

# BRIGHTON YOGA Festival

SAT 27<sup>TH</sup> — SUN 28<sup>TH</sup> JULY, 2019

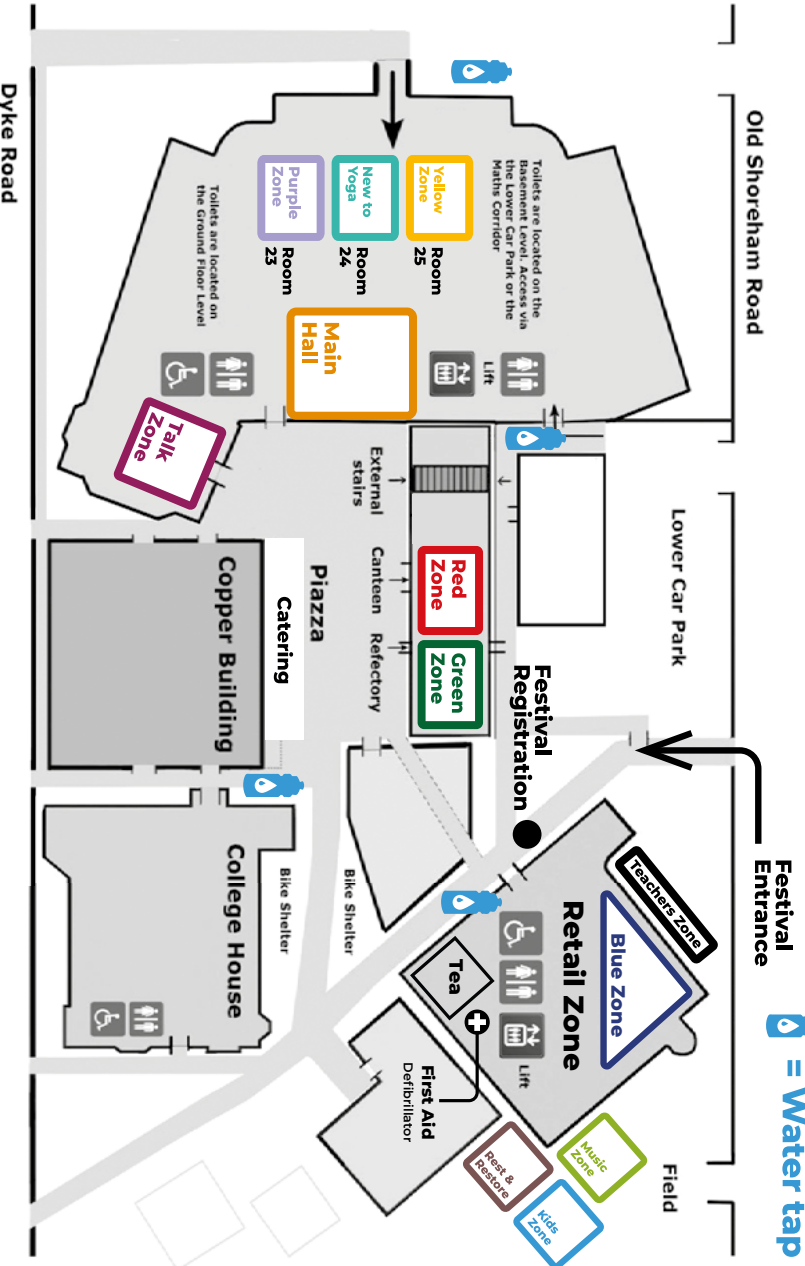


[brightonyogafoundation.org](http://brightonyogafoundation.org)

YOGA FOR EVERYONE  
Registered Charity: 1166982



## Event Map BHASVIC College



# Brighton Yoga Festival 2019 team

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**Registration** Stilian Delchova  
**Programme and Promotional Design** Tomás Morren

**Brighton Yoga Festival would like to thank the following for their support**  
Brighton & Hove City Council, The Float Spa, It's Yoga, Unity, Yoga with Bryony, Infinity Foods, Riverford, Chant Malas, Mysa Retreat, Om Retreats, Free Spirit, 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 sixth annual Brighton Yoga Festival – one of the largest yoga events in the UK – organised by the Brighton Yoga Foundation. This year there will be over 100 yoga classes and workshops, with specialist zones for beginners and for yoga teachers and a dedicated area for kids with yoga, games and activities. There will also be live music, inspiring talks, food and drink stalls, and a wellbeing marketplace, with treatments and treats for you to sample, try and buy.

Don't miss out on classes from leading international yoga teacher Emily-Clare Hill, as well as Clare Maddalena, creator of LushTums, the pregnancy yoga experts, and co-founder of children's yoga company WiggleBums. We also have a Qi Gong session with the founder of Infinity Foods and the Brighton Natural Health Centre, Peter Deadman and two talks with Sri Vijay Gopala, the founder of Yoga Gita in India. We also have a really important Exclusive event - for the first time not just in the UK but internationally we have brought together key women survivors and experts on the numerous sexual abuse scandals within the yoga community for a workshop entitled: *"Silenced voices: Sexual Violence, Accountability and Safety in Yoga"*.

The Mayor of Brighton & Hove, Alexandra Phillips, will open this year's festival on the Saturday morning. There will also be the option to jog to the venue at this time, with a pre-festival run for all led by Brighton's Vegan Runners, followed by a specialist yoga workshop for runners. We've also joined forces with Brighton's Extinction Rebellion group – keep your eyes peeled for an exciting stunt happening Saturday lunchtime to express the solidarity between the yoga community and those campaigning on the climate emergency. Other things to get involved with include a trance dance

on the Saturday night and a Bollywood dance weaving its way through the venue on Sunday.

As well as our annual Festival, the Brighton Yoga Foundation (registered charity 1166982) runs a serious programme of year-round community yoga outreach work. In the past year alone, we have set up therapeutic yoga classes for women recovering from trauma and delivered yoga and mindfulness sessions for mental health. We've also made it our aim to bring yoga to every primary and secondary school in the area and are supporting pilot programmes in six of the city's secondary schools... and we have more community yoga projects in the pipeline! Catch our talk on Sunday lunchtime to find out more about what we do and how you can get involved.

This year's festival is a "Pay What You Can Afford Event", with all money received helping us to carry out this crucial outreach work. Please give generously, knowing that you will be helping to bring yoga beyond the existing community to those who would benefit most from its positive effects.

We are grateful to our long-term local, national and international partners. With their support, in addition to the overwhelming support of the yoga community and, of course, our wonderful volunteers, Brighton Yoga Festival 2019 is set to be the biggest yet.

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

*Davy Jones*



**Brighton Yoga  
Festival Founder  
and Chair of Trustees**



# Saturday Classes

Tanja Mickwitz

**AUDYLIC FLOW:**  
Specialists in immersive audio, Audylic Flow will be in the Mysar Bell tents treating us to stunning soundscapes and beautiful movement mixes, giving a taste of what they're now making available to yoga studios, festivals and events.  
**All weekend Sat & Sun**

**ALLISON KELSEY:**  
**BE WILD, BE FREE, EMBRACE THE WILD WOMAN**  
Connect to the wild, instinctual, untamed part of yourself. Dive deep and connect into the essence of freedom and authenticity.  
**Saturday 11:30 – 13:00**

**BHAKTI YOGA CLASS:**  
**IMMERSIVE KIRTAN AND BHAKTI YOGA EXPERIENCE**  
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 17:45 – 18:30**

**YOGA WITH BRYONY:**  
**RHYTHM AND FLOW AND CHANTING**  
An evening to explore free-form, breath driven movement through yoga and music to liberate one's creative life force and cultivate embodied freedom. In this event, yoga therapist and ecstatic dancer Bryony offers the practice of Yoga Trance Dance (or 'Rhythm and Flow') a guided moving meditation developed by Shiva Rea. We will then slow down and end with Kirtan led by Sarah Lloyd-Morrison.  
**Saturday ticketed event - £6 otd Main Hall 18:30 – 19:45**

**THE FLOAT SPA**  
**CAMILLE PIERSON**  
**THE FLOAT SPA: GODDESS BATH RITUAL WORKSHOP**  
Learn how to free your inner goddess by creating your own Bath Salts with intention and learning the art of the Goddess Bath Ritual  
**Saturday 11:20 – 12:00**



**CATHY BIRDSONG (STANTON):**  
**UNITY STUDIO**  
Class description: Gentle flowing Chakra awakening and aligning yoga to balance and restore your energy field and uplift your spirits!  
**Saturday 10:30 – 11:15**

**DANIELLE GRIFFITHS:**  
**FLOW INTO 'STILLNESS'**  
A flowing, uplifting and innovative practice, with a carefully compiled playlist. Yoga that is less about creating perfect postures and more about what we feel in the asana, and during the movement between them.  
**Saturday 16:45 – 18:15**

**DIANA DEARLE:**  
**YOGA FOR THE MENOPAUSE, MID LIFE TO BIG LIFE**  
Achieving hormonal balance is key for helping menopausal symptoms. This workshop guides you through specific yoga poses to help alleviate anxiety, mood swings, fatigue

and depression.  
**Saturday 14:45 – 15:30**

**EMMA COLE:**  
**RESTFUL RADIANCE RESTORATIVE YOGA WORKSHOP**  
To reveal that inner radiance, we soak the soil of our being in the medicine of 'rest' in restful yoga poses supported by props. ALL LEVELS, beginners welcome.  
**Saturday 15:15 – 16:45**

**EMMA-LOUISE NEWLYN:**  
An Ayurveda - inspired yoga flow class. Including breath work, postures and movement to balance the energy of Summer, as well as a brief discussion on simple seasonal wellbeing practices to bring back into your life.  
**Saturday 11:20 – 12:05**

**EVELYN AND GEORGE:**  
**BALANCE AND PURPOSE -SOUND HEALING IN THE CHAKRAS**  
A short talk on the medical benefits of Meditation accompanied by sound mantras followed by the experience of invoking the frequencies of the Bija mantras for each chakra.  
**Saturday 13:45 – 14:30**



**EXTINCTION REBELLION X BYF:**  
Join Brighton Yoga Foundation and Extinction Rebellion in an exciting and visual action of solidarity in the struggle to stop the climate crisis.  
**Saturday - Meet on the back field! 13:00-13:30**

**GURULOU FROM HUMANKIND STUDIOS:**  
**SECRET SALUTATIONS**  
Practice Sun Salutations (Surya Namaskar) with this

short but powerful class. Connect with the light.  
**Saturday 12:15 – 13:00**



**HELEN FORESTER - CHANT MALAS:**  
**AN INTRODUCTION TO MEDITATION**  
A class covering the basics of starting and maintaining a daily practice. Helen will cover such topics as space, setting the tone, how to maintain a practice as well as guide you through a simple practice to get you started on your meditation journey.  
**Saturday 15:30-16:15**

**IDA FARNEMAN:**  
**WARRIOR YOGA SLOW FLOW**  
New to yoga or maybe getting back into your practice? This class is perfect for you. Together with co-founder of Warrior Yoga, Ida Farneman, we take our sweet time to practice self-care through gentle movement and meditation. All levels welcome.  
**Saturday 10:30-11:15**

**IAN CHAPMAN:**  
**PLAYING THE MATRIX – A GUIDED MEDITATION WORKSHOP**  
A workshop centred on goal setting and focussing the mind. Ian will guide you in mediation focussed on manifesting a future of happiness and abundance.  
**Saturday 14:00-14:45**



**ITSZI CASTANO:**  
**MODIFIED PRIMARY SERIES**  
A modification of the Primary Series, the MPS introduces you to the breathing and movement techniques specific to Ashtanga.  
**Saturday 17:45-18:30**

**JANAKI:**  
**FLOWING HATHA**  
A flowing hatha class – suitable for all and incorporating a lot of wriggling and a lot of laughter!  
**Saturday 12:15 – 13:00**

**JANET & MIKE BOND, REIKI & SOUND HEALING THERAPISTS:**  
**YOGA NIDRA & SOUND BATH**  
Indulge yourself with a quality "ME" time, 75min deeply relaxing & restorative chill-out session.  
**Saturday 11:00 – 12:30 & 13:45 – 15:15**

**JO BURNINGHAM:**  
**YOGA NIDRA**  
Rest and renew with a star gazing yoga nidra - exploring the constellation of the body in the night's sky. A joyful and calming journey.  
**Saturday 16:30 – 17:00**



**KATIE FORD (COBRA YOGA BRIGHTON):**  
**VINYASA YOGA**  
An energising flow synching breath with a sequence of poses. Stretch, strengthen and become absorbed in a moving meditation.  
**Saturday 10:30 – 11:15**



**LENA YOUNES AND LUCY WYLDE:**  
**ROCKET 2 & RESTORATIVE**  
A 75 minute full Rocket 2 practice followed by 45 minutes of restorative poses. The restorative journey will invite Brighton songstress Lucy Wyld in to provide a musical soundscape of song, guitar, chimes and drums - taking you into a deeper state of relaxation and connection.  
**Saturday 14:45 – 17:30**

Classes suitable for all levels unless stated as Intermediate

**LIZ NAVEN, LITTLE  
WAVE YOGA:  
DYNAMIC FLOW**

Join Liz for a dynamic, playful flow that builds up like a wave before returning to stillness. Find fluidity in movement and curiosity in your practice - in a friendly, judgement-free space!  
**Saturday 17:15 – 18:00**

**LORINA VENTURA  
ANARCHOYOGI :  
YOGA FLOW FOR RUNNERS**

This is a creative flow class where you can meet the soul of vinyasa yoga with the creativity of free movement work. This class is directed at runners as it creates body strengthening and mobility for a full body engagement and energy rise.  
**Saturday 11:45 – 12:30**

**LOUISE WINDSOR:  
BEING GENTLE**

A Yin Yoga workshop to nourish the heart qi this summer time.  
**Saturday 13:30 – 15:00**

**DR MILIND JANI:  
AYURVEDA SELF-  
MASSAGE WORKSHOP**

A 30-minute workshop uncovering the secret science of Ayurveda. Dr Jani will guide you through a mamar point head and neck

self-massage helping to relieve stress and tension.  
**Saturday 15:00 – 15:30**

**NIKKI TUKE:  
JOURNEY TO INVERSIONS**

This 45 min session will start you safely, at your own pace, on a stage by stage journey to inversions. This is ideal for the intermediate yogi.  
**Saturday 16:55 – 17:40**

**PETER DEADMAN:  
QIGONG**

Qigong is traditional Chinese body-mind-breath training. It is designed to foster calmness, health, strength, balance, resilience, connection to the natural world and more. This class is open to all but will be of special interest to experienced yoga practitioners for an interesting slant on ways to work with the body and breath.  
**Saturday 13:45 – 14:30**



**REBECCA KRIESE,  
BA (HONS) AYU, MAPA:  
SUPPORTING YOUR  
YOGA PRACTICE WITH  
AYURVEDIC NUTRITION**

The Ayurvedic approach to nutrition is profoundly effective for improving and sustaining your health and

sense of well-being. This talk will highlight some of the core principles of this approach and how you can practically incorporate them into your daily life.  
**Saturday 10:45 – 11:30**

**SAMANTHA REIS:  
“YOGA IS FOR ALL”  
AND SO IS MEDITATION!  
x6 10 MINUTE MEDITATIONS**

Guided Meditations by Samantha Reis, author of the ‘Just 10 Minutes’ podcast and ‘mnemotecnia’ IG & YT channel. No experience required for these sweet 10min sessions that will be guided live.  
**Across Sat & Sun**

**TANJA MICKWITZ:  
MYTHICAL FLOW**

Mythical Flow incorporates storytelling into asana practice. Immerse yourself in the magical world of Indian myths, Gods, Goddesses and (of course) demons whilst enjoying moving your body with creative vinyasa flow. Experience a full journey through mythology, yoga, mantra and mudra which will take you into a deeper understanding of yoga as well as yourself.  
**Saturday 14:15 – 15:45**



**TIF MENDEL:  
POETRY IN MOTION**

A hatha yoga class exploring language in practice & the intricacies of our nature unravels Tif Mendal - suitable for beginners.  
**Saturday 11:20 - 12:05**

**VIDYADASA:  
EMBODIED YOGA FOR  
YOUR WHOLE LIFE**

Insightful and transformative practice using yoga postures, mindful reflection and communication to develop positive qualities for all your life.  
**Saturday 16:00 – 17:30**

**WENLIN:  
CONNECTING THRU’  
TOUCH: PARTNER YOGA &  
THAI MASSAGE**

Move, stretch, strengthen through a fun, invigorating partner yoga class and learn Thai massage to rejuvenate the mind and body.  
**Saturday 15:00 – 16:30**

**YOGA WITH YLVA:  
VINYASA**

Yoga for mobility and joint health. A vinyasa inspired class with flowing movement created to improve mobility throughout the whole body. Learn how to improve aches and pains caused by everyday life.  
**Saturday 13:45 – 14:30**



**ZOE GALLAGHER:  
VAJRASATI YOGA**

A meditative class focusing on the breath and sensations in the body.  
**Saturday 14:45 – 15:30**



Emily Claire-Hill

**BELLA SOMERVILLE:  
HATHA FLOW**

This class will be an eclectic hatha experience, with a focus on the fundamentals of a structurally sound yoga practice. Postures are woven together by a slow flow, steadily building into deeper, invigorating asana, leaving you feeling energised and reconnected. All levels are welcome.  
**Sunday 14:25 – 15:10**

**THE BRIGHTON YOGA  
FOUNDATION TALK:**

Come and hear all about the foundation and learn about the important outreach work that we are doing in across the county.  
**Sunday - Retail Zone  
13:00 – 13:30**

**BRYDIE ROWAN:  
RE:MOVE MOVING IN  
NEW WAYS TO REMOVE  
OLD STORIES**

In this neat 45 min class we will look at how to free up rigid cues and responses in the body. At how we might

inhabit poses in a helpful and individual way, gaining fresh insight into what the body needs rather than what the mind dictates.  
**Sunday 16:45 – 17:30**



**YOGA WITH BRYONY:  
ESSENCE OF FLOW**

Finding the flow state in your yoga practice will bring freedom and pure joy. Bryony will guide you through a dynamic sequence gradually moving through a slow flow to more energetic rhythmic vinyasa towards an ecstatic peak including free form, Sahaja movement. Suitable for more experienced students.  
**Sunday 10:45 – 11:30**



**CAMILLE PIERSON:  
HOW TO “FLOAT AWAY”  
STRESS AND ANXIETY TALK**

The owner of The Float Spa shares a personal journey to finding the benefits of

## 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 – there's also a dedicated zone (see page 10). 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!





Meghan Field

floatation therapy. Including how to manage stress, pain and anxiety in a relaxing environment free from the effect of gravity and sensory input.  
**Sunday 12:30 – 13:00**



**CARO GLASER:**  
**THE ROCKET® 1**  
Known as 'The Feel-Good sequence', The Rocket 1 routine integrates postures from the first and second series of Ashtanga.  
**Sunday 16:45 – 17:30**

**CHARLOTTE WATTS:**  
**MINDFUL & SOMATIC YOGA**  
A yoga journey to open up the body and soothe the brain and nervous system.  
**Sunday 13:45 – 14:30**

**CLARE MCGILL, AHIMSA YOGA AND WELLNESS:**  
**POWER OF THE SUN - HATHA**  
Join Clare for a solar powered class, flowing through Sun Salutations and a strong Warrior sequence. Leave feeling warm, refreshed and uplifted.  
**Sunday 10:30 – 11:15**

**DANIELLE GRIFFITHS:**  
**SLOW FLOW, EXPLORE, REST AND RESTORE**  
Moving, loving, holding, breathing, listening, healing, focusing, opening, letting go, changing. Just for you, today, now... A class ideal for complete beginners and for all looking for a little calm in their lives...  
**Sunday 12:00 – 13:00**

**EMILY CLAIRE-HILL:**  
**FINDING POSITIVITY AS WE SURRENDER TO THE MOMENT**  
Emily has a way of guiding

a class that gives you a little more than 'just a pinch' of the practice of yoga. This practice will guide you through a fun and challenging physical sequence that will help to build positivity through every cell of the being, cultivating techniques that awaken the mind to the ease of self, leaving a brighter and lighter more connected being.  
**Sunday 15:10 – 16:40**

**EMMA COLE:**  
**A TRAUMA-INFORMED, RESTORATIVE YOGA IMMERSION / TRAINING TASTER**  
Learn to teach Restorative Yoga effectively, knowledgeably, safely, with artistry, integrity and accountability. Become trauma-informed and support your own radical self-care as well as that of your students / clients.  
**Sunday 14:45 – 16:15**

**KATY BATEMAN:**  
**HATHA FLOW**  
A slow paced but fluid moving class that will leave you feeling stretched and strong! A mindful flowing sequence which aims to find our unique equilibrium in the body and mind by exploring the balance between effort and surrender in each posture.  
**Sunday 15:45 – 16:30**



**HELEN - CHANT MALAS:**  
**YOGA NIDRA**  
Come and spend some time relaxing your body and taking your mind on a journey into yourself and beyond. Helen will take you through a heart-based yoga nidra (yogic sleep). If you're feeling little frazzled or just need some time to yourself, this will be the perfect

antidote to any busy-ness you may have been experiencing!  
**Sunday 10:30 – 11:15**



**HELEN - CHANT MALAS:**  
**CHANT MALA TALK**  
In this 30 minute talk, Helen from Chant Malas will discuss why 108 is an important number in yoga and then guide you through a visualisation using mantra.  
**Sunday 13:30 – 14:15**

**LORINA VENTURA - ANARCHOYOGI:**  
**VINYASA**  
Expect creative, inspirational flows, active flexibility, mobility and a peaceful warrior vibe. I teach well thought combinations of movements and my knowledge in anatomy will be shown through cueing and alignment, for you to explore new grounds safely and move towards specific goals.  
**Sunday 13:30 – 14:15**

**LAURA MAGEE:**  
**RELAXING VISUALISATION**  
Relax and allow your mind to take you on a journey creating space for inner peace and calmness.  
**Sunday 14:30 – 14:50**

**MEGHAN FIELD:**  
**QOYA DANCE PARTY**  
A combination of yoga, free movement and dance to help you remember your essence as wise, wild and free.  
**Sunday 13:30 – 15:00**

**DR MILIND JANI:**  
**AYURVEDA SELF-MASSAGE WORKSHOP**  
A 30-minute workshop uncovering the secret science of Ayurveda. Dr Jani will guide you through a mamar point head and neck

self-massage helping to relieve stress and tension.  
**Sunday 11:20 – 11:50**



**OLIVE WALTON:**  
**YOGA**  
"I've become absolutely fascinated with the millions of different ways I can move my body through my yoga practice - from asana (physical movement) to pranayama (breathing techniques). In my classes I encourage my students to explore their bodies for themselves, through my guidance."  
**Sunday 16:30 – 17:15**



**RACHEL MCDERMOTT:**  
**MODIFIED PRIMARY SERIES**  
A modification of the Primary Series, the MPS introduces you to the breathing and movement techniques specific to Ashtanga.  
**Sunday 10:30 – 11:15**



**ROSIE ILES-JONAS:**  
**GO WITH THE FLOW - YOGA AND MEDITATION**  
Join Rosie for an open level Yoga and Meditation session. In this session you'll learn to go with the flow and move with the rhythm of your breath. It's your breath, so expect to move at your own pace, explore shapes and develop confidence to go your own way, on and off the mat.  
**Sunday 13:30 – 14:15**



**SANDRA STEIN:**  
**MOBILITY & SPACE**  
A fun yoga class, which moves out of the traditional Asana-Box, to explore movement

and joint isolation.  
**Sunday 11:25 – 12:10**

**SARAH LLOYD-MORRISON:**  
**KIRTAN**  
Kirtan, or the 'yoga of sound', is a form of meditation done in call and response style which is both joyful and uplifting! The mantras sung in a kirtan session help both still the mind and connect to the heart and those around us.  
**Sunday 17:45 – 18:30**



**SARAH WILLIAMS:**  
**EXPLORING FLOW**  
This class is suitable for all except complete beginners.  
**Sunday 12:15 – 13:00**

**SHER BENJAMIN:**  
**MODERN GODDESS FLOW**  
Heart-led Hatha flow to create space for transformation and healing. Inviting intention, releasing blocks and self limiting beliefs that no longer serve. To ultimately reconnect, restore, embody and embrace your divine radiance...  
**Sunday 11:30 – 12:15**

**VANESSA JAICH:**  
**YIN YOGA**  
A deep, quiet practice, holding poses on the floor for 3-5 minutes, stimulating our meridian system and emotional body.  
**Sunday 14:45 – 15:30**

**VIDYADASA:**  
**YOGA FOR YOUR LIFE PURPOSE**  
What qualities do you need to develop for focus, clarity and confidence to move towards your life goals and dreams? Postures, mindful insightful Embodied Yoga Principles practice.  
**Sunday 15:20 – 14:50**

# New to Yoga & Specialist Zone Sat & Sun

## BEV HETHERINGTON: BEGINNERS YOGA – PRACTICING WITH PROPS

Yoga for beginners exploring the use of yoga props, and how they invite support and an understanding of alignment.  
**Saturday 11:20 – 12:10**



## YOGA WITH BRYONY: YOGA FOR ANXIETY

Experienced Yoga therapist Bryony has been anxious her whole life, she shares the yoga practices that work, in three parts, posture, breath and mindfulness this class gives you tools for living alongside your anxiety and giving you back the control  
**Saturday 10:30 – 11:15**



## YOGA WITH BRYONY: MINDFULNESS OF THE MIND THROUGH MINDFULNESS OF THE BODY

Yoga therapist Bryony leads a simple yoga practice which is suitable for everyone, bringing awareness to the body as we move, stretch and breathe together noticing how to direct our attention as we go along.  
**Saturday 17:00 – 17:45**

## JUDE BOW AND KAY SHARP: YOGA FOR HEALTHY AGEING

Accessible, Scaravelli-influenced yoga for mobility, strength and balance as we age. Suitable for every body



and all ages – it's never too late to start!  
**Saturday 14:00 – 14:45**

**JO BURNINGHAM:  
EXPERIENTIAL YOGA**  
Finding what suit's you in your flow.  
**Saturday 17:45 – 18:30**

**LISA MCRORY:  
CHAIR YOGA TO INFORM  
LIFE AND LIVING**  
This friendly class takes place sitting in a chair where we will move and breathe with attention to build confidence and expand potential. All welcome.  
**Saturday 15:00 – 15:45**

**SABINE DAHN:  
TOWARDS BETTER  
HEALTH AND WELLBEING  
– A YOGA JOURNEY**  
Set out on a gently assertive path to managing physical, emotional or mental challenges in our lives through accessible yoga practices.  
**Saturday 12:20 – 13:00**

**SABINE DAHN:  
BEGINNERS YOGA CLASS IN  
THE VINIYOGA TRADITION**  
Centering around each person's unique body and life circumstances we use the breath to guide them on their individual journey to a healthier body and mind.  
**Saturday 16:00 – 16:45**

**CLARE MADDALENA  
– LUSHTUMS:  
YOGA FOR PREGNANCY AND  
BIRTH PREPARATION**  
Join us for your expert yoga session, especially adapted for your growing bump. Help alleviate common pregnancy aches and pains and learn how to move, breathe and relax to cope better with labour and giving birth.  
**Sunday 12:00 – 13:00**

**JO BURNINGHAM:  
YOGA IN HEALTHCARE**  
A sample class that can be undertaken in a chair or on a mat, introducing the

THESE CLASSES AND  
WORKSHOPS SUITABLE  
FOR YOGA TEACHERS/  
FACILITATORS OR  
THOSE WHO ARE  
IN TRAINING

Yoga in Health Care  
Alliance programme.  
**Sunday 16:00 – 16:45**

## RACHAEL CHUNG: AN INTRODUCTION TO YOGA – GENTLE MOVEMENTS FOR A HEALTHY BACK

We will explore simple movements to keep your back strong and supple incorporating breath, mindful movement and techniques for relaxation.  
**Sunday 15:00 – 15:45**

**SARAH GOTT:  
FIRST STEPS IN YOGA**  
A gentle step by step introduction to yoga for complete beginners. Be guided through the language and benefits of yoga, perfect for you if you've always wanted to try yoga but are not sure where to start.  
**Sunday 11:00 – 11:45**

**TED DAVIS:  
BEGINNING YOGA IN THE  
SIVANANDA TRADITION**  
Ted's class will introduce breathing exercises, simple postures, and relaxation techniques to develop strength and flexibility for body, mind and spirit.  
**Sunday 14:00 – 14:45**

# Teachers Zone Sat & Sun

## ALLISON KELSEY: LEADING YOGA RETREATS AND WORKSHOPS

The joys and challenges of running retreats and workshops, and how to theme, create and fill them!  
**Saturday 17:30 – 18:30**

**CHARLOTTE WATTS:  
YOGA FOR HEALING AND  
RECOVERY**  
Ways to unravel stress and trauma states, such as anxiety, fatigue and IBS.  
**Saturday 13:30 – 15:00**

**DANIELLE GRIFFITHS &  
LAURIE COOPER:  
YOGA TEACHERS MEET  
AND GREET AND Q&A**  
Come and meet other yoga teachers, discover more about the BYF and teacher forums. Chat about what's happening in the teachers zone.  
**Saturday 10:30 – 11:15**

**HELEN OLSZOWSKA:  
INSTAGRAM FOR BUSINESS\***  
\*PLEASE BRING A SMARTPHONE LAPTOP or iPad  
• Instagram overview,  
• Knowing your audience - creating user personas  
• Developing a content strategy • Content creation  
• Paid promotion  
• Tips for insta-success  
**Saturday 15:15 – 16:30**

**SARAH PAILTHORPE - THE  
PRISON PHOENIX TRUST:  
TEACHING YOGA IN PRISONS**  
A talk outlining the work of the Prison Phoenix Trust, their accredited training

programme and the value of teaching yoga in prison.  
**Saturday 16:40 – 17:20**

**TANJA MICKWITZ:  
RASA YOGA WORKSHOP FOR  
TEACHERS: SOULFUL FLOW,  
MANTRA, MUDRA AND  
MEDITATION**  
Caught up with schedules, figures, finances, not least by social media. How do we hold steady amidst so much distraction? Having a clear teaching sankalpa can be exactly the steady anchor you need to move forwards.  
**Saturday 11:30 – 13:00**

**HELEN MOSS:  
TEACH YOGA NIDRA AND  
JOIN THE REST REVOLUTION**  
Yoga Nidra is an essential tool for living well. Learn how to teach it safely to groups.  
**Sunday 16:00 – 17:30**

**RAPHAN KEBE FROM  
SPACE-FLOW.COM:  
THE POETICS OF  
TEACHING 'FLOW' IN A  
WORLD OF 'ASANAS'**  
A short masterclass for teachers offering tools and ideas with regard to teaching an action-based practice of 'movement'; rather than a picture-based discipline of 'postures'.  
**Sunday 13:45 – 15:15**

**VANESSA CARTER:  
INTRODUCTION TO FIRST AID**  
Join us for a fun introduction to some first aid essentials for yoga teachers and trainees.  
**Saturday 10:30 – 12:00**

Classes suitable for all levels unless stated as (I) Intermediate

Classes suitable for all levels unless stated as (I) Intermediate

# Saturday Talks

## **EVELYN BRODIE (BALANCE AND PURPOSE): UNDERSTANDING STRESS & TRAUMA AND HOW THEY IMPACT THE BODY-MIND**

There is an epidemic of stress and trauma today and it is extremely important for all therapists to hold a safe space for their clients or students. Body-work, including yoga, is essential for healing the trauma stored at a cellular level and often repressed by the 'survival' brain.  
**Saturday 15:30 – 16:30**

## **HANNAH MOSS: YOGA BEYOND THE MAT: HOW MINDFULNESS CAN CHANGE YOUR LIFE**

Hannah Moss, author of The Practice of Mindful Yoga, shares her journey through 24 years of practice to find a more mindful approach to yoga. Offering personal insights and guiding us through practical exercises in this 1 hour session.  
**Saturday 12:00 – 13:00**

## **HELEN MOSS – MINDED INSTITUTE: BRINGING YOGA INTO HEALTHCARE**

This talk will explore the role of yoga in health care. In the UK 1/3 of the population absorbs 70 percent of the NHS budget primarily for lifestyle diseases, a crisis putting the NHS at risk. Yoga is being increasingly recognised for how it can reduce this burden through prevention and management. We will explore the many reasons why yoga can help

support individuals and systems.  
**Saturday 13:30 – 14:30**

## **LILY KELLY-TARRANT: OURMALA**

OURMALA offers trauma informed yoga classes to people anywhere along the asylum trajectory. Our talk at Brighton Yoga Festival gives an overview of OURMALA's work, insight into the UK asylum process and details on the impact of our programme.  
**Saturday 14:30 – 15:30**

## **PAVILION HEALTHCARE (DR MILIND-JANI): BENEFITS OF AYURVEDA**

We will learn the Ayurvedic way of Detoxification of the body to prevent disease and maintain energy all the time. How does your natural body type help you choose the right balancing foods and lifestyle. How can some common Ayurvedic herbs help us to maintain our strength and immunity.  
**Saturday 16:30 – 17:30**



## **SOPHIE TANNER: SOLOGAMY – SELF LOVE & SELF CARE**

In 2015, Sophie married herself in a public cultural ceremony in Brighton. During her talk, she shares her journey of self discovery and the lessons she has learned about self compassion and self acceptance in her quest for 'happily ever now'.  
**Saturday 17:30 – 18:30**

## **SRI VIJAY GOPALA: YOGA AS A WAY OF LIFE**

What you learn on the mat should eventually lead in transforming you to a state where best possible expressions will flow in your actions when you are interacting with day to day life situations. This link of connecting your practice to the inner transformation and outer conscious presentation of yourself in day to day life is established in this session.  
**Saturday 11:00 – 12:00**

# Sunday Talks

## **BRIGHTON YOGA FOUNDATION GUESTS: “SILENCED VOICES: SEXUAL VIOLENCE, ACCOUNTABILITY AND SAFETY IN YOGA”**

2 survivors of sexual violence in the Ashtanga tradition lead a panel of experts discussing how the yoga community should respond to such abuse.  
**Sunday 14:30 – 16:30**

## **EMILY – YOGA DETOX: PANCHAKARMA: THE AYURVEDIC SYSTEM OF FULL-BODY PURIFICATION**

Emily will unpack the union between the most effective science-backed detoxification practices and the ancient Ayurvedic purification system called Panchakarma.  
**Sunday 11:00 – 12:00**

## **SRI VIJAY GOPALA: YOGA PHILOSOPHY**

The Yoga Sutras are one of the most important ancient texts of Yoga which give practical philosophy about Yoga practice, in which the great sage Patanjali has explained about Yoga in a coded language. In this session, the link will be established between your practice and the Yoga philosophy explained in classical texts.  
**Sunday 12:00 – 13:00**

## **CASSIE CONOR: WARRIOR YOGA**

Warrior Yoga, is a network which provides yoga to communities and individuals seeking healing around the globe including human

trafficking survivors, refugees, homeless men and women, trauma survivors and more. This talk will explore this subject and give more information on Warrior Yoga.  
**Saturday 15:30 – 16:30**

## **ELISE GARNAUT AND SERGIO AMICO: AWAKENING VEGAN YOGI**

Our talk will highlight where vegan values and yoga spirituality interconnect and how to align ahimsa and heart awakening with our daily actions. We will also share a guided meditation and some music from the heart.  
**Saturday 16:30 – 17:30**





# Music Zone Sat & Sun

MUSIC CURATED BY  
LUCY 'ELLE J' SMALL



## DJS IN THE RETAIL AREA:

### LUCY 'ELLE J' SMALL

Events organiser and yoga teacher, Lucy has a regular radio show on Brighton's 1BTN and DJs across the country. Her mission is to move your soul.

**Saturday 13:00 – 14:30 & Sunday 13:30 – 14:00**

### GIWHA

Widely talented artist, composer, performer, multi-instrumentalist, engineer and DJ of Nigerian origin, GiwHa fuses R&B, soul, jazz, funk and hip hop.

**Saturday 10:00 – 11:30**

### ROCKIT SOUL

With nearly 30-years experience as a DJ, jazz vbassist, drum and bass producer and promoter, Matt Rockit Soul is passionate about digging for funk, soul, afrobeat and boogie.

**Saturday 11:30 – 13:00**

### THIRD SPACE

Ross Brewer, AKA Third Space is on a quest to bring you sounds from all around the globe and take you away from the daily struggle.

**Saturday 16:30 – 18:30**

### ALEX CELLA (202/HELLA)

Brighton-born Alex (202/HELLA) performs around the city as a singer and DJ, between teaching Hatha-based yoga classes.

**Sunday 10:00 – 11:30**

### CHRIS LEWIS

Chris Lewis holds a bi-weekly residency 'Turn On-Tune In' on Brighton's 1BTN radio station, playing a deep and diverse mix of old and new sounds from around the world.

**Sunday 11:00 – 13:00**

### NICK CARLING

Nick Carling is versatile in his DJ approach spanning everything from ambient & rare groove to disco & deep house - all strictly vinyl.

**Sunday 14:00 – 15:30**

## LIVE MUSICIANS IN THE PIAZZA:

### ABI FLYNN

A local Singer, Music Artist and Inspirational Figure who blends soulful music and voice with an inspirational journey to transformation and self love.

**Saturday 16:00**

### FRANK GREENE BAND

The fresh sound of UK funk and soul, laced with rich harmonies, sweet melodies, infectious grooves and amazing voices.

**Saturday 17:00**

### GEMMA WILLIAMS – SINGER/SONGWRITER

Inspiring and uplifting folk-infused soul sister, Gemma sings straight from the heart on life, freedom and being your truth. Gemma is also a yoga teacher.

**Saturday 13:30**

### LAXMI KAUR – KIRTAN AND MANTRA

Laxmi Kaur is a kirtan

musician, singer/ songwriter and teaches Kundalini yoga. Her concerts abound with ancient mantras from the Vedic traditions.

**Saturday 12:30 & Sunday 10:30**

### PAUL PREM NADAMA

Soulful acoustic guitar melodies and Mantras in the style of world-renowned Deva Premal and Miten.

**Saturday 14:15**

### SARAH LLOYD-MORRISON

Kirtan Singer

**Saturday 12:30**

### SIOBHAN SWIDER – HARPISIT AND GONGS

Harpist Siobhan has played the globe, from the Royal Albert Hall to Sydney Opera House. She also plays crystal bowls and gongs in sound baths and yoga classes.

**Saturday 10:30 & Sunday 13:30**

### TOM WEBB

Embodying soul, peace and love, Tom Webb feels at one when enriching his surrounding environment and people with positive vibrations through his DJ and production work.

**Sunday 14:30 – 16:30**

### THE ISLE OF CC

Delivering ambient and compelling sounds, this seven-piece, Brighton-based band combine original lyrics, electronic neo-soul goodness and distinctive harmonies.

**Sunday 15:00**

### STEVEN BAMIDELE

Steven Bamidele is an exceptionally talented, Brighton-based soul musician, combining heartfelt falsetto vocals with downtempo instrumentals.

**Sunday 16:30**



# Kids Zone Sat & Sun

### CHARLIE NASH:

#### YOGA FROGS (AGES 8-12)

Join Charlie Nash from YogaFrogs and learn to find your playfulness through yoga postures, props and yoga themed games.

**Saturday 11:15 – 11:45**

### GINA MORELLI:

#### YOGA FOR EVERYONE!

Yoga for everyone! Enacting a story of friendship & adventure, we'll enjoy partner yoga, big family play-time, and a blissful rest in an ocean of calm.

**Saturday 13:30 – 14:00**

### LOUISE CUNNANE:

#### LITTLE WARRIORS YOGA – STRETCH. PLAY. MEDITATE. (AGES 4-8)

The perfect introduction to yoga and mindfulness for children. Developing flexibility through fun filled poses, encouraging creativity and

promoting wellbeing in a non-competitive, gentle environment.

**Saturday 13:30 – 14:00**

### THE PERFECT INTRODUCTION TO YOGA AND MINDFULNESS FOR CHILDREN:

#### FUN BREATHING GAMES

**Saturday 12:00 – 12:30**

### SARAH GRICE:

#### FAMILY YOGA

Yoga fun for all ages, a superhero story based session. Laugh, move, bond.

**Saturday 12:00 – 12:30**

### ZARA ARNOLD:

#### CHILDREN INSPIRED BY YOGA WITH TATTY BUMPKIN (AGES 2-3)

Tatty Bumpkin classes are multi-sensory, yoga-inspired activity sessions, which encourage





movement and enhance development through music and magical storytelling.

**Saturday 10:30 – 11:00 & Sunday 10:30 – 11:00**

**SARAH HARDING:**  
**POSITIVE IMPACT OF YOGA ON A CHILD'S NERVOUS SYSTEM**  
Saturday 11:15 – 11:45

**WIGGLEBUMS:**  
**STORY BOOK YOGA**  
Children's storybook with a Sea theme, Billy's Bucket to be adapted into yoga suitable for parents and children from age 2-7.  
Saturday 14:15 – 14:45

**CAROLINE GARLAND:**  
**YOGAMOVES4KIDS**  
Classes are designed for

children from 2 to 11. Fun story based classes, encouraging movement, breathing techniques, games and most importantly laughter!  
**Sunday 14:15 – 16:15 (ages 2-5) & 15:45 – 16:15 (ages 6-11)**


**CAZ HOUGHTON:**  
**PARENT AND CHILD YOGA (AGES 4-8)**  
This session uses yoga-based exercises to promote the communication between adult and child, building their connection, supporting mindfulness and having fun together. 1 child per adult.  
**Sunday 11:15 – 11:45**

**CAT SPECTOR & LENA YOUNES:**  
**KIDS YOGA (AGES 2-5)**  
A yoga journey / playgroup

with games, animal poses and story telling.  
**Sunday 15:00 – 15:30**

**JO BURNINGHAM:**  
**TEEN YOGA : EMPOWERING YOUNG PEOPLE**  
Ignite your fire then relax and let go before getting on with your day with a smile in your heart  
**Sunday 12:00 – 12:30**

**ZARA ARNOLD:**  
**YOGA FROGS (AGE 8-12)**  
Join Charlie Nash from YogaFrogs and learn to find your playfulness through yoga postures, props and yoga themed games.  
**Sunday 11:15 – 11:45**



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<p><b>SCHOOL</b></p> <ul style="list-style-type: none"> <li>• Yoga Teacher Training (IYN)</li> <li>• Unity Partner Yoga Training (IYN)</li> <li>• Holistic Massage Diploma (MTI)</li> <li>• Reiki Courses (est 2002)</li> </ul>	<p><b>RETREATS</b></p> <p><b>Beautiful Turkey (est '98)</b></p> <ul style="list-style-type: none"> <li>• Seafront location in forest hideaway</li> <li>• Delicious veggie food &amp; beautiful yoga spaces</li> <li>• Children's Club available</li> </ul>
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**NEW CENTRE in LEWES** **Grand opening 6th Sept**

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Brighton Yoga Foundation is a grassroots, non-profit organisation committed to sharing the mental and physical benefits of yoga with everyone, especially those communities that are typically excluded or under-served.

## Healing yoga for your community

Our community outreach programme provides free, approachable, inclusive, trauma informed, and therapeutic yoga classes for community welfare, mental health, women and youth support services.

Since 2014 we have been actively supporting community projects in Brighton & Hove through our Small Grants Scheme; with Brighton Unemployed and Families Centre, Lifelines, Threshold Women's Services, Clock Tower Sanctuary, Allsorts Youth and Honeycroft Nursery.

This year we have continued our Yoga for Schools programme, bringing free classes to six of the city's secondary schools.

We have provided a series of classes with MIND the mental health charity, and we

are currently providing free weekly therapeutic yoga classes for women recovering from ill health, trauma, or suffering from anxiety and depression - in association with OmRetreats & Float Spa.

We are also running a series of workshops with local charity Rise, specifically for female survivors of domestic abuse.

And we have established a Trauma Informed Yoga Teachers Forum to develop and deliver more informed sessions in Brighton & Hove.

It's only through your generous contributions at the festival and on-going financial support that we can make this work possible.

Please help us do more.

**“Yoga has  
played a  
massive part in  
my recovery.”**

H - Beneficiary, Therapeutic Yoga for Women

**£10**

pays for 15 minutes of  
yoga for vulnerable  
teenagers.

**£20**

pays for 30 minutes of  
yoga for women  
affected by domestic  
violence.

**£40**

pays a teacher to deliver  
a yoga class to people  
affected by mental  
health difficulties.

Help keep our  
yoga outreach  
programme  
flowing.

Even a small donation will help bring the healing benefits of yoga to those that need it most.

Please give generously at the Festival this year, or to give regularly via Direct Debit, Credit/Debit card or PayPal, scan the QR code, or visit:

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## First Aid Training For Yoga Teachers

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to small groups (max 12).

Certificate is valid for 3 years.

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Accidents    Choking  
Heart Attacks    Stroke

Courses run in Brighton throughout the year.

### BRIGHTON Falmer Village Hall

Saturday 7th September 2019

Saturday 5th October 2019

Saturday 2nd November 2019





Sunday 8th December 2019

### MAIDSTONE Leeds and Broomfield Village Hall





Saturday 19th October 2019

We also offer bespoke training for yoga  
centres across the South East.

# Saturday





	Red Zone	Green Zone	Blue Zone	Yellow Zone	Purple Zone AM - PM Times Below
10:30					
10:45	<b>GENTLE FLOWING CHAKRA AWAKENING AND ALIGNING YOGA</b> CATHY BIRDSONG	<b>WARRIOR SLOW FLOW YOGA</b> IDA FARNEMAN	<b>VINYASA YOGA</b> KATIE FORD (COBRA YOGA)	<b>SUPPORTING YOUR YOGA PRACTICE WITH AYURVEDIC NUTRITION</b> REBECCA KRIESE	<b>11:00 - 12:30AM</b> YOGA NIDRA - SOUND BATH MIKE BOND
11:00					
11:15					
11:30	<b>AYURVEDA - INSPIRED YOGA FLOW CLASS</b> EMMA LOUISE NEWLYN	<b>POETRY IN MOTION</b> TIF MENDEL			<b>13:45 - 15:15AM</b> YOGA NIDRA - SOUND BATH MIKE BOND
11:45					
12:00			<b>BE WILD, BE FREE, EMBRACE THE WILD WOMAN</b> ALLISON KELSEY	<b>YOGA FLOW FOR RUNNERS</b> LORINA VENTURA ANARCHOYOG	<b>15:30 - 16:15AM</b> INTRODUCTION TO MEDITATION HELEN CHANT MALA
12:15					
12:30	<b>SECRET SALUTATIONS</b> GURULOU	<b>FLOWING HATHA</b> JANAKI			
12:45					
13:00					
~					
13:30					
13:45					
14:00	<b>VINYASA YOGA WITH</b> YLVA	<b>SOUND HEALING IN THE CHAKRAS</b> BALANCE AND PURPOSE	<b>BEING GENTLE (YIN)</b> LOUISE WINDSOR	<b>QI GONG</b> PETER DEADMAN	<b>Main Hall PM</b> <b>Times Below</b>
14:15					
14:30					
14:45					
15:00		<b>YOGA FOR THE MENOPAUSE, MID LIFE TO BIG LIFE</b> DIANA DEARLE		<b>VAJRASATI YOGA</b> ZOE GALLAGHER	<b>14:15 - 15:45PM</b> MYTHICAL FLOW TANJA MICKWITZ
15:15					
15:30					
15:45					
16:00	<b>ROCKET® 2 &amp; RESTORATIVE</b> LENA YOUNES	<b>RISE AND SHINE</b> DAWN WILSON	<b>RESTFUL RADIANCE (RESTORATIVE)</b> EMMA COLE	<b>CONNECTING THROUGH TOUCH: PARTNER YOGA &amp; THAI MASSAGE WORKSHOP</b> WELINAN	<b>16:00 - 17:30PM</b> EMBODIED YOGA FOR YOUR WHOLE LIFE VIDYADASA
16:15					
16:30					
16:45					
17:00					
17:15					
17:30		<b>FLOW INTO 'STILLNESS'</b> DANIELLE GRIFFITHS	<b>JOURNEY TO INVERSIONS</b> NIKKI TUKE		
17:45					
18:00	<b>MODIFIED PRIMARY SERIES</b> ITSZI CASTANO		<b>IMMERSIVE KIRTAN AND BHAKTI EXPERIENCE</b> BHAKTI YOGA	<b>DYNAMIC YOGA</b> LIZ NAVEN (LITTLE WAVE YOGA)	<b>18:30 - 19:45PM</b> FLOW RYTHM AND CHANTING "YOGA TRANCE AND KIRTAN" YOGA WITH BRYONY
18:15					
18:30					

# Saturday





	New to Yoga & Specialist Zone	Teachers Zone	Rest & Restore	Talk Zone - Auditorium	Kids Zone
10:30					
10:45	<b>YOGA FOR ANXIETY</b> YOGA WITH BRYONY	<b>TEACHERS Q&amp;A</b> DANIELLE GRIFFITHS & LAURIE COOPER	<b>ALL WEEKEND</b> MUSIC SOUNDSCAPE AUDYLIC FLOW		<b>TATTY BUMPKINS - AGES 2-3</b> ZARA ARNOLD
11:00			<b>10MIN MEDITATION</b>		
11:15				<b>YOGA AS A WAY OF LIFE</b> SRI-VIJAY GOPALA	<b>YOGA FROGS - AGES 8-12</b> CHARLIE NASH
11:30	<b>BEGINNERS - PRACTICING WITH PROPS</b> BEV HETHERINGTON		<b>GODDESS BATH</b> RITUAL WORKSHOP CAMILLE PIERSON		
11:45		<b>A RASA WORKSHOP FOR TEACHERS</b> TANJA MICKWITZ		<b>YOGA BEYOND THE MAT: HOW MINDFULNESS CAN CHANGE YOUR LIFE</b> HANNAH MOSS	<b>FAMILY YOGA</b> SARAH GRICE
12:00	<b>TOWARDS BETTER HEALTH AND WELLBEING</b> SABINE DAHN				
12:15					
12:30					
12:45					
13:00					
13:30					
13:45			<b>10MIN MEDITATION</b>	<b>BRINGING YOGA INTO HEALTHCARE</b> HELEN MOSS (MINDED INSTITUTE)	<b>YOGA WARRIORS - AGES 4-8</b> LOUISE CUNNANE
14:00	<b>YOGA FOR HEALTHY AGING</b> JUDE BOW & KAY SHARP	<b>YOGA FOR HEALING AND RECOVERY</b> CHARLOTTE WATTS	<b>PLAYING THE MATRIX</b> IAN CHAPMAN		<b>STORY BOOK YOGA</b> WIGGLEBUMS
14:15				<b>OURMALA YOGA - FOR PEOPLE SEEKING ASYLUM AND REFUGEES</b> LILY KELLY-TARRANT	<b>FUNKY YOGA TEENS</b> JANE O DONNELL
14:30					
14:45					
15:00	<b>CHAIR YOGA TO INFORM LIFE AND LIVING</b> LISA MCRORY		<b>AYURVEDA SELF MASSAGE</b> DR MILIND JANI		
15:15		<b>INSTAGRAM FOR BUSINESS</b> HELEN OLSZOWSKA	<b>10MIN MEDITATION</b>	<b>UNDERSTANDING STRESS AND TRAUMA AND HOW THEY IMPACT THE BODY-MIND</b> EVELYN BRODIE	<b>FAMILY YOGA NIDRA</b> JANE O DONNELL
15:30					
15:45					
16:00	<b>BEGINNERS CLASS IN THE VINIYOGA TRADITION</b> SABINE DAHN	<b>PHEONIX TRUST TALK</b> SARAH PAILTHORPE	<b>YOGA NIDRA</b> JO BURNINGHAM	<b>BENEFITS OF AYURVEDA PAVILION HEALTHCARE</b>	<b>MORE CLASSES</b> <b>11:15 - 11:45AM</b> POSITIVE IMPACT OF YOGA ON A CHILD'S NERVOUS SYSTEM SARAH HARDING
16:15	<b>YOGA FOR ANXIETY</b> YOGA WITH BRYONY			<b>SOLOGAMY - SELF LOVE &amp; SELF CARE</b> SOPHIE TANNER	<b>12:00 - 12:30AM</b> FUN WITH BREATHING GAMES LOUISE - LITTLE YOGA WARRIORS
16:30		<b>LEADING YOGA RETREATS AND WORKSHOPS</b> ALLISON KEELSEY	<b>LIVE MUSIC AND DJS RUNNING ALL WEEKEND</b> PLEASE CHECK MUSIC DESCRIPTIONS p14 FOR THE AMAZING LINE-UP		<b>13:30 - 14:00AM</b> PLAY AND PLAYFULNESS GINA MORELLI
16:45	<b>EXPERIENTIAL YOGA</b> JO BURNINGHAM				
17:00					
17:15					
17:30					
17:45					
18:00					
18:15					
18:30					



# Sunday

	Red Zone	Green Zone	Blue Zone	Yellow Zone	Main Hall
					
10:30					
10:45	<b>MODIFIED PRIMARY SERIES</b> RACHEL MC DERMOTT	<b>YOGA NIDRA</b> HELEN CHANT MALA	<b>ESSENCE OF FLOW</b> YOGA WITH BRYONY	<b>POWER OF THE SUN HATHA – AHIMSA YOGA</b> CLARE MCGILL	
11:00					
11:15					
11:30	<b>STRETCH AND RESTORE</b> JOSEPHINE WARREN	<b>MOBILITY &amp; SPACE</b> SANDRA STEIN		<b>MODERN GODDESS FLOW</b> SHER BENJAMIN	
11:45					
12:00					
12:15			<b>SLOW FLOW, EXPLORE, REST AND RESTORE</b> DANIELLE GRIFFITHS		
12:30		<b>EXPLORING FLOW</b> SARAH WILLIAMS		<b>HOW TO FLOAT AWAY STRESS &amp; ANXIETY</b> CAMILLE PIERSON	
12:45					
13:00					
~					
13:30					
13:45		<b>GO WITH THE FLOW - YOGA AND MEDITATION</b> ROSIE ILES-JONAS		<b>ANARCHOYOGI VINYASA</b> LORINA VENTURA	
14:00	<b>MINDFUL &amp; SOMATIC YOGA</b> CHARLOTTE WATTS		<b>QOYA DANCE PARTY</b> MEGAN FIELD		
14:15					
14:30		<b>HATHA FLOW</b> BELLA SOMERVILLE			
14:45					
15:00	<b>YIN YOGA</b> VANESSA JAICH			<b>A TRAUMA-INFORMED, RESTORATIVE YOGA IMMERSION/ TRAINING TASTER</b> EMMA COLE	<b>SILENCED VOICES: SEXUAL VIOLENCE, ACCOUNTABILITY AND SAFETY IN YOGA</b> BYF GUESTS
15:15					
15:30			<b>FINDING POSITIVITY AS WE SURRENDER TO THE MOMENT</b> EMILY CLAIRE-HILL		
15:45		<b>YOGA FOR YOUR LIFE PURPOSE</b> VIDYADASA			
16:00	<b>YOGA</b> KATY BATEMAN				
16:15					
16:30				<b>YOGA</b> OLIVE WALTON	
16:45					
17:00	<b>THE ROCKET@ 1</b> ITSZI CASTANO	<b>SHAKTI DANCE</b>	<b>RE:MOVE</b> BRYDIE ROWAN		
17:15					
17:30					
17:45					
18:00	<b>SUNDAY CLOSING CEREMONY – KIRTAN 'YOGA OF SOUND'</b>				
18:15					
18:30					

# Sunday

	New to Yoga & Specialist Zone	Teachers Zone	Rest & Restore	Talk Zone – Auditorium	Kids Zone
					
10:30			<b>ALL WEEKEND MUSIC SOUNDSCAPE AUDYLIC FLOW</b>		<b>YOGA FOR AGES 3+ ZARA ARNOLD</b>
10:45					
11:00			<b>10MIN MEDITATION</b>	<b>PANCHAKARMA: THE AYURVEDIC SYSTEM OF FULL-BODY PURIFICATION</b> EMILY – YOGA DETOX	<b>FAMILY YOGA</b> CJ
11:15	<b>1ST TIME YOGA</b> SARAH GOTT	<b>INTRODUCTION TO FIRST AID FOR YOGA TEACHERS</b> VANESSA CARTER	<b>AYURVEDA SELF MASSAGE</b> DR MILIND JANI		
11:30					
11:45					
12:00			<b>10MIN MEDITATION</b>	<b>YOGA PHILOSOPHY</b> SRI VIJAY GOPALA	<b>TEEN YOGA</b> JO BURNINGHAM
12:15	<b>YOGA FOR PREGNANCY AND BIRTH PREPARATION</b> CLARE MADDALENA (LUSHTUMS)				
12:30					
12:45					
13:00					
13:30					
13:45			<b>CHANT MALA TALK</b> HELEN CHANT MALA		<b>YOGA CLASS</b> WIGGLE BUMS
14:00	<b>BEGINNING YOGA IN THE SIVANANDA TRADITION</b> TED DAVIS	<b>THE POETICS OF TEACHING 'FLOW' IN A WORLD OF 'ASANAS'</b> RAPHAN SPACE FLOW			<b>YOGA FOR AGES 2-5 YEARS</b> YOGAMOVES4KIDS
14:15					
14:30					
14:45					
15:00	<b>INTRODUCTION TO YOGA - GENTLE MOVEMENTS FOR A HEALTHY BACK</b> RACHAEL CHUNG				<b>KIDS YOGA CLASS</b> IT'S YOGA
15:15			<b>CONNECTING THROUGH TOUCH: PARTNER YOGA &amp; THAI MASSAGE WORKSHOP</b> WENALIN	<b>WARRIOR YOGA (NON-PROFIT) - A TALK WITH THE CO-FOUNDER</b> CASSIE CONOR (WARRIOR YOGA)	
15:30					<b>YOGA FOR AGES 6-11 YEARS</b> YOGAMOVES4KIDS
15:45	<b>YOGA IN HEALTHCARE</b> JO BURNINGHAM				
16:00		<b>TEACH YOGA NIDRA AND JOIN THE REST REVOLUTION</b> HELEN MOSS		<b>AWAKENING VEGAN YOGI</b> ELISE GARNAUT & SERGIO AMICO	
16:15					
16:30					
16:45					
17:00					
17:15					
17:30					
17:45					
18:00			<b>LIVE MUSIC AND DJS RUNNING ALL WEEKEND</b>		<b>MORE CLASSES</b> 10:30 – 11:00AM YOGA AND CONFIDENCE CAZ HOUGHTON
18:15			<b>PLEASE CHECK MUSIC DESCRIPTIONS p14 FOR THE AMAZING LINE-UP</b>		12:00 – 12:30AM PHYSICAL MILESTONES THE SEVEN SENSES
18:30					15:00 – 15:30AM MY YOGA TEACHER TRAINING GINA MORELLI

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