free Spirit, Unity, Brighton Natural Health Centre, Chant Malas, Mysa Retreat, Om Retreats, The Joyful Web, Robert Eaton Memorial Fund and Ocean Press.

**The festival would not be possible without the help of all the volunteers on the day - thank you.**

**The team would also like to thank Mikaela Perera, co-founder, and Mark Sheppard for their inspiration and hard work in the first two years of the festival.**

**Front cover photo** Jonathan Jones - [www.movementand.photography](http://www.movementand.photography)

## WELCOME...

to our fifth annual Brighton Yoga Festival – the biggest free-entry yoga festival in the UK - organised by the Brighton Yoga Foundation.

There will be more than **100 free yoga classes**, free talks, therapies, a beginners zone, kids area, specialist yoga sessions, music zone, chill out zone, lovely food & drinks and a retail zone full of interesting yoga and well-being ideas and products.

For the first time, we are also running a few “pay to enter” workshops with well-known teachers including Esther Ekhart. We also have Ram Vakkalankan – an international expert on yoga and sound, leading a kirtan for us at the end of the Saturday session. And don't miss some great talks including: Yoga in Space with Guerilla Science and the UK Space Agency.

**Or just relax in the lovely calming grounds of the Cricket Ground itself!**

As well as our annual Festival, the Brighton Yoga Foundation (registered charity 1166982) now runs a serious programme of year-round community yoga outreach work. We have launched a year-long yoga for teenagers project in East Brighton and directly funded 3 local community yoga projects – for LGBT young people; for women recovering from abuse; and intergenerational yoga for the elderly and very young. And we have more community yoga projects in the pipeline!



Look out for a great event at the Festival, organised for us by the *Joyful Web*, which will celebrate the Foundation's community outreach work including people from the projects we support. This is a key event in our crowdfunder campaign running throughout July to raise £10,000 so that the Foundation can continue to support our charitable work and the annual festival (see page 15).

**Please give generously to our Fundraising Appeal if you support the Foundation and want its work and the Festival to continue.**

The Foundation also works closely with the yoga community here in the city and surrounding areas. We now provide a mat rental service for yoga teachers and studios and a quarterly teachers' forum. We aim to provide a local online directory of yoga studios and teachers, and to publish material on the history of yoga locally.

We are grateful to all our long-term local, national and international partners with whom we collaborate and from whom we have received huge support, and all our wonderful volunteers. To all of you – very many thanks.

**Now just enjoy the Festival (and donate generously!) ...**

*Davy Jones*

**BRIGHTON YOGA  
FESTIVAL FOUNDER  
AND CHAIR OF TRUSTEES**



# CLASS DESCRIPTIONS



Esther Ekhart

**AHIMSA YOGA FEATURING DAVID DAVENPORT-FIRTH: FLOW TO STILLNESS: VINYASA & GONG THERAPY**  
You will journey from flowing movement to stillness, all the while bathed in the vibrations of the sacred Gongs. Encompassing the medicine of movement, stillness and sound therapy, this will be a deep, immersive experience, sure to take you into your inner sanctuary.  
**Sunday 13:10 – 14:40**

**DAN CATT & CHLOE SKINNER: AHIMSA YOGA**  
In this talk we'll focus upon 'Ahimsa' as one of the fundamental principles of yoga. Discussing an upcoming retreat in Palestine and Israel, the place in which Chloe taught herself yoga while working in the area of active nonviolence and human rights.  
**Saturday 11:00 – 11:40**

**ALEX GOLDING:**  
A Scaravelli-inspired yoga class that blends interoception, including breath awareness, tapping and Yoga Nidra. **B**  
**Saturday 12:50 – 13:35**

**ALI GHANIMI AND ALASTAIR GOODIE - TALK:**  
The Suffragettes and Female Empowerment through Yoga discuss feminism, yoga and the suffragettes in this year of the 100th anniversary of women's suffrage.  
**Sunday 14:00 – 15:00**

**AMRITA: UNITY PARTNER YOGA**  
A meditative, healing and fun form of partner yoga, emphasising connection, authentic communication and bonding. Feel free to come alone (we will find you a partner) or with a friend/partner. **B**  
**Saturday 16:20 – 17:05**

**ANN O'KEIFE:**  
Laughter Yoga encourages happiness and connection with others, using easy fun exercises, games and stretches that are suitable for everyone. **B**  
**Sunday 15:55 – 16:20**

**ANNA BROOK: UNITY PARTNER YOGA**  
A meditative, healing and fun form of partner yoga, emphasising connection, authentic communication and bonding. Feel free to come alone (we will find you a partner) or with a friend/partner. **B**  
**Sunday 11:55 – 12:40**

**ANDY BUTTERFIELD: MINDFUL FLOW YOGA**  
Movement and breath fold together to settle the mind in the body and connect you to your innate strength, creativity and compassion. **B**  
**Sunday 15:35 – 16:20**

**ANDY BUTTERFIELD: YOGA FOR MEN**  
Build strength and flexibility in a class focussed specifically on the male body, targeting common areas of tension - shoulders, hips and hamstrings. This is a men only class. **B**  
**Saturday 17:25 – 18:00**

**ANNA SUGARMAN: DYNAMIC VINYASA FLOW YOGA**  
Join Anna for a fun and playful dynamic Vinyasa flow class set to music. Strength, mindfulness, grace and a good playlist! **B**  
**Sunday 13:45 – 14:30**

**ANNA SUGARMAN: VINYASA FLOW**  
A moving meditation - dynamic breath-focused fun. We will link intelligently sequenced poses into an organic flow - set to the rhythm of inhalations and exhalations.  
**Sunday 12:10-12:55**

**ANNA SUGARMAN: YOGA MAGIC**  
Vinyasa Flow - Strength, mindfulness, grace and a good playlist.  
**Saturday 17:15 – 18:00**

**AWAKENHEART YOGA/ YOGACAMP: BHAKTI YOGA VINYASA FLOW**  
Playful with elements of partner yoga human mandalas embodying the joy of yoga union. Live mantra music by Will Thornton on harmonium. Please note this may be moved to the music zone if the weather is sunny.  
**Sunday 16:00-16:45**

**AWAKENHEART YOGA – CLOSING CEREMONY KIRTAN: LIVE MUSIC, UPBEAT KIRTAN, CELEBRATION INTO DEEPLY INTEGRATING SOUND- HEALING SAVASANA**  
To sculpted soundscapes and mantra yoga fusions to bring

you into surrender. Please note this may be moved to the music zone if the weather is sunny.  
**Sunday 17:00-18:00**

**BELLA SOMERVILLE: HATHA FLOW**  
This class will be an eclectic hatha experience, focussing of the fundamentals of a structurally sound yoga practice. Postures are woven together by a slow flow steadily building into deeper, invigorating asana. **B**  
**Sunday 11:00 – 11:45**

**BEV HETHERINGTON: YOGA AND THE ROLE OF NUTRITION**  
Talk on the philosophy of yoga, it's connection with nutrition and how this invites us to think about what we might put in and on our bodies. **B**  
**Sunday 15:15 – 15:45**  
**BRIAN INGRAM: IYENGAR YOGA**  
2018 is the Centenary of the birth of BKS Iyengar. Come and get a taste of why Iyengar Yoga has spread across the world and influenced so much of today's yoga practice. **B**  
**Saturday 14:00 – 15:00**

**BRYDIE ROWAN: SONIC FLOW – MOVEMENT AND MANTRA**  
This joyful, creative class gives students space to listen and respond to their bodies' needs, safely building strength and openness.  
**Sunday 12:50 – 13:35**

**BRYONY HAMERTON: PRANA VINYASA**  
This class contains flowing, energetic and dynamic sequences accompanied by music to create an immersive experience. This session is not suitable for beginners. (min 2 years yoga practice). **B**  
**Saturday 16:30 – 17:15**

**BRYONY HAMERTON: YOGA TRANCE DANCE**  
With loud music and subtle guidance, this session is a liberating, freeing and expansive opportunity to reconnect with your body and move in a way that is truly natural within the moment. **B**  
**Saturday 13:45 – 14:30**

**CAMILLE PIERSON: HOW TO 'FLOAT' STRESS & ANXIETY AWAY TALK**  
The owner of The Float Spa shares a personal journey to finding the benefits of floatation therapy. Including how to manage stress, pain and anxiety in a relaxing environment free from the effect of gravity and sensory input.  
**Saturday 14:00 – 14:30**

**CAMILLE PIERSON: HOW TO CHANGE INGRAINED BEHAVIOUR TALK**  
Most people have habits they'd like to get rid of or new habits they'd like to take up but find themselves making excuses to stop them. Learn the formula to make that change.  
**Sunday 12:00 – 12:30**

**CATHY BIRDSONG: SCARAVELLI INSPIRED WORKSHOP**  
Combining powerful chakra energising with gentle yet deep asana work - leading into a healing guided Shamanic Journey.  
**Saturday 14:15 – 16:00**

**CATIA LEITE: YOGASANA**  
For those with a strong asana practice, this vigorous Vinyasa Flow Class is physically demanding but also intensely spiritual. Set to music and the beat of your heart, Yogasana is high-energy, soulful stuff.  
**Sunday 13:05 – 14:45**

**B** Suitable for beginners **A** Advanced

**B** Suitable for beginners **A** Advanced

# CLASS DESCRIPTIONS

## CHLOE MANLAY: JIVAMUKTI SPIRITUAL WARRIOR

A fast paced and invigorating class in a vinyasa style set to music, including asana warm-up, chanting, setting of intention, surya namaskar, standing poses, backbends, forward bends, twists, inversions, meditation and relaxation. **B**

**Sunday 13:45-14:30**

## CLARE MCGILL: AHIMSA YOGA

A Hatha flow class, suitable for all levels, focused on body, mind and all-round wellbeing. You'll leave feeling relaxed and revitalised. **B**

**Sunday 15:50 – 16:35**

## EMILY-CLARE HILL YOGA: BRINGING LIGHT TO THE SOUL

Emily-Clare brings her knowledge of movement, yoga and anatomy to build a sequence to perfect balance. Expect all aspects of yoga to be woven through this creative space, there'll be physical challenge with a spiritual sparkle. **B**

*This workshop has a recommended donation of £5 to attend.*

**Sunday 11:45 – 13:15**

## EMMA NEWLYN: YOGA & AYURVEDA

Known as the ancient 'science of life', discover how Ayurveda can be used by all of us in the modern world to a healthier and more harmonious life. In the first section, discover your body and mind type, our intrinsic connection to nature, and how to use this knowledge, then practice a short class to balance the energies of the Summer season.

**Saturday 12:50 – 13:35**

## EMMA SLADE: OPENING YOUR HEART TO BHUTAN

Emma is the author of Set Free, which is about her journey from working as a banker in the city to becoming a Buddhist nun. She now runs her own charity called 'Opening your heart to Bhutan', raising money for those less fortunate in Bhutan.

**Sunday 16:30 – 17:30**

## ESTHER EKHART: DEEPENING THE YOGA EXPERIENCE

Esther will guide you through a nourishing and insightful journey of asana, pranayama, meditation and philosophy.

Yoga is an awareness practice, a practice you feel, not think about. Learn how to bypass the mind, to tap into your feelings rather than your thoughts. This way you start to experience the stillness around and within you that underlies everything, even when you are actively moving. Expect to flow, work on mobility and stability and sit still. All levels welcome, but not for complete beginners.

*This workshop has a recommended donation of £10 to attend.*

**Saturday 11:30 – 14:00**

## EVE HARDCASTLE: WELL WOMEN YOGA

Well Women Yoga aims to help stabilize hormonal levels and create a new foundation for emotional stability besides physical benefits including improved blood circulation, postural alignment, muscle tone and balance. Practices are easy to follow for women of all ages, from beginners to the most experienced yoga practitioners.

**Saturday 11:55 - 12:40**

## EVELYN BRODIE:

Once enjoyed a lucrative career as an economist, financial TV journalist and communications

executive. After an unexpected experience she was forced to change her belief system when exposed to an altered state of consciousness.

**Saturday 15:25 – 16:20**

## GARY BECKETT: ENERGY ALIGNMENT YOGA

Join me for a practice of self awareness and conscious connection, exploring breath, movement and finding stillness to mindfully connect to ourselves.

**Sunday 16:35-17:20**

## JEMMA DEER AND MARISSA CHAZAN: YOGA IN SPACE

Space Yoga will take you on a tour of the cosmos, and reveal what happens to our bodies and minds when we travel to outer space! Taught by a certified yoga teacher and space scientist, this interstellar asana class will prepare you for the strange out-of-this-world effects of zero gravity environments

**Saturday 14:30 – 16:00**

## HELEN FORESTER:

The importance of 108 Mantra meditation and why 108 is an important number in yoga followed by a guided visualisation using mantra.

**Saturday 12:00 – 12:30 & Sunday 11:00-11:30**

## HOLLY COOPER:

### GET THE GLOW

This hatha yoga class with Holly Cooper, will be guided through a flowing style with soothing music. You'll feel grounded and present whilst leave feeling blissed out from a healing relaxation. **B**

**Saturday 16:30 – 17:15**

## IRINA YORDANOV DYNAMIC HATHA YOGA

Irina emphasizes on breath and the movement together, the practice becomes a meditation in motion. We begin and end



Mark Freeth

with a Sanskrit mantra and the soothing sound of a Tibetan singing bowl. **B**

**Sunday 14:40 – 15:25**

## JANAKI: SPIRAL YOGA

In Janaki's spiral yoga class you can wriggle and roll your body into yoga poses – great fun and suitable for all levels! **B**

**Saturday 13:45-14:30**

## JITKA ANDRLOVA: YOGA FOR HEALTHY PELVIC FLOOR

In this class we will learn some good postures get some basic information of how to strengthen, release and keep our pelvic floor healthy - do not miss out!

**Sunday 14:55 – 15:40**

## JORDAN PAUL: DYNAMIC HATHA YOGA

Jordan teaches a strong but accessible physical practice with the intention of creating a moving meditation through focus on the breath, drishti (looking place) and bandhas (muscle/energetic locks), leaving plenty of time for that all important

savasana! Expect to sweat a little and leave feeling energised and ready to face the world!

**Saturday 17:25 – 18:00**

## THE JOYFUL WEB & BRIGHTON YOGA FOUNDATION:

### WHY BRIGHTON LOVES YOGA

Join The Brighton Yoga Foundation and The Joyful Web at Brighton Yoga Festival for an uplifting, inspiring session of talks on the power of yoga in impacting communities. You'll hear from some of Brighton's well-being superstars about the more surprising benefits that yoga can have, as well as hearing from some of the fantastic local charities and organisations benefiting directly from the work of the foundation. **B**

**Saturday 15:40 – 17:10 & Sunday 11:55 – 12:40**

## KRISTINA KARITINOI-IRELAND: EARLY YEARS OF ASHTANGA IN BRIGHTON

Derek Ireland was a legendary Ashtanga teacher who pioneered the style in Brighton before his untimely death 20 years ago. His partner, Kristina Karitinou-Ireland,

## NEW TO YOGA?

You're exactly who the Brighton Yoga festival is for! So, what do you need to know before joining a class here at the festival? You don't need to be able to touch your toes, do a headstand or put your legs behind your ears. Yoga is for everyone, however flexible or inflexible.

There are many different schools and styles of yoga, so read the class info and try out until you find a style and teacher that suits you. Please tell the teacher if you have any health conditions or injuries, or if you are pregnant, before the class starts - this is your responsibility and it's an

important one.

It's not advisable to eat or drink too much before class, so save that trip to our delicious food stalls for afterwards.

Ideally, you'll be wearing comfortable, soft clothing but if you've dropped into the Festival today wearing jeans and a hoodie, that's just fine. You'll need to take your shoes and socks off, though. Yoga postures can feel quite strong. Don't strive for perfection, but allow for modifications and give it time. Listen to your body.

Enjoy your class and don't forget to breathe!

**B** Suitable for beginners **A** Advanced



# CLASS DESCRIPTIONS



Tanya Mickwitz

will be interviewed about Derek the early days of Ashtanga yoga in Brighton. This will be followed by a class led by Kristina in Derek's teaching style.  
**Saturday 12:00 – 14:00**

## LAUREN AZOR: ACRO-YOGA

Come experience the playful joy of AcroYoga, learning the foundations in a fun, safe environment in order to make postures and transitions accessible. Laughter guaranteed!  
**Sunday 14:40 – 16:40**

## LEWIS HATCHETT: YOGA FOR SPORT

Build strength, balance and flexibility with Lewis Hatchett, ex-professional cricketer turned yogi, in one of his Yoga for Sport classes.  
**Sunday 16:30 – 17:30**

## LEWIS HATCHETT: JOURNEY FROM SPORT TO YOGA TALK

Lewis Hatchett will talk about

his journey to the professional cricket having been born with a rare condition called Poland Syndrome. **B**  
**Sunday 13:00 – 13:30**

## LOUISE WINDSOR: YIN YOGA

An opportunity to slow down in a busy world, to "be" rather than "do". Slow held poses & mindfulness. **B**  
**Saturday 15:55 – 17:25**

## LOUISE WINDSOR AND TOBIE TOMKINSON: AN EXPLORATION THROUGH YOUR 5 LAYERS OF BEING - A YIN WORKSHOP

Using a slow Yin practice we can explore the doorways into our Koshas (5 bodies) and see how the potency of stillness, focus and breath. **B**  
**Sunday 14:55-16:25**

## LUCY SABIN: THOUGHTFUL, DEEP/MINDFUL VINYASA FLOW

Including mindful

communication, some group/partner work (no need to bring a partner) and Embodied Yoga Principles  
**Saturday 16:45 – 17:30**

## LULA MCGILL: DYNAMIC VINYASA FLOW CLASS

Expect the Unexpected - building strength, transitions, arm balances, alignment, breath and a Nidra to finish.  
**Saturday 13:45 – 15:15**

## MARK FREETH: SHAKE SOME ACTION! A FREESTYLE YOGA PROJECT WORKSHOP

Mark will take you on a thrilling ride through some groovy strength/mobility/stamina/agility/endurance-promoting, movement-orientated sequences (rather than heavy on the static positions) that will challenge you (in a positive way!) and leave you feeling exhilarated & walking away like a superhero! All welcome! From whatever discipline & whatever level. But PLEASE - bring TONS of energy, a HUGE sense of humour and a WIDE open mind. Mask & cape optional... **B**

*This workshop has a recommended donation of £5 to attend.*  
**Sunday 13:30 – 15:30**

## DR MILIND JANI: AYURVEDA AND YOGA - TALK

Talk about the synergy of Yoga and Ayurveda and how it can help us stay healthy and free from stress and prevent serious disease.  
**Saturday 13:00 – 13:30**

## NIK JONES: NETFLIX AND YOGA: YOGA FOR YOUR COUCH

How to bring a little yoga into your day, when you don't have time or energy for the mat! **B**  
**Saturday 11:00 – 11:45**

# CLASS DESCRIPTIONS

## PETER DEADMAN: THE TRANSFORMATIVE POWER OF SLOW DEEP BREATHING

Peter will discuss the traditional Chinese self-cultivation perspective on breathing and then look at some of the discoveries that illuminate its powerful effects on our health, especially its effect on the sympathetic/parasympathetic balance.  
**Sunday 11:55 – 12:55**

## PABLO WILSON: HATHA YOGA

Pablo encourages a playful curiosity in Asana practice. His "less is more" approach reminding us to be in the present moment. **B**  
**Saturday 11:55 – 12:40**

## RAM VAKKALANKA: NADA YOGA - INNER HEALING THROUGH THE SACRED SOUNDS OF SITAR.

Nada Yoga involves guided meditation on the Chakras to the accompaniment of live Sitar music by Ram Vakkalanka. Bliss Guaranteed!  
**Saturday 11:00 – 12:00**

## RAM VAKKALANKA: CLOSING KIRTAN

**Saturday 16:30 – 18:00**

## RAM VAKKALANKA: THE BHAGAVAD GITA AND THE YOGA SUTRAS TALK

**Sunday 11:00 – 12:00**

## RICH HUSSEINY: JUST BREATHE

Guided Breathwork & Mindfulness. Simple breath work brings peace and clarity by changing our blood ratios to calm the nervous system, ease the stress response, trigger flow state.  
**Sunday 12:10 – 12:55**

## ROSIE ILES-JONAS: 'GO WITH THE FLOW' YOGA

In this playful yoga class you'll

be guided through postures, breathing techniques and meditations from a range of yoga styles. **B**  
**Sunday 12:50 – 13:35**

## Sunday 12:50 – 13:35 SAMANTHA ROY: SANGYÉ YOGA - DYNAMIC VINYASA

The Tibetan term for buddha Sangyé also means "awakened". A vigorously physical and equally mindful class where you can expect movement integrated with breath, philosophy, meditation practice and hands-on assists all culminating in a deep relaxation. **A**  
*Sponsored by Yoga Garden*  
**Sunday 11:00 – 11:45**

## SARAH WILLIAMS: FLOW AND RESTORE

This practice is a gentle approach to movement and breath which allows lots of time for exploration and release. **B**  
**Saturday 15:35 – 16:20**

## SEVANTI: UNITY PARTNER YOGA & ACUPRESSURE MASSAGE

A meditative, healing and fun form of partner yoga, emphasising connection, authentic communication and bonding. Feel free to come alone (we will find you a partner) or with a friend/partner. **B**  
**Saturday 11:00 – 11:45**

## SHAY GRANT: DOWN TO EARTH YIN

In the yin practice, we shift from the "doing" mentality to the art of "being". The practitioner will find stillness in passive poses that facilitate deep release and a meditative state.  
**Saturday 15:10-15:55**

## STEPHANIE EASTWOOD: HEART CHAKRA YOGA

Welcome to a heart-centred session, using mudra and chest

opening postures to balance this place of love and forgiveness. **B**  
**Saturday 14:40 – 15:25**

## TANJA MICKWITZ LAKSHMI MYTHICAL FLOW - A RASA YOGA MASTERCLASS

Enjoy a complete soulful vinyasa practice weaving the mythology of Lakshmi, the goddess of beauty, abundance and unconditional love. Mythical Flow is Tanya Mickwitz's unique signature class incorporating storytelling into asana practice. Immerse yourself in the magical world of Indian myths, Gods and Goddesses - the symbolism of the myths is really about what happens within ourselves and connecting to different deity energies allows us to reflect over how these different aspects of ourselves shape our behaviour and who we are in the world. Through the tools of practice we can invoke exactly what we need to act more skilfully and live more fully.

*This workshop has a recommended donation of £5 to attend.*  
**Saturday 16:15 – 18:00**

## TOBIE TOMKINSON, CLEANSING FROM THE INSIDE OUT

Come with an empty belly! A brief journey into Uddiyana Bandha and Nauli Kriya. Using kumbhaka (breath retention) and simple movement.  
**Sunday 11:00-11:45**

## TONI ROBERTS WATER ELEMENT - FLUID & CREATIVE YOGA & MOVEMENT

A 'water element' inspired session to foster a greater sense of movement, fluidity and freedom within the body and mind. *Sponsored by Yoga Garden*  
**Saturday 13:05 – 13:50**

**B** Suitable for beginners **A** Advanced

**B** Suitable for beginners **A** Advanced

# SPECIALIST YOGA

We have a dedicated specialist area, kindly sponsored by the Sussex Foundation. All classes in this area are suitable for beginners and those who have no previous experience.

## BRYONY HAMERTON:

### YOGA THERAPY FOR ANXIETY & DEPRESSION

Many of us suffer from anxiety and depression, and Yoga has been used for many years to help counteract these.

**Sunday 12:00 – 12:45**

## CHARLOTTE BOSWORTH:

### POSTNATAL YOGA

A class for mums and their babies.

**Saturday 17:00 – 17:45**

## JENNIFER NICHOLS:

### PREGNANCY YOGA

A gentle class for expectant mums

**Sunday 15:00 – 15:45**

## KATE ELLIS:

### WORKSHOP FOR

### YOGA TEACHERS

Reading stress and tension in bodies and working with injuries this workshop is designed with teachers/trainees in mind.

**Saturday 13:00 – 13:45**

## MARIE TOMPKINS:

### Y12SR SHARING CIRCLE

Meetings include a group sharing circle followed and an intentional, themed yoga class. Meetings are usually based around a spiritual principle or

topic found in both 12 step programs and yogic philosophy.

**Saturday 15:00 – 15:45**

## MARIE TOMPKINS:

### Y12SR YOGA PRACTICE

Meetings include a group sharing circle followed and an intentional, themed yoga class. Meetings are usually based

around a spiritual principle or topic found in both 12 step programs and yogic philosophy.

**Saturday 16:00 – 16:45**

## PETER BURTON:

### OLDER WITH YOGA - A PRACTICAL WORKSHOP

As we grow older, practicing yoga can help us enjoy continued freedom of movement, mobility in our joints, strength and stretch in our muscles and clarity and peace in our minds.

**Sunday 16:00 – 16:45**

## SABINE DAHN:

### YOGA AND SOUND - FROM ENERGY TO EXPRESSION

Linking body, breath and mind in an intensive, mindful practice.

**Saturday 14:00 – 14:45**

## SABINE DAHN:

### MANAGING LOWER BACK PAIN

Yoga can help by releasing

tension and simultaneously building support around weak areas. Coordinating breath and movement further soothes the psychological symptoms associated with chronic conditions.

**Sunday 14:00 – 14:45**

## SARAH PAILTHROPE:

### COMING BACK TO THE BODY - YOGA FOR VULNERABLE ADULTS

**Saturday 11:00 – 11:45**

## TOBIE TOMKINSON:

### CHANTING AND SOUND HEALING

**Sunday 13:00 – 13:45**

## VIDYADASA:

### YOGA FOR YOUR WHOLE LIFE

Insightful and transformative practice (including mindful communication and Embodied Yoga Principles).

**Saturday 12:00 – 12:45**



Lewis Hatchett

# FOOD AREA

**AHIMSA:** Gourmet vegetarian and vegan Indian street food.

**BUGBAR:** A unique, chic and bespoke VW campervan bar.

**FILFIL FELAFEL:** Felafels created to a well-honed family recipe, served with a range of fresh salads and sauces.

**POSITIVITEA:** Specially blended herbal tea to balance the body and mind.

**SATTVA LIVING:** Sattva describes the elements of life that are clean, pure and composed of the energy of goodness.

**KLEEN KITCHEN:** Raw Cakes and Energy Balls

**B** Suitable for beginners **A** Advanced

# CHILDREN'S AREA

Our children's area is a specialist zone for you to enjoy the classes with your children. Please note children under the age of 12 must be supervised by an adult at all times. The BYF does not offer a crèche facility.



## COSMIC KIDS:

Jaime writes and presents Cosmic Kids Yoga, the biggest kids yoga channel on YouTube. She tells engaging stories in yoga poses - interactive 'yoga adventures' that get kids doing yoga. With more than 50 million views on YouTube, Jaime makes yoga fun for kids - and has helped millions with their self-regulation, balance and confidence.

## STAR WARS YOGA

One of the most popular Cosmic Kids adventures on the channel. We will be re-creating Star Wars Episode IV - A New Hope in yoga

**Saturday 12:00 – 12:40**

## SQUISH THE FISH

**Saturday 13:00 – 13:40**

## HELEN FORESTER:

### KIDS YOGA

Join Helen for a yoga class full of stories and laughter! We'll use yoga to follow a well-known story and learn about different parts of our bodies and what they do.

**Sunday 14:00 – 14:30**

## HELEN FORESTER:

### TEEN YOGA

Join Helen for a yoga class in which you'll learn to distinguish your vinyasa from your crow and get to know a couple of fun ways to incorporate yoga into your every life.

**Sunday 15:00 – 15:30**

## SILAS:

### TEEN YOGA

**Saturday 15:00 – 15:45**

**& Sunday 16:00 – 16:40**

## YOGA FROGS:

### FAMILY YOGA

Join YogaFrogs for some family fun, all ages and abilities welcome. Expect lots of giggles as we explore our yoga through partner yoga and a deeply relaxing Savasana to end the day.

**Saturday 16.45 – 17.15**

## YOGA FROGS:

### CHILDREN'S 5+

Join YogaFrogs and learn to find your playfulness through yoga postures and meditation. Learn the power of movement, creative expression, and inner tranquillity.

**Sunday 11.00 – 11.45**

## YOGA FROGS

### 11+ YOGA

Join YogaFrogs on the yoga mat to learn to move your body in a positive way through yoga postures and quieten the mind through mindfulness techniques and meditations. Learn to be in the present moment bringing stillness to the mind and body.

**Sunday 12.00 – 12.45**

# THERAPY AREA

Join the team in the therapy area, who are on hand throughout the weekend giving demonstrations, talks and tasters of their treatments.

**REBECCA JONES-DEEPER:**  
**STILL HYPNOTHERAPY**

**TILLYLOU JAMES:**  
**CHARTERED**  
**PHYSIOTHERAPIST**

**SAHAJA YOGA:**  
**MEDITATION AND SELF**  
**REALISATION**

**BRIGITTE PITT:**  
**PSYCH-K**

**MANJIT SEHMBY:**  
**SACRAL THERAPIST &**  
**OSTEOPATH**

**MICHELLE OFFORD:**  
**THAI YOGA MASSAGE**





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- **UNITY STUDIO** is a busy community studio with sunny garden on Brighton's Lewes Rd (est 2012)
- **UNITY SCHOOL** Yoga Teacher Training (IYV), Unity Partner Yoga Training (IYV), Holistic Massage Diploma (MTI) & Reiki Courses (est 2002)
- **UNITY RETREATS** in the UK & Turkey; Seaford location in forest hideaway. Delicious veggie food & beautiful yoga spaces. Children's Club available (est '98)

### NEW LEWES CENTRE

Please help us **crowdfund** to bring classes, therapies & events to everyone, including those with physical & learning differences

[chuffed.org/project/unitycentrelewes#/story](https://chuffed.org/project/unitycentrelewes#/story)



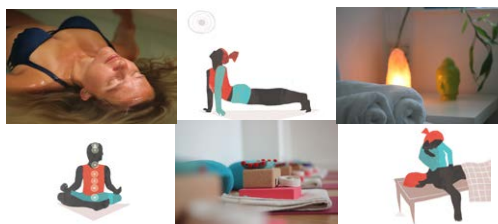
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# ABOUT BRIGHTON YOGA FOUNDATION



## A LITTLE BIT OF HISTORY

From the very first Festival in 2014, we have pursued broader charitable aims than just putting on a big annual event. At that first Festival at St George's Church in Kemptown, we raised hundreds of pounds for two local charities - the Brighton Unemployed & Families Centre and for Lifelines (an older people's charity). And at the second Festival in 2015, we raised a similar amount for a project organised by the Clocktower Sanctuary to provide yoga classes for young unemployed people in the city.

Two years ago we finally realised one of our goals when we were officially registered with the Charity Commission (Charity number 1166982). Our primary goal as a charity is to spread the proven benefits of yoga – physical and mental – beyond those who have already discovered them to the wider community. That's the reason we have kept the annual Festival free for all to enter – to encourage people who have never tried yoga before to come along and give it a try. It's not always been easy! The Festival event costs tens of thousands of pounds a year and it is only the generosity of partners (like Yogamatters) and other sponsors that enable us to keep going.

## OUR YOGA OUTREACH WORK

After the Festival last year, we set up a modest grants programme for yoga-related community projects. We had 13 applications and we agreed to fund three great projects:

- a) Allsorts - yoga classes for young LGBT people in the city
- b) Threshold - yoga classes for women recovering from abuse
- c) Honeycroft - intergenerational yoga classes for the elderly and young children

We also successfully applied for grant funding from

the Robert Eaton Memorial Fund and Brighton & Hove Council to run a year-long programme of free yoga classes for teenagers in East Brighton. The first term has just concluded for teenagers in Moulsecoomb and we hope to relaunch it there this autumn and possibly extend it to Whitehawk.

As this programme goes to press, we are waiting to hear if an application we made with support from MIND has been successful to run yoga for mental health classes in the city. We have also been active in expanding the number of schools in the city that have yoga lessons, including providing free taster classes as part of the Council's "Take Part" programme. We have applied for funding for a programme of yoga in Lewes Prison, and we hope to run yoga programmes in the NHS for staff and patients.

The Foundation has also encouraged more yoga studios in the city to offer free or heavily subsidised yoga community classes for those who cannot afford the "normal" class prices.

## OUR WORK IN THE YOGA COMMUNITY

Thanks to a generous donation of yoga mats from Yogamatters, we have set up a yoga mats rental service which has already had more than a dozen users. It allows teachers or studios that need extra mats for workshops, special classes or events to borrow good quality yoga mats at minimal cost.

We run a quarterly yoga teachers forum with Brighton Natural Health Centre allowing teachers to come together to discuss issues of mutual interest and concern. We are researching the fascinating history of yoga in the city. Last year we had a Festival talk about Iyengar Yoga in Brighton, and this year one about Derek Ireland and the early history of Ashtanga Yoga in the city.

We plan over the next 6 months to set up on our website a "one-stop-shop" online directory of yoga studios and teachers in the city.

## CONCLUSION

Almost all this community outreach and work with the yoga community is unpaid and carried out by volunteers and trustees of the Brighton Yoga Foundation. After five years of organising successful annual festivals and charitable outreach work, we feel that the time is right to take the next step and professionalise our operation by taking on a part-time organiser and an office.

IF YOU VALUE THE WORK OF BRIGHTON YOGA FOUNDATION, PLEASE SUPPORT OUR FUNDRAISING CAMPAIGN TO HELP US ACHIEVE OUR GOALS.

## HOW CAN YOU HELP?



Support our crowdfunding campaign to help us give the gift of yoga to those who need it most.

Yoga is a gift that goes beyond the practice. We all know the fantastic benefits of yoga – physically, mentally and spiritually. We're on a mission to bring this joy to the wider communities through a range of outreach programmes organised by the Brighton Yoga Foundation.

Alone, we can only go so far. We need your help to make a bigger impact, to reach more people, and to heal whole communities through the power of yoga.

We're aiming to raise £10,000 to put the Foundation on a proper footing for the future – with an office and part-time organiser who will fundraise, organise initiatives, and help to grow our annual yoga festival.

Groups and communities we've supported so far include:

- Teenagers in East Brighton
- LGBT+ young people
- Women recovering from abuse
- The elderly and young children
  - School children

Help us better serve our communities in Brighton and beyond with the gift of yoga. Donate today at [chuffed.org/project/brighton-yoga-foundation](https://chuffed.org/project/brighton-yoga-foundation)



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/BrightonYogaFestival



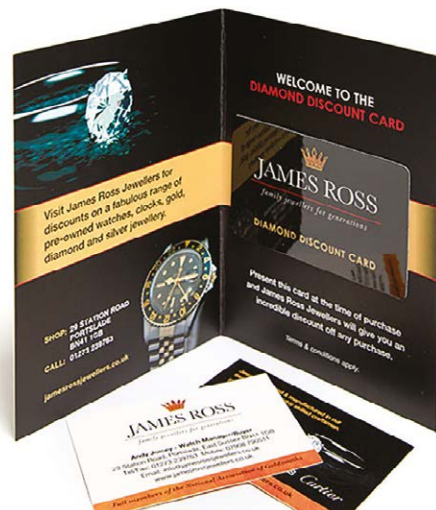
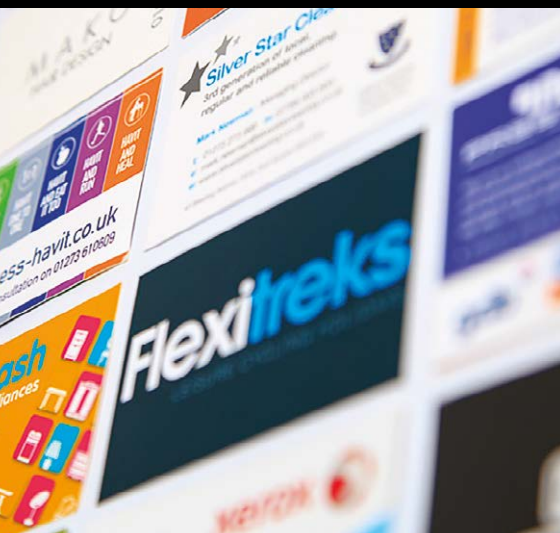
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## SATURDAY AT A GLANCE






Welcome to Brighton  
Yoga Festival

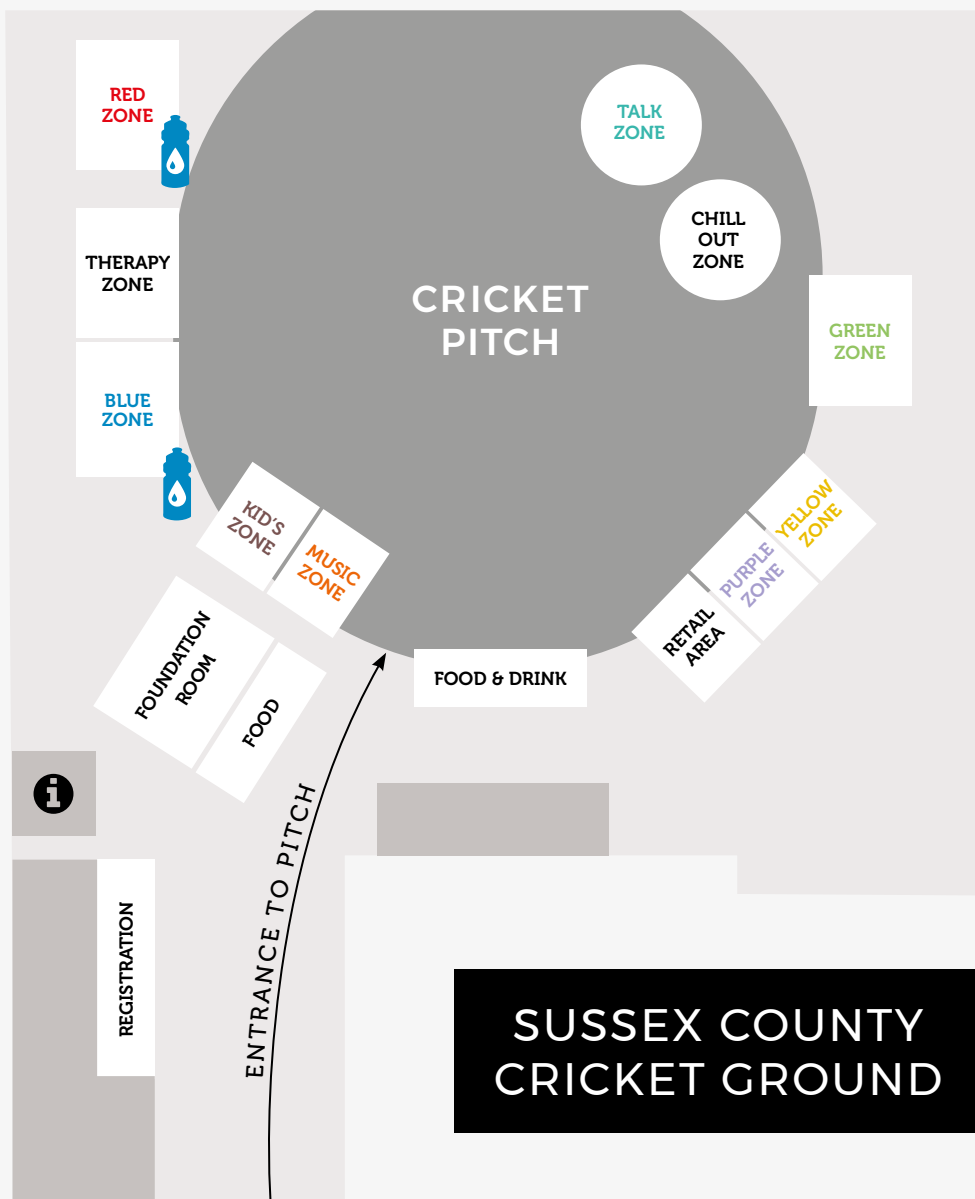


## 20

21

## 21

YELLOW ZONE	TALK ZONE	KID'S ZONE	FOUNDATION ROOM	MUSIC ZONE
				
				Welcome to Brighton Yoga Festival
The Bhagavad Gita and the Yoga Sutras - Ram Vakkalanka	The Importance of 108 - Helen Forester	Childrens Yoga 5+ - Yoga Frogs		Sound healing songs
Rich Hussein - Just Breathe	How to change Ingrained Behaviours - Camille Pierson	Childrens Yoga 10+ - Yoga Frogs	Yoga Therapy for Anxiety & Depression - Bryony Hamerton	
Flow to Stillness: Vinyasa and Gong Therapy - Ahimsa Yoga & David Davenport-Frith	Journey from Professional sport to Yogi - Lewis Hatchett	See door sign notice for more info	Yoga, sound and chanting - Tobie Tomkinson	
Yoga for healthy pelvic floor - Jitka Androva	The Suffragettes and Female Empowerment through Yoga - Ali Ghanimi and Alistair Goode	Kids Yoga - Helen Forester	Yoga practice for better backs - Sabine Dahn	Laura Topper
Ahimsa yoga - Clare McGill	Yoga and the role of nutrition - Bev Hetherington	Teen Yoga - Helen Forester	Pregnancy yoga - Jennifer Nichols	
Mindful Vinyasa Flow - Lucy Sabin	Laughter Yoga - Ann O'Kieffe	Teen Yoga - Silas	Older with Yoga, a practical workshop - Peter Burton	Awaken Heart Yoga Bhakti yoga - Chetana and Will Thornton
	Opening your heart to Bhutan - Emma Slade			In the Red Zone if the weather is clear
				Closing Ceremony Kirtan - Awaken Heart Yoga



Stewards will be on hand throughout the event to provide assistance when needed.



= WATER POINT

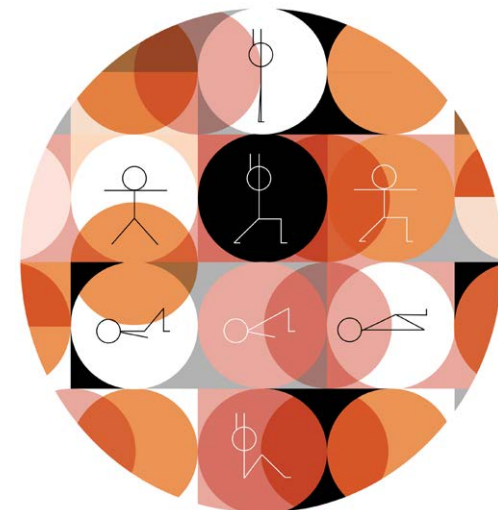
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