

PEACE, STRENGTH & VITALITY FOR ALL

BRIGHTON

# YOGA

## *Festival*

2017

brought to you by:



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

FOR THE LOVE OF YOGA

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# Brighton Yoga Festival 2017 team

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**Flyers & Posters Design** Charlotte Delmonte  
**Grant Applications** Gemma Williams  
**Event Leaders** Sevanti, Sarah Grice

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

Yogamatters, Sussex County Cricket Ground, Sussex Cricket Foundation,  
Brighton & Hove City Council, Juice FM, The Float Spa, Be-Yoga,  
Free Spirit, It's Yoga, Unity, Brighton Natural Health Centre, Open  
Space Studios.

**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 by Anna Pumer: [annapumerphotography.com](http://annapumerphotography.com)  
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## WELCOME...

to the fourth Brighton Yoga Festival brought  
to you by the **Brighton Yoga Foundation**.

We are very excited to be here at the  
beautiful Sussex Cricket Ground and for the  
first time ever the Festival takes place over a  
whole weekend!

As in previous years, we are providing  
dozens of yoga classes with great teachers  
- local, national & international. They  
cover most styles of yoga and many are  
designed specifically for beginners. We are  
asking those enjoying the classes to make  
a voluntary donation for each class to help  
the Foundation pay the costs of the event  
and carry out our charitable work.

We also have specialist yoga classes, kids  
yoga, meditation and pranayama (yoga  
breathing), talks about yoga, well-being and  
nutrition. There are plenty of food and drink  
stalls to keep you refuelled and retailer stalls  
for you to browse and enjoy. Or why not  
just relax in the calming atmosphere of the  
grounds themselves?

Our annual festival is now the largest free  
entry yoga festival in the UK. We keep it free  
to enter to encourage people who have  
never tried yoga before to come and give  
it a go. We know the wonderful benefits of  
yoga - for the mind and the body- and we  
want to spread those benefits even further  
beyond to the wider community.

We are very proud to have **Yogamatters** -  
the UK's biggest supplier of yoga equipment,  
books and clothes - as our main sponsor  
this year. They have also kindly agreed to  
become our long-term partner, including

us in their "High Fives" programme of  
selected "yoga in the community" activities.  
They have also helped us to set up our  
yoga mat provider service in the city for  
those needing mats to run yoga classes,  
workshops or other events.

In addition to the annual Festival event,  
the Foundation intends to promote free  
and cheap yoga classes and events all  
year round and to give modest grants  
to yoga-related projects aimed at the  
more disadvantaged. Other plans include  
establishing an online directory of yoga  
studios, teachers and classes in the city;  
researching and writing the history of  
yoga in Brighton & Hove; and organising  
a regular forum for local yoga teachers  
(in conjunction with Brighton Natural  
Health Centre).

The **Brighton Yoga Foundation** exists  
to spread the word and benefits of yoga  
to everyone. It is your Foundation and  
it needs your support - your time, your  
financial support and your ideas. There  
are Direct Debit forms available if you feel  
able to make a regular contribution to the  
Foundation. If you would like to support the  
Foundation and its year-round charitable  
programmes in any way, please visit our  
stall at the Festival or contact us on:  
[relax@brightonyogafoundation.org](mailto:relax@brightonyogafoundation.org)

**Enjoy the Festival!**

BRIGHTON YOGA  
FESTIVAL FOUNDER  
AND CHAIR OF TRUSTEES



# CLASS DESCRIPTIONS



Adam Husler

## ADAM HUSLER: LEGS TODAY, GONE TOMORROW

Your body loves to escape hard work - your legs will do all they can to make a yoga class easier. Not only will we be working hard into leg and hip flexibility through this strong class, but we'll be exploring mobility. Here the way you transition will be as important as the asana. **A**  
**Saturday 3:15 – 4:30pm**

## AFTAB MIAH: DYNAMIC HOT YOGA/ASHTANGA

Dynamic Hot yoga will be a Hatha style non-flow yoga, for all levels. **B** **Saturday 3:30 – 4:30pm**

## ALEX GOLDING: SCARAVALLI-INSPIRED YOGA WITH YOGA NIDRA

The class focuses and follows our inner sensations whilst moving the body with an emphasis on the ground, spine and breath. **Saturday 10 – 10:30am**

## AMANDA EVANS: MINDFUL YOGA

An introduction to Mindful Yoga, a restorative practice where body, mind and breath unite in a journey of healing

and self development. **B**  
**Saturday 1 – 1:30pm**

## AMRITA JULIA DEANS-DUNDAS: JIVAMUKTI OPEN CLASS

Jivamukti is a dynamic form of vinyasa yoga incorporating creative sequencing, hands on assists, up beat music, yogic teachings, chanting, and meditation. **A**  
**Sunday 3:15 – 4:30pm**

## ARIANNA AUNON: CHANGE YOUR HORMONE HEALTH BLUEPRINT FOREVER - TALK

Arianna nutritionist and hormone health coach will discuss reversing hormone imbalances naturally, and fast. Here to revolutionise women's health, by creating more ease and happiness within. **Sunday 12 – 12:45am**

## AYESHA NAUTH: HATHA YOGA

Starting with Pranayama breathing exercises that help you to set your mind & body up for the class. The floor series will then begin where we develop a beneficial understanding flowing into a purposeful, deeper meditation. **B**  
**Sunday 11:45 – 12:30pm**

## BELLA SOMERVILLE: HATHA FLOW

This class will be an eclectic hatha experience, focusing on the fundamentals of a structurally sound yoga practice. Postures are woven together by a slow flow, steadily building into deeper, invigorating asana. **B**  
**Saturday 3 – 3:45pm**

## BELLA SOMERVILLE: HATHA FLOW & RESTORE

This class brings into balance the passive & active aspects of yoga with energising yet restorative asana, holding postures longer to allow a deeper release both in the mind & body. **B**  
**Sunday 3pm – 3:45pm**

## BELLA SOMERVILLE: VINYASA FLOW

A series of smoothly flowing & almost dance-like poses that will move you through the power of inhaling & exhaling. This is a fun and invigorating class that will take you out of your mind and into your body! **B**  
**Sunday 4:30pm – 5pm**

## BRYONY HAMERTON: THERAPEUTIC BENEFITS OF YOGA

We'll explore how movement, breath, & meditation affect our brains, our bodies, and our wellbeing; Learning how yoga can help with anxiety & depression. **B**  
**Saturday 5pm – 6:30pm**

## BRYONY HAMERTON: PRANA VINYASA

A dynamic, flowing class in the style developed by Shiva Rea. Experience the art and science of flow yoga through evolutionary pathways in a fluid style. **B**  
**Saturday 1pm – 1:45pm**

## BRYONY HAMERTON: YOGA AND SOUND MEDITATION

A healing practice of gentle yoga and sound healing, everyone is welcome to tune in and let go, release tension from body and mind with sacred sounds and healing chanting. **Sunday 1pm – 1:45pm**

## BRYONY HAMERTON: HOW YOGA AFFECTS OUR BRAIN - TALK

How can we practice with a therapeutic focus in a 'bottom up' approach. Bryony will be sharing information using the latest research on neuroscience and the healing potential of yoga. **Saturday 12pm – 12:45pm**

## CAMILLE PIERSON: HOW TO 'FLOAT' STRESS & ANXIETY AWAY

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 3pm – 3:20pm & Sunday 1pm – 1:30pm**

# CLASS DESCRIPTIONS

## CATHY BIRDSONG: OMNI YOGA SCARAVELLI INSPIRED

Combining her diverse yoga experience and depth of knowledge in energy work, Shamanism and Healing, Cathy has developed 'Omni Yoga', a holistic self-healing approach. **B**  
**Sunday 10am – 10:45am**

## CHETANA THORNTON: DYNAMIC BHAKTIYOGA VINYASA FLOW

Awakening asana woven through live soundhealing mantra soundscapes. **B**  
**Sunday 4pm – 4:45pm**

## CHETANA THORNTON: AWAKENING HEART YOGA - SOUNDHEALING

The closing event kirtan, offering a womblike space of mantra music and sacred chants. We are guided through human mandalas, contact yoga, yin yoga into yoga Nidra and savasana. **B**  
**Sunday 5pm – 5:45pm**

## DANIELLE GRIFFITHS: MEDITATIVE UPLIFTING FLOW YOGA

A gentle fluid style of yoga, harmonising breath and movement to give strength, grace and freedom. A carefully compiled playlist is used to complement sequencing. **B**  
**Sunday 11:45am – 1:15pm**

## DAVID CROFT: MOVING STRETCH

Moving stretch is a form of resistance stretching which concentrates on the actual movement of the stretch, while applying tension on the designated body part. It focuses on re-conditioning and releasing the body's fascia, so we're free to move and be. **B**  
**Saturday 12pm – 12:45pm**

## DAVY JONES: ASHTANGA YOGA

Ashtanga Yoga is a dynamic flowing form of yoga that combines natural body heat with strong breath and movement. **A**  
**Saturday 4pm – 4:45pm**

## DEBORAH BROWN: TRE - TENSION & TRAUMA RELEASING EXERCISES

The workshop will teach you TRE® (Tension, Stress & Trauma Release Exercise), an innovative series of exercises that assist the body in releasing deep muscular patterns of stress, tension and trauma - and you'll feel great afterwards! **B**  
**Saturday 5pm – 6:30pm**

## EFFIE LOVE: YOGA FOR OFFICE WORKERS

This is a Vajrasati style-based class that is aimed for yogis that share their love of yoga with the love (one hopes) of their office work. We will be focusing on stretching and strengthening the areas that tend to suffer when working next to a desk. **B**  
**Sunday 11am – 11:45am**

## EFFIE LOVE & TRACY JANE SULLIVAN: GENTLE YOGA & LIVE HARP

Effie and Tracy have developed a very unique experience that enhances the healing effects of yoga and harp to a magical super relaxing experience. The yoga style is between slow Hatha and yin and is accessible to all. **B**  
**Sunday 2:45pm – 3:30pm**

## ELIZABETH PUMER: VINYASA FLOW YOGA

Elizabeth will be taking you through a powerful dynamic Vinyasa Flow with a soundtrack to suit and an energy to leave you full and invigorated. **Sunday 2pm – 2:45pm**

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

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

# CLASS DESCRIPTIONS

## EMMA NEWLYN: VINYASA FLOW WITH LIVE HARP

Combining the benefits of Yoga with the benefits of live harp music can elicit an incredible response. Join Emma and Tracy for a session suitable for all, with flowing movements and interpretive harp music, enabling everyone to access a more meditative state of mind. **B**  
**Saturday 3pm – 3:45pm**

## FREESTYLE YOGA PROJECT: IF YOU'RE A MOVER, YOU'RE A GROOVER!

'Static positions have their place, but it's MOVEMENT that makes all the difference. If you want to be strong, agile, fit, flexible & smart, you need to MOVE - from the subtle to the complex. So, Mark & Anna will introduce you to FYP's approach during this non-stop 'shop, which will be thrilling, challenging & FUN! **B**  
**Sunday 12pm – 1:30pm**

## IRINA YORDANOVA: MEDITATION IN ACTION

She synchronizes the breath and the movement of the body in a flow which interlinks the postures as a continuous movement and thus

transforming the practice into a meditation in movement. **B**  
**Saturday 11am – 11:45am**

## IT'S YOGA: ROCKET 3

The Rocket 3 sequence combines all the poses of the It's Yoga System into one class. Also known as "Happy Hour" it offers both the hard and the soft forms of Ashtanga Vinyasa Yoga in a clear, playful and complete sequence. **B**  
**Sunday 4:45pm – 6pm**

## IT'S YOGA: YIN YOGA

Yin yoga consists of deep, searching and opening sequences of asanas, held on the floor for anything from 3-5 minutes. We reconnect with the deeper areas of our bodies, predominately the connective tissues that wrap around and hold our joints together. **B**  
**Saturday 4:45pm – 6pm**

**IT'S YOGA KIDS:** A fun and great way for kids to be active and creative while learning and developing essential physical, emotional, cognitive and social skills, such as body and sensory awareness, concentration, self-acceptance and expression, and compassion,

teamwork and respect.  
**Saturday 1:45pm – 2:15pm**

## IT'S YOGA: ASHTANGA MODIFIED PRIMARY SERIES/ MPS

Designed for beginners to the It's Yoga System. Different from the traditional Half Primary, the Modified Primary gives the student a complete series that allows the flow of the practice to stay consistent by removing the postures that beginners typically find too challenging. **B**  
**Sunday 2:30pm – 3:15pm**

## JENNY DEADMAN: WHEN THE TREE OF YOGA TOOK ROOT IN BRIGHTON - TALK

Yoga has deep and ancient roots, and when BKS Iyengar brought Yoga teaching to England, one of the original roots was put down in Brighton. This is the story.  
**Sunday 11am – 11:45am**

## JEN KLINKIGT: VINYASA FLOW

A Vinyasa flow class centred about compassion & self love. With a combination of asana, breath and intention we focus on getting deeper into our heart to open it. **B**  
**Sunday 1:45pm – 2:30pm**

## 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 Dome 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

Freestyle Yoga Project



## JIM TARRAN: YOGA PARADIGMS - TALK

Super Subtle Blueprints to melt you into undefinable Now. What is yoga for? How does yoga work? An experiential talk for anyone who has been wondering how all the pieces of the yogic puzzle fit together.  
**Sunday 1:45pm – 2:30pm**

## JIM TARRAN:

25 years teaching in Brighton and London, come take a master class with Jim to see how deep the rabbit hole goes (be prepared for fun!)  
**Sunday 3:45pm – 4:30pm**

## JING MASSAGE - MEGHAN MARI AND RACHEL FAIRWEATHER:

## MASSAGE FUSION: TAKING TOUCH TO THE MAT

This extra special playful workshop is perfect if you want explore the world of hands-on bodywork; serious stretching, anatomy in motion or any part of your mind or body is tintilated by the magic of adding massage to your yogic practice.  
**Saturday 6:30pm – 7pm &  
Sunday 1:30pm – 3pm**

## JOANNA MCEWEN MA CSH: BENEFITS OF SOUND MEDITATION

The session is dedicated to healing our physical and energetic body through the use of therapeutic sound, profoundly effecting our health, relationships and the external world around us. **B**  
**Sunday 4pm – 4:45pm / Talk  
2:45pm – 3:30pm**

## JOHN STIRK: YOGA THE REALITY - TALK

Yoga recognises two realities. A conditioned reality related to personal history and a deeper reality that arises when we pass through our conditioning. This talk acknowledges the body-mind's relationship between the two realities.  
**Saturday 4pm – 4:45pm**

## JORDAN PAUL: DYNAMIC HATHA YOGA

This class incorporates elements of Ashtanga, vinyasa and traditional hatha yoga. 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!  
**Saturday 10am – 10:45am**

## LAURA SHIPSEY: VINYASA FLOW

A creative mandala (circular) sequence that will have you travelling around your mat and enliven your entire body. Expect a fun, energising class that will encompass the theme of compassion. Everyone and anyone is welcome to breathe, move and flow with Laura.  
**Saturday 11:30am – 12pm**

## LOUISE BEGLIN: CLASSIC YOGA

Louise has developed Classic Yoga through her own understanding and practice of the classical asanas - demonstration, individual monitoring and advice are key features of her Classic Yoga classes. **B**  
**Saturday 11am – 11:45am**

## LOUISE GILLESPIE- SMITH: CHOOSE JOY - AN EXPLORATION INTO INNER BLISS (A YIN/YANG WORKSHOP)

This workshop is about diving in and connecting with your natural state of joy within. Through a mix of prana building flow & slow meditative yin you will be taken on a journey to dive deep within to connect with your inner smile.  
**B Saturday 1pm – 2:30pm**

## LUCY HOWLETT: THE FEET IN YOGA; BALANCE AND GROUNDING

Think from the ground up in this yoga class; in the held asanas & the slow moving, choreographed sequences. Prepare to feel calmed mentally through the focus on/in your body and breath. **B**  
**Sunday 11am – 11:30am**

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



# CLASS DESCRIPTIONS

## MEDITATE FOR TIBET:

Hundreds of people across the country are meditating at the same time to focus our collective energy on Tibet! Many Tibetans still need our help. Your donation will help provide vital education and life-saving healthcare for Tibetans in India, Nepal and Tibet. **Saturday 2pm – 2:45pm**

## MARIA VALANPAL:

### KUNDALINI YOGA AND GONG

The class will include breathing, flow, sound healing, playfulness, challenges, chanting, awareness, movements, thoughts, sensations, and emotions, silence... helping us connect with our body, mind and spirit. **B** **Sunday 3:30pm – 4:15pm**

## MARC ACQUAVIVA &

### ABIGAIL PECK:

#### POETRY OF YOGA

An Acquaviva class (Scaravelli Inspired) with poetry crafted by Marc specifically to aid embodying the practice of yoga, which leads to ease and freedom of movement.

**Sunday 10am – 10:45am**

## MINDED INSTITUTE TALK:

**Sunday 10am – 10:45am**

## 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 10 – 10:45am**

## NAOMI ABSALOM: THE PERFECT STATE OF ALIVENESS

An extended practice to help expand your awareness of the magical, energetic body. We will thread together mantra, detailed pranayama, powerful kriyas and a beautifully sequenced, biomechanics savvy asana practice to build all the power you could possibly need to



Naomi Absalom

remember the self. **A** **Saturday 10am – 11:30am**

## NATALIE HEATH: SEASONAL YOGA

Based In Chinese Philosophy, Seasonal Yoga was developed to address the imbalance between nature and our modern day lifestyles. The practice includes Hatha and Vinyasa Flow styles of yoga, qigong movements, pranayama and meditation suitable for the particular season we are in. **Saturday 2pm – 2:45pm**

## NICOLA PRICE: YIN & BREATHWORK

Holding yin yoga poses using the breath to open up and realign the body. This is deep transformative work. **Sunday 10am – 10:45am**

## NICOLA PRICE:

### INSPIRATIONAL BREATHING

Inspirational Breathing by Nicola Price - Learn about your own individual breathing pattern and how to improve it for physical and emotional wellbeing. **Sunday 3pm – 3:45pm**

## NORMAN BLAIR: YIN YOGA

We are so familiar with tension and tightness that rarely do we consciously realise the deep need for relaxing and releasing. Yin yoga is a practice in which floor-based postures are held for several minutes. **A** **Sunday 12:45pm – 2:15pm**

## PABLO WILSON: HATHA YOGA

His teaching ranges from a Dynamic Hatha Yoga style through to more gentle Yin Yoga,

sometimes incorporating the two into one class. **B** **Sunday 12pm – 12:45pm**

## SADHANA MALA:

### YOGA NOW & THEN - TALK

A look at the origins of yoga practice, in particular linking to yoga philosophy, focussing on the yoga sutras and Vyasa bhasya (commentary). This talk will also introduce the tradition of T. Krishnamacharya and his son TKV Desikachar and explore ideas from this background. **Saturday 11am – 11:45am**

## SARAH ACHUCARRO:

### RESTORATIVE & YOGA NIDRA

This class begins with restorative yoga postures to focus on releasing deep tension in the physical, mental & emotional body. Yoga Nidra (sleep yoga) is a lying down practice, bring the body into stillness, this guided meditation cultivates a deep sense of awareness. **B** **Sunday 3:45pm – 4:30pm**

## SARAH WILLIAMS:

### DYNAMIC HATHA FLOW

The practice of yoga can often lead us into shapes, sequences, alignment and quite often rigidity and overthinking. But what if we truly explore movement in a way that allows us to feel embodied, connected, vibrant and at ease? Moving slowly allows us to build strength and expand awareness. **B** **Saturday 2:30pm – 3:15pm**

## SARAH WILLIAMS:

### STILLNESS IN MOTION - A VINYASA WORKSHOP

This is a practice to awaken, to brighten and to clarify. A time to move, breathe and expand. By taking our asana slower we can delve in and play with this practice we call 'Yoga'. Turn the auto pilot off and feel into the practice! **A** **Sunday 10am – 11:30am**

# CLASS DESCRIPTIONS

## SEVANTI:

### UNITY YOGA & UNITY PARTNER YOGA™ WITH LIVE MUSIC

Unity Partner Yoga™ is a deep, restorative, playful and sacred practice of Yoga. Appropriate for all ranges of experience, and all relationships from friends to partners, and children to pregnant women. **B**

**Saturday 11:45am – 1:15pm**

## SEVANTI: UNITY PARTNER YOGA & MASSAGE TASTER

Unity Partner Yoga™ is the poetic movement of two or more people dancing through yoga asana together. This workshop will also include Partner-Massage, seated/Thai-based Acupressure and massage. **B** **Sunday 11am – 11:45am**

## SHAY GRANT: FLOW LIKE WATER

This class will be a dynamic Vinyasa sequence inspired by the fluid movement of water. You will be guided into the possibility of practicing in creative ways. Energetically, water is represented by the second chakra, which means this class will also focus on the potential of movement in the hips. **Saturday 4:45pm – 5:15pm**

## SUZANNE PHILIPS:

### SHARE INTERNATIONAL Saturday 10:45am – 11:15am

## SWAMI SARADANANDA:

### INTRODUCTION TO TEACHING MEDITATION

Mudras (yoga hand gestures) work at the physical, subtle, psychological and spiritual levels. Most are easy to do, yet so powerful that regular practice can transform your life. Swami Saradananda, author of the popular book 'Mudras for Modern Life' will introduce you to using mudras to create inner peace, eliminate fatigue and anxiety, protect physical and emotional health, calm your

mind, sharpen your intuition and promote happiness.

**Saturday Class 12pm – 12:45pm / Talk Saturday 2pm – 2:45pm**

## TARIK DERVISH: YOGA FOR PITTA: COOLING THE BODY AND MIND

Ayurveda recognises the impact of the environment on each individual body type and how to find the right balance between the two. The internal heat is high for everyone in the summer so that means that Pitta dosha is high. Finding ways of keeping the body and mind cool in your Yoga practice can be very helpful. **B** **Saturday 12:15pm – 12:45pm**

## TARIK DERVISH: YOGA WITH AN AYURVEDIC APPROACH

Ayurveda is the ancient healing art of India. It developed in tandem with Yoga and has heavily influenced the thinking behind Yoga's classical practices. Concepts like Agni, the Doshas and Prana form the backbone of both Yoga and Ayurveda and having some understanding of this classical approach can enrich your practice. **B** **Saturday 1pm – 1:45pm**

## TSVETANKA APOSTOLIC:

### JOYFUL LOTUS YOGA GENTLE WARM UPS

This class is suitable for all lovers of Yoga! 45 min of gentle preparation of body and mind for the rest of the festive day! **B** **Saturday 10am – 10:45am**

## VINCE STARR:

### TRIBAL YOGA FLOW

Vince teaches a hatha flow and tribal style of yoga with elements of kundalini yoga and qi gong added in for good measure. Classes aim to bring together ways of living from tribal cultures and adding them into a calm and flowing yoga practice that is suitable for all levels. **B** **Saturday 1 – 1:45pm**

**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.

## ANIKI GRIMM: **HELP WITH SYMPTOMS OF STRESS**

Yoga can be very beneficial in dealing with symptoms of stress. This yoga practice aims to calm the nervous system through breathing techniques and gentle movement connecting with the flow of the breath. **B**  
**Saturday 4pm – 4:45pm**

## BEE MAXWELL: **PREGNANCY YOGA**

This class will give you the time & space you need to exercise confidently and safely. Breath and movement techniques can help alleviate aches & pains, whilst reducing anxiety and improving sleep. **B**  
**Sunday 1:45pm – 2:30pm**

## EMMA BROCKLESBY: **GENTLE YOGA**

Every body is a yoga body. Whether you're new to yoga or have practiced for many years, this Gentle Yoga Class is about re-connecting the roots of yoga, it's simplicity. Together, we explore breath and asana, meditation, chanting and mudra. **B** **Saturday 2pm – 2:45pm**

## PAUL COLLINS: **GO BEYOND TRAUMA SENSITIVE YOGA**

Using the iRest (Kosha model) we can learn to accept ourselves as we are in the moment. Sensing how the body feels, moving from the ground and a place of being

with rather than doing. **B**  
**Sunday 12pm – 1:30pm**

## PAUL COLLINS: **iREST YOGA NIDRA**

A research-based transformative practice of deep relaxation and meditative inquiry. It is endorsed by the US Army Surgeon General for dealing with PTSD and is now used in over 30 VA hospitals as well as homeless shelters, hospitals and clinics, hospices, prisons, community programmes, and schools. **B**  
**Saturday 3pm – 3:45pm**

## SABINE DAHN: **YOGA FOR MENTAL HEALTH**

This class draws inspiration from the T. Krishnamacharya tradition, which opens out the full dimensions of yoga as a support for engaging in life and navigating calmly through its challenges on all levels, physical, mental and emotional. **B**  
**Sunday 2:45pm – 3:30pm**

## SABINE DAHN: **CHAIR YOGA**

For many people a yoga practice might look challenging and even scary. This class offers a gentler approach, teaching postures seated on a chair or maybe standing behind a chair for support. **B**  
**Saturday 2:45pm – 3:30pm**

## SADHANA MALA: **VEDIC CHANTING FOR DISCIPLINE, FOCUS AND**

## EXPRESSION WORKSHOP

This class will give an introduction to the pronunciation of Sanskrit and show how the direction of the mind is important when chanting. **B**  
**Saturday 12:15pm – 1:45pm**

## VIDYADASA: **MEDITATION WITH BRIGHTON BUDDHIST CENTRE**

These sessions include traditional Buddhist meditation practices taught in the Tiratna Buddhist Tradition at Brighton Buddhist Centre. **B**  
**Saturday 10am – 10:45am / Sunday 10am – 10:45am**

## VIDYADASA: **EMBODIED PRINCIPLES FOR BEGINNER'S**

These practices give us time and space to focus, connect deeply with body, mind, breath and realise how we think and feel and to find opportunities to grow beyond any old limitations and habitual ways of being. **B**  
**Sunday 11am – 11:45am**

## VIDYADASA: **HATHA YOGA FOR BEGINNER'S**

We move fluidly through postures, improving flexibility & freedom of movement, whilst creating a deep sense of stillness, sensitivity and strength. Stimulating standing and seated postures are explored alongside relaxing and restorative postures. **B** **Saturday 11am – 11:45am**

# 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.

**SULTAN'S DELIGHT:** Sultan's Delights is a Brighton based catering company offering a wide range of colourful and delicious Turkish, Middle Eastern and Mediterranean influenced food.

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

# CHILDREN'S YOGA

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.

## ANDY JAFFAY: **LITTLE LIGHTS YOGA, 3-5 YRS WITH PARENTS**

For the littlest adventurers. We go through the Story Rainbow to our magical storyland, where we use toys and props and explore yoga and dance movements to bring our story to life! We always end the session with a relaxation under our cuddly blankets.  
**Sunday 10:15am – 10:45am**

## ANDY JAFFAY: **LITTLE LIGHTS YOGA, 5-9 YRS**

We do a warm up and some mindfulness exercises and then we adventure on to a fun story, doing lots of yoga along the way. We do a short dance routine, some fun yoga games or some partner yoga exercises and then we wind down with a meditation with music, a teddy and cuddly blanket. **Sunday 12pm – 12:45pm**

## CARMEN DOLTZ: **CHI TIME**

All children from 7yrs onwards are welcome. Parents can join in too. It's called 'Chi time' as it's easier to say than Qitime.  
**Sunday 3pm – 3:45pm**

## EVA: **LITTLE SAGES**

Yoga can help to honour, nurture and follow this natural flow into a playful and loving childhood, creating strong foundations of love and awareness for the whole family and community.  
**Sunday 4pm – 4:45pm**

## HEATHER HAWTHORN **VITAL DANZA DANCE, 5-9 YRS**

**Saturday 12pm – 12:45pm**

## KATE BRUSHWOOD: **YOGA FOR TEENAGERS, AGED 12+**

A fun workshop to experience yoga sequences and getting to know your breath. Experience movement that can help you feel calmer, stronger and more energised.  
**Saturday 1pm – 1:45pm**

## LAURA SHIPSEY: **CHILDREN'S YOGA ADVENTURE TO THE SEA - AGES 4-7**

Join Laura for an adventure into the ocean. We will visit lots of different sea creatures through yoga poses, practice breathing 'underwater' and work in

partners to create bigger fish.  
**Saturday 10am – 10:45am**

## SARAH GRICE: **FAMILY YOGA, AGES 2+**

Parents do join in too - all children should have the chance to grow strong, with solid roots, love of themselves and a heart of love and light. **Saturday 11am – 11:45am & 1pm – 4:45pm**

## SEVANTI: **YOGA & PARTNER YOGA, 8 YRS+**

Sevanti is passionate about sharing the wonderful practice of Yoga in its authentic form, which can teach the youngest members of our community about self-care and how to live in the community with kindness, respect & happiness.  
**Saturday 2pm – 2:45pm & Sunday 1pm – 1:45pm**

## ZARA: **FRIENDSHIP YOGA**

For children aged 8 plus and parent can join too.  
**Saturday 3pm – 3:45pm & Sunday 2pm – 2:45pm**

# THERAPY AREA

Join the team in the therapy area, who are on hand throughout the weekend giving demonstrations, talks and tasters of their treatments. The perfect compliment to the yoga on offer.

## DAVID CROFT: **WALKING MASSAGE AND ASSISTED STRETCHING**

## EMMA CHIPPERFIELD: **HUMMINGBIRD THERAPIES - HOLISTIC MASSAGE, REIKI, STRUCTURAL REBALANCING**

## JOANNA MCEWEN MA CSH: **SOUND HEALING**

## JULES FRANCIS: **HOLISTIC HEALTH COACH**

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## HOLISTIC MASSAGE

## REBECCA MANSFIELD: **THE ZEN DEN - HOLISTIC AND DEEP TISSUE MASSAGE**

## SUE MILLS: **PRANIC HEALING**



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### YOGA ALIGNMENT AND THE FEET

A workshop with Lucy Howlett, at The Float Spa  
Sunday August 6th 2.30-4.30pm



*'The human foot is a masterpiece of engineering and a work of art.'* Leonardo da Vinci

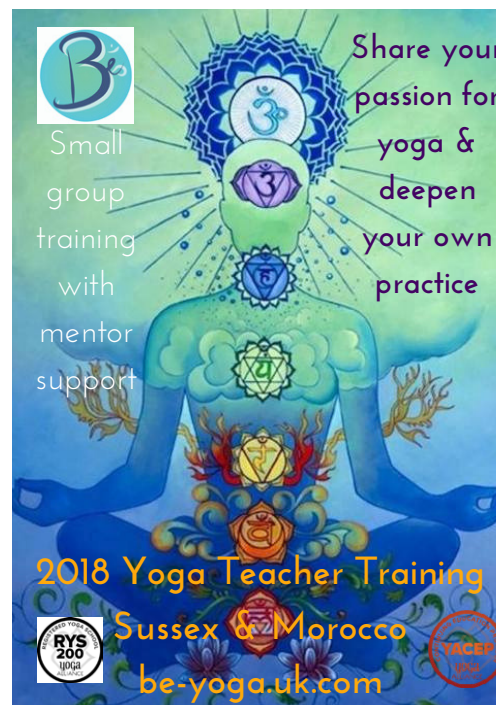
This workshop will be great if you are a beginner or an experienced yogi and don't often think about alignment or your postures from the ground up. It will help you to potentially improve your balancing postures, and the rest! We will explore the influence of the feet's role in the yoga postures and more. After a short break we will do a meditation and some specific stretches to allow the feet to move more freely and ease up, allowing you to feel more grounded and mindful of your whole body's movement.

Cost: £25. For more information contact Lucy:  
[liftyogaandpt@gmail.com](mailto:liftyogaandpt@gmail.com)/07879 490373



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# ABOUT BRIGHTON YOGA FOUNDATION

The Brighton Yoga Foundation is the charity that organises the wonderful annual Yoga Festival in the city. But we also do a LOT more. And we have ambitious plans for the future. If you have enjoyed the Festival, perhaps you would like to help us develop them?



RENÉ SOLARI  
PHOTOGRAPHY

## 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.

Last year we finally realised one of our goals when we were officially registered with the Charity Commission. 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. And we have now set up a modest programme of giving grants to yoga-related projects in the city which prioritise spreading yoga to the most disadvantaged in the community.

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. This year we are asking all those who attend classes or other sessions at the Festival to make a voluntary donation to help cover out costs and to enable us to continue with our other charitable works.

## OUR FUTURE PLANS

We have a number of exciting plans for the future! Here is a quick snapshot:

- We hope to work with yoga studios across the city to extend the number of free or very cheap rate community classes on offer to those with very low incomes;
- We plan to build on the work we did with the Council's Take Part Festival to take yoga into more schools across the city;
- Thanks to a generous donation of 250 yoga mats from **Yogamatters**, we are setting up a yoga mat provider service in the city. This will allow people in need of extra mats for workshops, events, new classes and so on to borrow at minimal cost good quality yoga mats;
- We are setting up an online Directory of yoga studios, teachers and classes on our Brighton Yoga Foundation website;
- We are co-operating with Brighton Natural Health Centre to run a regular forum for local yoga teachers in the city; and
- We have begun the process of researching and documenting the rich history of yoga in the city from the early days in 1969 of the first Iyengar studio.

## How can you help?

In lots of ways! Above all, please tell everyone you know that the **Brighton Yoga Foundation** exists to help and work with all those who love yoga.

### Different ways you can help include:

- Can you help us with a small (or large!) regular donation by Direct Debit?
- If you shop regularly online, you can register with EasyFundraising and if you make Brighton Yoga Foundation your nominated charity, you will raise small sums for us very time you shop!
- Do you have any spare time that you could offer us? We always need help with a wide range of things - from marketing, PR, design, accounts, fundraising, admin & secretarial work
- Would you like to help us run any of the projects in our ambitious plans above?
- Do you have any great ideas about how we can spread the benefits of yoga in the city to the wider community and especially to those who need it most?
- Make sure we have your email address to we can keep in touch!
- Follow us on Facebook, Twitter & Instagram - see details below.

The **Brighton Yoga Foundation** is your foundation and we need your help. If you can help in any way please contact us on [relax@brightonyogafoundation.org](mailto:relax@brightonyogafoundation.org)



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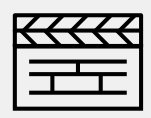
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# SATURDAY AT A GLANCE

	RED ZONE SPONSORED BY UNITY	BLUE ZONE SPONSORED BY BE-YOGA	GREEN ZONE SPONSORED BY THE FLOAT SPA	YELLOW ZONE SPONSORED BY OPEN SPACE STUDIOS	
TIME					
10:00	Dynamic Hatha Yoga Jordan Paul	Joyful Lotus Yoga Gentle Warmups Tsventaka Apostolic	Scaravelli Inspired Yoga Alex Golding	The Perfect State of Aliveness Workshop Naomi Absalon	
10:15					
10:30					
10:45					
11:00	Classic Yoga Louise Beglin	Irina Yordanova Meditation In Action	Share International Suzanne Philips		
11:15					
11:30					
11:45					
12:00	Moving Stretch David Croft	Introduction To Teaching Meditation Swami Saradananda	Vinyasa Flow Laura Shipsey	Unity partner yoga workshop with live harp Tracy Jane Sullivan & Sevanti	
12:15					
12:30					
12:45					
1:00	Tribal Yoga Flow Vince Starr	Prana Vinyasa Bryony Hamerton	Mindful Yoga Amanda Evans		
1:15					
1:30					
1:45					
2:00	Meditate for Tibet	Seasonal Yoga Natalie Heath	It's Yoga Kids	Choose Joy - An exploration into inner bliss (a yin/ yang workshop) - Louise Gillespie	
2:15					
2:30					
2:45					
3:00	Hatha Flow Bella Somerville	Mindful FlowVinyasa Flow with live Harp Emma Newlyn	Dynamic Hatha Flow Sarah Williams		
3:15					
3:30					
3:45					
4:00	Body & Brain Yoga Susan Oliver	Ashtanga Yoga Davy Jones	Dynamic Hot Yoga Aftab Miah	Legs today, Gone tomorrow Workshop Adam Husler	
4:15					
4:30					
4:45					
5:00	TRE Workshop Debbie Brown	Therapeutic benefits of yoga Workshop Bryony Hamerton	Yin Yoga Workshop It's Yoga		Flow Like Water: Shay Grant
5:15					
5:30					
5:45					
6:00					
6:15					
6:30					
	Massage Fusion				

# SATURDAY AT A GLANCE

TALK ZONE	CHILDREN'S ZONE	MUSIC ZONE SPONSORED BY IT'S YOGA	FOUNDATION ROOM SPONSORED BY SUSSEX FOUNDATION
Ayurveda & Yoga Dr Millind Jani	Yoga Adventures by the Sea (8 yrs +) Laura Shipsey	Welcome to Brighton Yoga Festival Davy Jones	Meditation with Brighton Buddhist Centre Vidyadasa
Yoga Now & Then Sadhana Mala	Family Yoga (3-8 yrs) Sarah Grice		Hatha Yoga class for Beginners Vidyadasa
How yoga affects the brain Bryony Hamerton	Vital Danza Dance (5-9 yrs) Heather Hawthorn	Brighton Yoga Foundation History	Vedic chanting workshop for concentration Sadhana Mala
Yoga With An Ayurvedic Approach Tarik Dervish	Yoga for Teenages (12yrs +) Kate Brushwood		Gentle yoga Emma Brocklesby
Mudras For Modern Life + Book Signing Swami Saradananda	Yoga & Partner Yoga (8 yrs +) Sevanti		iRest Yoga Nidra Paul Collins
How to float away Stress Camille Pierson	Friendship Yoga (8 Yrs+) Zara Mirakhraee		Yoga: Help with symptoms of stress Anika Grimm
Yoga the Reality John Stirk	Sarah Grice		Chair Yoga: a seated yoga practice with Sabine Dahn
Why the Brighton Yoga Foundation Davy Jones			

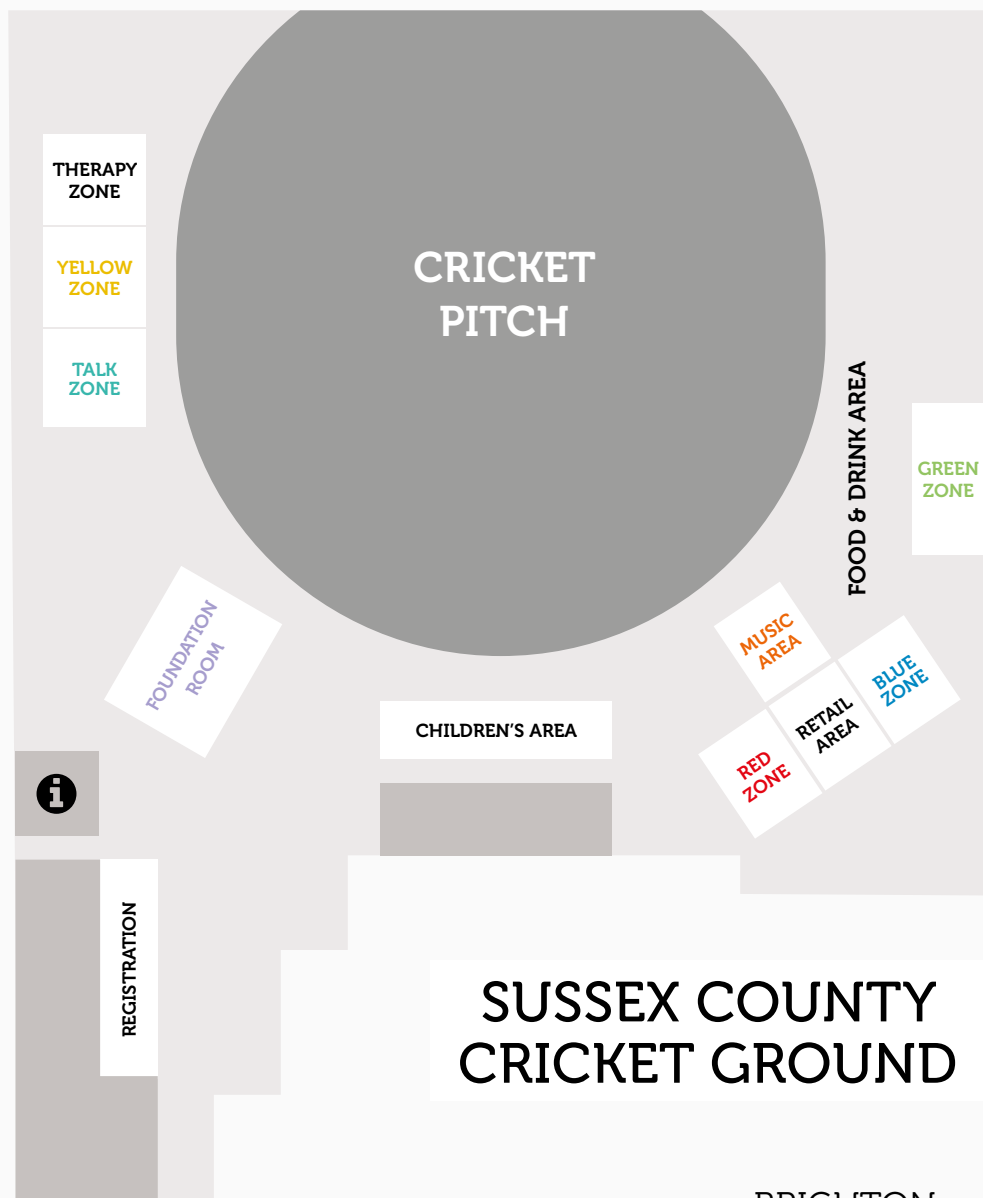


## SUNDAY AT A GLANCE

TIME	RED ZONE SPONSORED BY UNITY	BLUE ZONE SPONSORED BY BE-YOGA	GREEN ZONE SPONSORED BY THE FLOAT SPA	YELLOW ZONE SPONSORED BY OPEN SPACE STUDIOS
10:00	Poetry of Yoga Marc Acquaviva & Abigail Peck	Yin & Breathwork Nicola Price	Omni Yoga Scaravelli Inspired Cathy Birdsong	Stillness in Motion: A Vinyasa Workshop Sarah Williams
10:15				
10:30				
10:45	Unity Partner Yoga & Massage Taster Sevanti	Yoga for Office Workers Effie Love	The Feet in Yoga Lucy Howlett	
11:00				
11:15				
11:30	If You're A Mover, You're A Groover! Workshop Freestyle Yoga Project	Hatha Yoga Pablo Wilson	Hatha Yoga Ayesha Nauth	Meditative Uplifting Flow Workshop Danielle Griffiths
11:45				
12:00				
12:15	Vinyasa Flow Jen Klinkigt	Vinyasa Flow Elizabeth Pumer	Yin Yoga Workshop Norman Blair	Massage Fusion: Taking Touch to the Mat Meghan Mari & Rachel Fairweather
12:30				
12:45				
1:00	Gentle Yoga & Live Harp Effie Love & Tracy Jane Sullivan	Hatha Flow & Restore Bella Somerville	Ashtanga Modified Primary Series It's Yoga	
1:15				
1:30				
1:45	Restorative Yoga & Yoga Nidra Sarah Achucarro	Sound meditation Bryony Hamerton	Kundalini Yoga & Gong Meditation Maria Valanpal	Open Class Amrita Jivamukti
2:00				
2:15				
2:30	Sound Meditation Joanna Mcewan	Vinyasa Flow Bella Somerville		Rocket 3 Workshop It's Yoga
2:45				
3:00				
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## SUNDAY AT A GLANCE

TALK ZONE	CHILDREN'S ZONE	MUSIC ZONE SPONSORED BY IT'S YOGA	FOUNDATION ROOM SPONSORED BY SUSSEX FOUNDATION
The Minded Institute	Little Light Yoga (3-5yrs) Andi Jaffay	Welcome to Brighton Yoga Festival Davy Jones	Meditation with Brighton Buddhist Centre Vidyadasa
When The Tree Of Yoga Took Root In Brighton Jenny Deadman	You Me Us: Parent & Toddler Yoga Leonie Taylor		Embodied principles for beginners Vidyadasa
Change your hormone health blueprint forever Arianna Aunon	Little Light Yoga (5-9yrs) Andi Jaffay		iRest Yoga Nidra talk and practice workshop Paul Collins
How to float away stress, anxiety & PTSD Camille Pierson	Yoga & Partner Yoga (8 yrs +) Sevanti		
Yoga Paradigms Jim Tarran	Friendship Yoga (8 Yrs+) Zara Mirakhraee		Pregnancy Yoga Bee Maxwell
Benefits of Sound meditation Talk Joanna Mcewan	Chi Gung (7yrs +) Carmen Dolz		Yoga for Mental Health Sabine Dahn
Inspirational Breathing Nicola Price		Awakening Heart Yoga Chetana Thornton	How deep the rabbit Hole Goes Jim Tarran
		Closing Ceremony Kirtan Chetana Thornton	



## SUSSEX COUNTY CRICKET GROUND

BRIGHTON  
YOGA FESTIVAL

# MAP

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

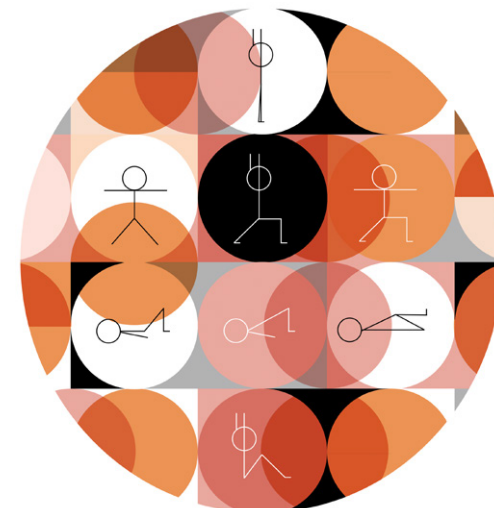


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