

RED ZONE

10:00 - 10:10

OPENING CEREMONY

BRIGHTON YOGA FOUNDATION TEAM

Kicking off the day with a few words from the team and highlighting the significance of this day.

10:15 - 11:00

ONE LOVE VINYASA FLOW

ANNA SUGARMAN

Two become one as we create coherence in the heart and head. Draw breath into your centre and expand it into the space beyond – the space that not only you move through on your mat, but that we all move through together.

11:10 - 11:55

MINDFUL FLOW

SARAH HUETTMAN

A slow and mindful class with some playful elements. *Sponsored by The Float Spa*

12:05 - 12:50

BEGINNERS & BACK CARE PILATES

STACEY BEATTIE

The Pilates method of mind body conditioning promotes physical harmony and balance for all ages and physical conditions whilst providing an energising workout. *Sponsored by Revitalise*

12:50 - 13:20

BREAK + TALK

SAM HART FOR BYF

Hear about The Brighton Yoga Foundation Outreach Project with Sam Hart.

13:20 - 14:05

YOGA TO FEEL GOOD

HOLLY COOPER

Explore fun and playful ways to move your body, functionality over perfection is the focus here. Learn to build strength with grace and ease.

14:15 - 15:00

ONE LOVE VINYASA FLOW

SEVANTI

Two become one as we create coherence in the heart and head. Draw breath into your centre and expand it into the space beyond – the space that not only you move through on your mat, but that we all move through together.

15:10 - 15:55

ONE LOVE VINYASA FLOW

CLARE FRANCIS

What does it mean to 'be in your body' and how can this benefit our physical, mental and emotional health? Come and find out more as you flow with Clare! *Sponsored by Harmonise*

16:05 - 16:50

ONE LOVE VINYASA FLOW

KHADINE MORCOM

Laya yoga, one of the classical systems of haṭha yoga, a practice of dissolving the construct of mind or self into an experience of unity. The class will utilise familiar yoga āsanās, creatively and intuitively to merge ourselves into an experience of wholeness. *Sponsored by The Tree of Life*

17:00 - 17:45

MEDICINAL MOVEMENT

EDDIE SULLIVAN

A practice inspired by natural movement, yoga and qigong. This class is all about shifting states of being, creating space, and releasing stagnant energy. *Sponsored by Flow State*

17:55 - 18:40

VAJARASTI YOGA FOR ALL

JIM TARRAN

An uplifting yoga class, breath brain, body alignment, with one of Brighton's best known yoga teachers. Open to all levels.

18:45 - 19:15

CLOSING CEREMONY

MIRIAM KISTERS

Ending this years festival with our special closing ceremony - An Indian Singing Workshop.

SPONSORED BY INFINITY FOODS

BLUE ZONE

10:00 - 10:10

OPENING CEREMONY

IN THE RED ZONE

10:15 - 11:00

YANG YIN YOGA

PENNY HALL

Breathe deeply as you flow from one pose to the next in the dynamic yang portion of this session, building strength, flexibility and balance. Settle into your yin poses towards the end of the session with relaxation and breathing. All levels welcome. [Sponsored by The Tree of Life](#)

11:10 - 11:55

SILENT EASY FLOW CLASS

PENNY HALL

This class welcomes those who are familiar with yoga and want to simply focus on self without the external noise. This will appeal to those who are deaf, hard of hearing and/or neurodivergent.

12:05 - 12:50

EMBODIED FLOW

SARAH WILLIAMS

An accessible and practical platform for inquiry-based movement, breathwork and meditation. Fusing modern and traditional practices to allow students to focus on self-inquiry rather than performance.

12:50 - 13:20

BREAK + TALK

IN THE RED ZONE

13:20 - 14:05

RESTORATIVE YOGA & HEALING SOUND BATH

LOU HILL

This two-part class fuses restorative yoga postures, breathwork and sound. You will begin with restorative yoga where you will explore deep rest through held, supported restorative postures and then be guided through a healing sound bath. [Sponsored by HUMANKIND](#)

14:15 - 15:00

YIN YOGA FOR THE HEART OF SUMMER

LOUISE WINDSOR

A slow practice to nourish the Heart Qi this Summer. Yin Yoga is a floor based practice suitable for all levels.

15:10 - 15:55

BRINGING SOMATICS INTO YOGA TEACHING

CHARLOTTE WATTS

In this class we explore curious pulsing, rocking, rolling movement into the 'form' of yoga asana. We will move from the ground towards seated through a loosening and embodying process.

16:05 - 16:50

TWISTS + BALANCES FOR CORE

TANIA LEACH

This yoga workshop focuses on twists. Unwind tension in your outer hips and back and generate strength in your side and back body to build strength in your core, shoulders and arms and make advanced arm balances more accessible.

17:00 - 17:45

VAJRASATI YOGA

PABLO WILSON

A series of postures with an emphasis on present moment awareness. By harnessing our attention to the breath, we loosen our grip on the sense of a 'separate self' and move into Yoga (absorption).

17:55 - 18:40

SOMATIC YOGA FOR THE HEART

TAMMY MCCANN

A gentle explorative practice to befriend your body and move into an authentic deeper relationship with the heart. This is practiced tenderly through mindful gentle movement, breath awareness, and sound (inner and outer mantra, singing bowls). [From The Brighton Yoga Foundation](#)

18:45 - 19:15

CLOSING CEREMONY

IN THE RED ZONE

SPONSORED BY FLARE AUDIO

GREEN ZONE

10:00 - 10:10

OPENING CEREMONY

IN THE RED ZONE

10:15 - 11:00

MASSAGE WORKSHOP FOR YOGINIS

MEGHAN S MARI

Join a joyful workshop of soulful yoga and massage. Learn to give a massage, receive a massage and investigate common injuries in yoga. [Sponsored by The Jing Institute](#)

11:10 - 11:55

BREATHE EASY YOGA CLASS

CLARE FRANCIS

An accessible yoga class themed around breath. Learn some fun facts and simple practices you can take home to enhance your day to day. All welcome! [Sponsored by Harmonise](#)

12:05 - 12:50

GRAVITY YOGA

WINNIE APOLLO-SCHUBERT

Gravity Yoga is a targeted mobility training. Working on mobility, flexibility & strength.

12:50 - 13:20

BREAK + TALK

IN THE RED ZONE

13:20 - 14:05

A JOURNEY INWARDS

SANDRA STEIN

This class will give you the antidote to our busy lives. A pause, a break from the day-to-day hassle. A chance for you to reconnect with your whole being; body, mind, breath and spirit.

14:00 - 15:00

MISS SPARKLES MAGIC SHOW

IN THE CHILDREN'S AREA

Children's Magic Show With Miss Sparkles!

14:15 - 15:00

YOGA FOR LONGEVITY

DI DEARLE

Introducing Katonah Yoga from New York. This class teaches you how to organise yourself learning good techniques to give you strength, structure and stability. The goal is to find your true potential so you can experience joy.

15:10 - 15:55

LAUGHTER YOGA

RAIN HARRIS

Gentle movements to warm up, Breath work, Playful exercises to create laughter and release those feel good hormones and relaxation to finish.

16:05 - 16:50

EMBODY & FLOW

CALLI POPHAM

A slow, playful and explorative class fusing yoga and embodied movement to bring you home on a cellular level. Options to explore your edges or simply land and ground. [Sponsored by Flow State](#)

17:00 - 17:45

PLAYFUL & ENERGETIC, MINDFUL FLOW

CHANTAL PEGG

A playful blend of yoga, pranayama, stress relieving and empowerment techniques to help you step back lighter into your life! Let go of your conditioning by use of sound release & cultivate a sense of empowerment throughout your whole body & mind. [Sponsored by About Balance](#)

17:55 - 18:40

KUNDALINI YOGA TO RAISE YOUR VIBRATION

KATIA KAUR

During this kundalini class we will raise our frequency to align with the bountiful energy of the season. Exploring a combination of mantras, kriya, meditation and breathwork to expand our awareness, increase our magnetism & bask in the bliss of our authentic self. [Sponsored by The Float Spa](#)

18:45 - 19:15

CLOSING CEREMONY

IN THE RED ZONE

SPONSORED BY THE FLOAT SPA

YELLOW ZONE

10:00 - 10:10

OPENING CEREMONY

IN THE RED ZONE

10:15 - 11:00

CLASSICAL HATHA FLOW

TED DAVIS

A meditative, restorative class to improve flexibility, raise your energy, and build concentration. Traditional breathing (Pranayama) chanting (Mantra) and postures (Asanas), followed by guided relaxation (Nidra). Old School Yoga!

11:10 - 11:55

HATHA FLOW WITH GUIDED RELAXATION

JANAKI

Breathing and grounding, asana practice, pranayama and relaxation. Expect laughter and surprises and think no further than your next breath and the edge of your mat.

12:05 - 12:50

SIVANANDA VINYASA

TANIA LEACH

A dynamic vinyasa class with breathwork, asana variations and balance sequences which flow with the breath to focus your mind, extend your stretches and strengthen your core. Feel longer, stronger and more energised!

12:50 - 13:20

BREAK + TALK

IN THE RED ZONE

13:20 - 14:05

DYNAMIC YOGA FLOW

RORI CROSS BROWN

Energy-balancing and element inspired vinyasa flow designed to cultivate prana, condition body and clear mind. Integrating yoga philosophy, pranayama, asanas and mindfulness/meditation, you will learn the ancient wisdom of yoga through a modern practice. **Sponsored by The Unity Centre**

14:15 - 15:00

EXPLORING EMBODIED YOGA

VIDYADASA

Coaching through Yoga. Explore yoga postures, movement & insightful inquiries to create powerful qualities to transform your life. Clarify your focus and intention for how you want to live.

15:10 - 15:55

MINDFULNESS-BASED CORE YOGA

NICOLA HARVEY

In this class we explore curious pulsing, rocking, rolling movement into the 'form' of yoga asana. A unique blend of mindfulness, yoga, and core awareness. Calm the nervous system with yogic breathing, develop greater flexibility by engaging in gentle yoga flows, and improve core strength to feel more grounded. We will move from the ground towards seated through a loosening and embodying process.

16:05 - 16:50

EARTH ANGEL YOGA

LILY HENRY

Join Lily at Earth Angel Alchemy for an embodied practise focusing on the astrological sign, Leo. Featuring slow flow movement, breathwork and guided meditation to help you sink into the season.

17:00 - 17:45

YOGA FOR YOUNG PEOPLE - TEEN CLASS

CAROLINE VITTA

This class is designed for young people aged 11-16 and is suitable for all abilities including those who have never tried yoga before.

17:55 - 18:40

BREATH & BODY AS ONE

INDIE FOOLHEEA

Move through this slow flow aligning the breath with movement to settle into your body just as it is and be with the experience of life here and now. **(For those that identify as black, brown or person of colour from a racially minoritized community)**

18:45 - 19:15

CLOSING CEREMONY

IN THE RED ZONE

SPONSORED BY THE UNITY CENTRE

PURPLE ZONE

10:15 - 10:45

CREATING A BETTER WORLD - MEDITATION

RIFA THORPE-TRACEY

Come and relax, open your mind and heart to the possibilities through a guided healing meditation.

10:55 - 11:25

CONNECTING WITH YOUR SPIRIT GUIDES

NICOLA HOLLAND

Regain focus and clarity to align with your true soul essence. Peaceful yet powerful meditation which will clear away all that no longer serves your highest good.

11:35 - 12:20

GODDESS CHAKRA MEDITATION

SHER BENJAMIN

Receive this heavenly guided meditation connecting you to your divine essence. Leaving you feeling aligned enlivened and radiant.

12:30 - 13:00

WHY WE NEED A YOGA TEACHERS UNION

TEACHERS TALK

Alex Marshall IWGB President and Louise Cashin Treasurer of the Yoga Teachers Union IWGBIWGB.

13:10 - 14:40

BRINGING SOMATICS INTO YOGA TEACHING

CHARLOTTE WATTS

Explore how this curious and explorative practice can help uncover and unravel the stories we hold in our tissues and even trauma patterns.

13:50 - 14:20

LGBTQIA+ INCLUSION IN YOGA

SARAH TAYLOR

Learn how to ensure your classes are more welcoming, safe and enjoyable for LGBTQIA+ folks!

14:30 - 15:00

TANTRA + HATHA YOGA TALK

KHADINE MORCOM

Followed by meditations from these traditions from traditional source texts to experience the yogic/subtle/energy body.

15:10 - 15:40

MEDITATION BASICS

CAMILLE PIERSON

A deep relaxation meditation followed by a guided visualisation, suitable for beginners.

15:50 - 16:20

RADICAL JOY

INDIE FOOLHEEA

Unfold into finding joy as a key practice whilst being in community with other bodies of colour and culture.
(For those that identify as black, brown or person of colour from a racially minoritized community)

16:30 - 17:00

HATHA YOGA

HELEN KOWALKSI

Guiding the practitioner towards greater awareness through finding space in the body and awakening body intelligence, enabling one to feel relaxed and refreshed. Sponsored by The Unity Centre.

16:30 - 17:00

SERENITY FACIAL YOGA

NIKKI TUKE

Increase Prana and energy in the face. Identify and soften areas in the face that are tense and may be causing jaw ache or headaches.

17:50 - 18:20

YOGA NIDRA (YOGIC SLEEP)

FLO DEROUNIAN

Gentle, still and deeply relaxing, restoring balance. Including visualisation, breathwork + meditation.

SPONSORED BY REVITALISE + HARMONISE

ORANGE ZONE

CLASSES START IN THE AFTERNOON

15:30 - 16:15

LGBTQIA+ PILATES CLASS

MATTEO BIGLIARDI

Full body pilates to leave you feeling centered, grounded and stronger from the deep inside.

16:20 - 17:05

KIRTAN

NARAYANI

Dynamic, colourful, easy to follow. A powerful experience that takes you to the stillness inside.

17:10 - 17:55

TRAUMA SENSITIVE YOGA TEACHING

HELEN MOSS

Introducing simple things teachers can do to make their offerings more trauma sensitive.

18:00 - 18:45

YANG TO YIN YOGA & SOUND BATH

SIOFRA LAMB

A slow yet fiery Tantric flow then coming to the ground to find stillness through our Yin practice.

Sponsored by Revitalise

ORANGE ZONE

SPONSORED BY REVITALISE + HARMONISE

CHILDREN'S AREA

11:00

ZOO YOGA

TANIA LEACH

Yoga Zoo is a fun and imaginative class based around the story of a trip to the zoo. Asanas become enactments of animals from gorillas to elephants and crocodiles... come along a meet the animals in the Zoo!

5-10 YEARS

12:30

BALANCING BIRDS

CARLY RHODES

This will be a fun and interactive session where Carly will introduce a number of poses to the children as well as playing games, using props and having some time for relaxation.

7-11 YEARS

14:00

MISS SPARKLES MAGIC SHOW

Children's Magic Show With Miss Sparkles!

15:15

BALANCE KIDS YOGA

FLO DEROUNIAN

At Balance Kids Yoga, our superpower is making yoga fun and accessible to all! Learn yoga poses, play yoga games, and even turn stories into yoga all before relaxation time.

3-6 YEARS