



1st - 4th August 2024
official programme

@WorldYogaFest | #WorldYogaFest



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वहीठोलए...



Hello and welcome to the eighth edition of World Yoga Festival, with its largest ever collection of the world's top teachers, and featuring a new Earth tent for talks on wellness, lifestyle and food.

According to the book 'Conversations With God' by Neale Donald Walsch, most of us are stuck in the 'have-do-be' cycle. That is, when I HAVE the right stuff, I can DO the right things, and then I will get to BE what I want to be. The problem is that I never get past stage 1 because I never have enough of the right stuff in the first place to progress further.

With the strength and backing of Pūja Swami Dayanandaji's inspiration, every year the entire festival team seek to reverse the old paradigm into 'Be-Do-Have'. We make incremental improvements to ensure that the festival continues to BE the world's best Yoga festival so that it can continue to DO what the world's best Yoga festival does so that you can HAVE the experience that only the world's best Yoga festival can give. It is your invaluable feedback every year that confirms the value of what we get right and shows us how to improve even further.

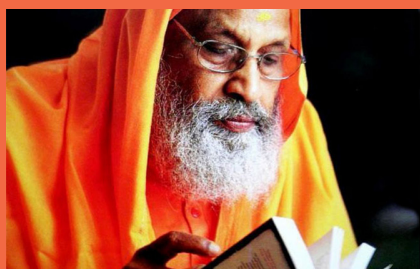
So, it is with gratitude that we welcome you to the world's best Yoga festival. Join us and BE deliriously happy, DO the things you have always wanted to do and HAVE the peace you have always wished for in life, and when you leave, take the policy home with you and transform your life. Turn yourself into a Be-Do-Have person and never look back.

Sonali & Ram Banerjee

Festival Co-Founders

All proceeds from World Yoga Festival are donated to the ARSHA KULA FOUNDATION, UK Registered Charity No. 1171708.

The objective of the charity is to advance the education of the public in general on the ancient knowledge of India (including the 8 limbs of Yoga, Ayurveda, Jyotisha, Vaastu, Veda, Vedanta, etc).

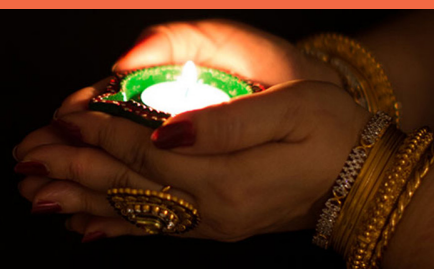


*"Give the world the best you have,
the best will come back to you"*

Swami Dayananda Saraswati

*With the Blessings and
direction of Pūjya
Swami Dayanandaji*

Namaste







masters & teachers



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

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

Drk Drīśya Vivēka (the seer and the seen) - This famous text will form a complete Vedanta course comprising 6 sessions of study with guided meditation and Q&A.



Swami Ambikananda began her Yoga studies when she met her guru, Swami Venkatesananda, the world-renowned Sanskrit scholar and disciple of Swami Sivananda, founder of the international Divine Life Society. Swami Venkatesananda trained her in Yoga and Vedanta, encouraging her to find the inner meaning of ancient texts, mantra and asana by searching out the spiritual truths of each. In 1998, on the banks of the Ganga in Rishikesh, she was initiated into sannyas by Swami Chidananda, then President of Sivananda Ashram. She has since founded the Traditional Yoga Association in the UK.

The Value of Chanting. Our voices chanting sacred mantra-s meet the prevailing vibration and transformation begins. Each participant will learn their ruling planet before we begin the chanting - you just need to bring the time, place, and date of your birth. Then let's make magic with the power of our voices!



Swami Sachidananda is a Hindu monk and disciple of Swami Dayananda Saraswati. He teaches at the Arsha Vidya Gurukulam in Pennsylvania, USA and in Arsha Vidya Kendra, Bangalore, India. His focus and teachings centers on illuminating the pathway to inner fulfillment. His scholarly pursuits have earned him recognition as a Fellow at Harvard Divinity School. He is also associated with The Center for the Study of World Religion at Harvard.

**The Art of Being.
The Illusion of Separation.
Awakening, The Vedantic Way.**

Vedanta non-duality teachings. Swami Sachidananda's life and teachings exemplify a dedication to happiness, to fostering holistic well-being and nurturing a deeper understanding of humanity's shared essence.



Swamini Chidekarasananda Saraswati is a sannyasini, having been initiated into the Paramahansa sannyasa ashrama (a traditional renunciate lifestyle) by her Acharya, Swami Sakshatkritananda Saraswati, Chief Acharya and Chairperson of Swami Dayananda Ashram, Rishikesh. Swaminiji is now based in England and continues to share her knowledge of the shastra - Vedanta and The Bhagavad Gita, Sanskrit, Vedic and traditional Sanskrit chanting and kirtan. Her life is dedicated to bringing the Wisdom and Light of the Rishis, and traditions of Sanatana Dharma culture.

**Vedanta - how does it help me in life?
Discovering Ishvara - the Vedic understanding of God.
Self purification to self transformation to self discovery.**

Vedanta teachings.

masters & teachers



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

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

Group blessing. A powerful group blessing will be performed for the health, happiness and wellbeing of all present.



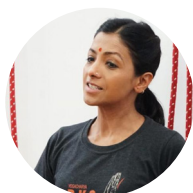
Swami Dayananda is originally from Argentina and has directed the Sivananda Yoga Center in Buenos Aires for many years. She is currently staff in the Sivananda Yoga Centre in Madrid, Swami Dayananda teaches classes and courses in philosophy, psychology and hatha yoga.

Inner Expansion. Stretch and breathe Sun Salutation and Pranayama for all levels.



Swami Nityananda is originally from Colombia and is staff in the Sivananda Yoga Centre in Putney, London. She has been teaching in Teachers' Training Courses in India and France and has a compassionate and accessible teaching style, firmly based in her own yoga practice.

Relax & Recharge. Let go and connect within. Asanas, deep relaxation and meditation



Devki Desai began her study and practice of Iyengar Yoga in Mumbai at the age of 19, under the direct guidance of Sri BKS Iyengar. In 1988, marriage brought her to Pune and gave her the opportunity to further deepen her studies at RIMYI, under Guruji, Geetaji and Prashantji. For over twenty years, she has been teaching at the mother institute. Her teaching journey began with women and children, at the behest of Guruji. She accompanied Geetaji in 2003 to South Africa, New Zealand, and Australia for national conventions. In 2009, she was blessed to accompany Guruji to Russia.

Iyengar Yoga masterclasses. A focus on the structural alignment of the physical body through the practice of asanas. Precision is sought in body alignment in every asana.



Dr Omanand is one of the chief disciples of Yugpurush Mahamandleshwar Swami Paramanand Giriji Maharaj. His students are from 81 countries who become successful Yoga Teachers. He is an award-winning scholar who has studied and mastered various Ancient Scriptures. He guides Meditation-Yoga, Chidshakti Prakriya, yoga Therapy from small to large gatherings and has written 33 books on the topic.

Third Eye Awakening Technique.
Pranayama Techniques.
Meditation practice.

masters & teachers



Yogi Kamal Singh is known for his energetic and motivating Ashtanga classes at Tattvaa Yogashala, an inspired yoga hall overlooking the Ganges River in Rishikesh, India. A class with Kamal includes powerful adjustments which safely teach students the depths of each asana. Students come from all over the world to take his classes and commonly practice with him for one or more months at a time.

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



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

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



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

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



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

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

masters & teachers



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

Cooking demonstration. Following the recipes on page 41, Sonali will be cooking a couple of simple dishes to show how easy it is for a complete novice to cook a quick, tasty and inexpensive Indian vegetarian meal.



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

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



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

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



Shohini Banerjee has been practicing Bharatnatyam dance for about 20 years, formerly under Guru Rasmita Amin and currently under Guru Lakshmi Swaminathan. She has completed her Arangetram (solo debut performance) and continues to teach and perform along the east coast in the US. In addition to Bharatnatyam, Shohini has trained in Kathak, Bollywood, Bhangra, and folk dance styles.

Bharatnatyam dance workshop.

masters & teachers



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

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

'Shakti rising' Yoga flow. Ignite the feminine force of shakti - dancing and birthing all things into being. Shake, feel, flow and express. With juicy, nourishing movement, along with positive affirmations, guided meditations and visualisations. Connect with your energetics through a chakra flow. A revitalising and empowering experience, culminating with a deep relaxation and soothing sound journey. Everyone welcome - men too!

Nurturing nidra and sound journey.



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

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



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

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

The Six Tastes of Ayurveda. The word 'rasa' has many meanings in Sanskrit and other Indian languages. It can mean taste as well as emotion and is an important concept in Ayurvedic cooking. Discover how to enjoy the various tastes, flavours and sensations in food intentionally and in balance, for better health and wellbeing. Includes Q&A.



Ankit Bhardwaj is a yoga teacher from India. He has a Master's degree in Yoga Science, where he gained academic knowledge in Hatha Yoga and philosophy with a focus on a holistic approach. He explored different styles of yoga in the Himalayas, where he also finished his yoga teacher training with the Himalayan Iyengar Yoga Center.

Hatha Yoga. A mixture of dynamic and static practices, emphasising the importance of proper alignment, breath awareness, and mindful movement. Whether you're new to yoga or a seasoned practitioner, this class is designed to be accessible and challenging, with modifications offered for all levels.

masters & teachers



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

Cold water exposure and Breathwork techniques to:

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



Kireet Butail began with a profound commitment to practicing 108 Surya Namaskars daily for 1000 consecutive days (a world record yet to be officiated), and now continues this streak to inspire practitioners all over the world towards holistic wellness. His expertise in Yoga Therapy and work with hundreds of practitioners showcases his unique and practical approach to healing and inspiring people from all walks of life.

108 Surya Namaskars. Dr. Kireet will guide invigorating sessions of 108 Surya Namaskars with insights on breath coordination and mantra, allowing practitioners to tap into their inner energy potential and start each day of the festival with a deep inner connection.



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

'The Amazing Healing Power of Self-Love' and 'Spiritual Awakening' - live satsangs and soul consciousness meditation. With chanting, sound and deep meditation to experience your soul power.



Yogacharini Kalavathi Devi is a dedicated student of Yogacharya Dr Ananda Bhavanani as well as a senior teacher from the Gitananda Yoga Paramparai of which he is currently the Acharya. In 1999 Kalavathi took the 6 months intensive residential Yoga Teacher Training course at Swami Gitandanda's ashram, Ananda Ashram, ICYER, in Pondicherry, South India. A huge immersion and absorption into yoga by living it and learning it in the traditional way, the way of the Gurukula in the womb of the Guru. On completion of her training she was given the name Kalavathi Devi (because of her love of the arts) and the title Yogacharini, one who is qualified to teach yoga. Kalavathi has taught yoga classes without a break since her return from her initial training.

Raising our Vibrational Energy with Sharira Traya. It is said that every human being consists of three vital bodies (Sharira Traya), namely the Sthula Sharira (gross body), Sukshma Sharira (subtle body), and Karana Sharira (causal body). Through the use of Pranayama and Nada Yoga we can experience the journey from the gross to the causal through the subtle and understand how this shift in energy enables us to attain the highest vibrational pure consciousness of Isvara which is what we attain in Kaivalya. Join me on this journey of body, breath and sound and immerse yourself in the vibrational energy of the Pranava Aum. Kalavathi is also running Kolam Art workshops in the Family Area.

masters & teachers



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

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

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



Audrajean Elliott-Davies is a qualified mindfulness teacher with The UK College of Mindfulness Meditation, approved by the British Psychological Society. Audrajean is deeply inspired by the work of; Jon Kabat Zin, Tara Brach, Deepak Chopra, Sharon Salzberg and Kristin Neff. A regular attendee of retreats to establish and engage with Buddhist teachings, aspiring to its path of mindfulness through the modern practice of Triratna.

Self compassion for who I am today. Starting with gentle movement to waken the body, mobilise joints and softly stretch. We will then find a comfortable position, close our eyes and settle into a grounding meditation. In a second meditation we will seek to become our own best friend, try to recognise our own suffering and face our inner critic with love and curiosity. Offering ourselves compassion and understanding we will extend our thoughts of metta loving kindness. Feel connection to our neighbours as we extend love and joy out into the festival, the wider community and throughout the universe.



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

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



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

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

masters & teachers



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

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



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

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



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

Yoga, Nature and the 5 elements. A mindful, restorative style yoga flow class, closely linking to the wisdom of Nature. The practices will be creative, playful and healing, with an emphasis on improving prana flow, opening the nadis and balancing the 5 vayus, the internal wind energies, to help you return to your Svabhava, your own True Nature.

Yoga Nidra - creating space and light. This Yoga Nidra is used in yoga therapy when we are feeling overwhelmed, overstimulated, stressed or fatigued. It will guide you on a hatha yoga journey from outer to inner, surface to depth, solidity to fluidity, constraint to space, form to formless, and from darkness to light.



Yogachariya Jnandev Giri is Founder of Gurukula, propagating Authentic Sanatan Yoga, and author of 14 books. Jnandev was born in India and spent his first 33 years there with no desires to leave his 'Holy land' - he studied Yoga academically acquiring an MSc in Yoga (gold medalist) and later became a sadhu for several years. Since 2022, Jnandev has been teaching Yoga, asana, pranayama, mantra chanting, Bhajan singing, Sanskrit study, Yoga chikitsa, satsanaga and swadhyaya (study of scriptures and yogic self enquiry).

Yoga therapy. What is Yoga Therapy? and Wholistic Practices. Various Models and Approaches of Yoga Chikitsa. Adhi-Vyadhi or Psychosomatics and Yoga Therapy.

masters & teachers



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

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

Ayurveda & Graceful Aging. Your choices today create your tomorrow.

Ayurveda & Agni (digestive fire) digestive health. More than a microbiome.

Ayurveda with Yoga. How they work together to elevate your life path.



Helen Macpherson is a yoga teacher, therapist and teacher trainer in the tradition of TKV Desikachar and Sri T Krishnamacharya with a special interest in the use of sound and mantra. She has studied Vedic chanting for over twenty years and ran an international Vedic Chant teacher training course with her own chant teacher Radha Sundararajan. She is currently Head of Chanting for The Society of Yoga Practitioners, the national organisation for this tradition.

Outer Air To Inner Space. A journey from our outer environment, via the breath (pranayama) and the voice (chanting/mantra) to the calm, clarity of our Inner Space. A meditative practice using our natural abilities to move from the grosser level of experience, our shared world, to a place where our true, innate potential resides, a place of space and clarity. Helen will be running this class with **Andy Curtis-Payne**.



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

Yoga Alignment & Chakra Awakening. A transformative journey to experience a harmonious blend of physical alignment and energetic balance, to maximize the benefits of each yoga pose. Discover a renewed sense of well-being through 'beej mantra' chanting to awaken your chakras within your body, to tap a deeper sense of vitality and connection.

Yin Yoga & Ashtanga Philosophy Masterclass. This class welcomes practitioners of all levels, offering a sanctuary for personal growth and transformation. Come and embrace the soothing essence of Yin Yoga, the wisdom of Patanjali's Ashtanga philosophy, and the power of Pranayama.



Donna Noble embodies many roles - yoga teacher, author, wellbeing coach, activist, educator. She has built a reputation as one of the UK's foremost Body Positive yoga teachers and is also increasingly recognised as a leading activist within the yoga and well-being world, challenging spaces to become more diverse and inclusive. She co-created the UK's first-ever Black Wellness and Fitness festival in 2020 and was one of the first British proponents of Body Positive yoga - her book, Teaching Body Positive Yoga is one of the few available on the subject.

Body Positive Yang Ying Slow Flow class. Students will explore both the yin and yang sides of yoga in a well-rounded and thoughtful practice. This class is accessible for everybody. You will be able to have fun in a safe, judgement-free class. Variations will be offered so that you will be able to adapt the practice to suit your unique body.

masters & teachers



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

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

*** This class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £10 per person if you wish to take your mandala home with you.**



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

Red Pill Yoga.



Atmarpit Shraddhaji is the head of SRMD Yoga. Hailing originally from Antwerp, Belgium, Atmarpit Shraddhaji shifted to India to pursue a spiritual path. She has been initiated as an 'Atmarpit' by Pujya Gurudevshri Rakeshji, founder of Shrimad Rajchandra Mission Dharampur. She is an Experienced Registered Yoga teacher with Yoga Alliance. She is also certified as a Arogya Yoga Therapist and has studied yoga therapy for various diseases. She leads various yoga workshops at the International Headquarters of SRMD Yoga and virtual workshops across the globe.

Asana, pranayama and meditation session. A beautiful sequence to truly connect to our peace centres not only benefitting physically, mentally and emotionally but also spiritually, nurturing our inner selves.



Saurabh Srivastava Saurabh Srivastava is a Consulting Vedic Astrologer with a profound understanding of Vedic Sciences. For the past 13 years, he has devoted himself to acquiring and sharing this ancient knowledge. Saurabh uses his expertise in Vedic Astrology to offer insightful consultations and guidance. Through his dedication, he brings the wisdom of Vedic Sciences to those seeking clarity, providing valuable insights and assisting individuals in navigating their life paths with a blend of ancient wisdom and practical expertise.

Astrology and Astronomy. Bridging Ancient Wisdom with Modern Science.

Cosmic Phenomenon and Spiritual Significance.

Yoga and Vedic Astrology. Harmonising Body, Mind, and Stars.

masters & teachers



Robert Sturman is an acclaimed photographer and dedicated yoga practitioner, has devoted his artistic career to capturing the essence of yoga as a universal language. His work transcends cultural and geographical boundaries, shining a light on human beings in pursuit of being better at being human. Robert is available for private photoshoots during the festival.

The Yoga of Seeing. Robert will be sharing his inspiring photographs and stories from around the world, along with a few tips on “the yoga of seeing” — which will naturally lead to becoming a better photographer, even with the camera in your phone!



Karo Tak takes her students on a yoga trip to a place beyond self through a lot of sweat, laughter and sometimes tears. She has taught yoga for over a decade all over the world, sharing her stories and experiences as an activist but using the means of yoga and yoga philosophy as her platform. She is an 800 hr yoga teacher trained in both Jivamukti and Yogasana. She lives and breaths yoga and holds her teachers close. She currently teaches at Yagoy in Amsterdam but travels to the UK often to be with her teacher Stewart Gilchrist.

Jivamukti yogasana class. Strong vinyasa flow.

Ayur-vegan cooking demonstration. Karo fuses her skill as a vegan chef with Ayurvedic wellness principles.



Luci Trendle is a senior teacher with The Traditional Yoga Association®, having qualified under the wing and wisdom of Swami Ambikananda, and has been teaching for 19 years. With the experience and knowledge of the transformative benefits of Yoga, Luci teaches with a therapeutic approach, and appreciates that everybody's physiology is different. Her classes are focussed, themed and mindful. Luci teaches both public and private classes from her own Yoga Studio, located in a rural farm setting, west of Reading.

Connection. In this class, after warming through the body we will flow through a varied practice to include a combination of stretch, balance and strength as we move through, and with, asana.

Strength and Stability. In this class, after warming through the body we will embark on a core-focussed practice, maintaining fluidity and movement with a strong and varied vinyasa.



Trish Tucker-May is a qualified nutritionist and gut health expert. Aiming to find the root cause of health concerns, her training is grounded in ‘functional nutrition’ which means getting the body to function optimally. She specialises in optimum digestion, energy, ideal weight management and positive transitions through the various phases of your hormonal life.

Gut health and nutrition talk.



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

Kirtan. Devotional signing practice.

Essence of immortality. Talk.

Traditional Yoga Association®

Traditional Values

Deepen your
understanding
on our

**Yoga
Foundation
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Learn to share that
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on our

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Course**

Yoga Teachers at the World Yoga Festival 2024:

Yogini

Luci Trendle

www.lucitrendleyoga.co.uk

Yogini

Jude Bell

yogawithjude.wordpress.com

Yogini

Hema Patel

www.yogaclasses4all.co.uk

Br. Uddhava and Swami Ambikananda

www.TraditionalYoga.org



Yoga Philosophy

for Yoga Teachers

Amidst an asana, pranayama and meditation class, conveying the rich philosophy of Yoga requires a profound understanding of it.

Once-a-month classes – on Zoom – with Swami Ambikananda

These classes will offer ancient teaching in a way that relates them to the lives we are living now in the 21st century, deepening our knowledge and understanding.

For more information go to:
www.TraditionalYoga.org/webinars





thursday timetable

Thursday 1st August 2024					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent
15.00 - 15.30	Car Park, Camping and Glamping Open to All Ticket Holders (NO access to main arena until 5pm)				
15.30 - 16.00					
16.30 - 16.30					
16.30 - 17.00					
17.00 - 17.30	Festival Open to All Ticket Holders				
17.30 - 18.00	Sound Check				
18.00 - 18.30		18:30	18:30	18:30	18:30
18.30 - 19.00		Dr Kireet Butail Value of 108 Surya Namaskar practice	Satish Sharma Red Pill Yoga	Sandra Barnes Welcome Home yoga	Solo Visitors get-together
19.00 - 19.30	19:30	19:30	19:30	19:30	19:30
19.30 - 20.00	Drumming Circle* 20:00				
20.00 - 20.30	Welcome Ceremony 20:30				
20.30 - 21.00	Jyotsna Srikanth and friends				
21.00 - 21.30					
21.30 - 22.00					
Other Activities		17.30 - 18.30 (Chai Tent)	22:00 - 23:00 (Fire Side)		
		Pūja	Drumming Circle		

* Join us for a drumming call to help us open the festival with a bang; bring your own drum / percussion, or we have plenty for you to choose from.

Friday timetable

Friday 2nd August 2024					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent
	7:00	7:00	7:00	7:00	7:00
7.00 – 7.30	Devki Desai Iyengar Yoga Masterclass	Kamal Singh Ashtanga Yoga Masterclass	Audrajean Self-Compassion meditation	Ankit Kumar Hatha Yoga for alignment	Ram Banerjee Meditation for beginners
7.30 – 8.00			8:00	8:00	8:00
8.00 – 8.30			8:30	8:30	8:30
8.30 – 9.00					
9.00 – 9.30	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 1)	Dr Omanand Third Eye Awakening	Saurabh Srivastava Vedic Astrology & Astronomy	Donna Noble Body Positive Yoga	Daniel Gladwell Massage workshop
9.30 – 10.00				9:30	09:30
10.00 – 10.30			10:00	10:00	
10.30 – 11.00			10:30		Lucy Aldridge Iyengar Yoga
11.00 – 11.30			Ahhbay Tulku Rinpoche Wsidom teaching & Blessing	11:00	11:00
11.30 – 12.00	11:30			11:30	11:30
12.00 – 12.30	Sound Journey with Babaji Bhakti Band	Helen and Andy Pranayama with Chanting		Thimela Garcia Kundalini Yoga	Monisha Bharadwaj Ayurveda Cooking Demo
12.30 – 13.00	12:30		12:00	12:30	
13.00 – 13.30	Bhavani Vyas Kirtan	Jnandev What is Yoga Therapy?	Swami Sachidananda Art of being	Luci Trendle Body Connection	Polly Baldwin Gut Health & Nutrition
13.30 – 14.00				13:00	13:00
14.00 – 14.30				14:00	14:00
14.30 – 15.00	14:30	14:30		14:30	14:30
15.00 – 15.30	15:00	15:00	Swamini Chideka Vedanta's help in Life	Shohini Banerjee Dance Workshop	Myra Lewin Introduction to Ayurveda
15.30 – 16.00	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 2)	Joe Hoare Laughter Yoga for joy		15:30	15:30
16.00 – 16.30				16:00	16:00
16.30 – 17.00			16:30	16:30	
17.00 – 17.30		Kamal Singh Ashtanga Yoga Masterclass	Robert Sturman Yoga of Seeing	Karo Tak Jivamukti Yogasana	Katie Arscott Menopause talk
17.30 – 18.00	17:00			17:00	17:30
18.00 – 18.30	17:30			17:30	18:00
18.30 – 19.00	Devki Desai Iyengar Yoga Masterclass	Leo Dey Kirtan & Storytelling	18:00	Nikki Jackson Yoga Nature & 5 Elements	Jenny De Pretto * Mandala/Rock painting
18.30 – 19.00	18:30		18:30	18:30	
19.00 - 19.30	Sound Check		19:00	19:00	
19.30 – 20.00		19:30	Anji Gopal Yoga for back Care	19:30	
20.00 – 20.30	20:00		20:00	20:00	
20.30 – 21.00	Renu Gidoomal Atmasphere				* This adult (16+) class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £10 per person to cover the cost of materials.
21.00 – 21.30					
21.30 – 22.00					
Other Activities	07:30 - 09:00 (Outside Chai Tent)	10:00 - 11:30 (near Earth Tent)	22:00 - 23:00 (Fire Tent)	22:00 - 23:00 (Water Tent)	
	108 Surya Namaskar Dr Kireet Butail	Ice Bath Workshop including Pranayama with Adam Bray	Quiet Contemplation	Sandra & Sofia Barnes Yoga Nidra & Sound Journey	
		14:00 - 15:30 (near Earth Tent)			
		Ice Bath Workshop including Pranayama with Adam Bray			



Saturday timetable

Saturday 3rd August 2024							
Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent		
	7:00	7:00	7:00	7:00	7:00		
7.00 – 7.30	Devki Desai Iyengar Yoga Masterclass	Kamal Singh Ashtanga Yoga Masterclass	Andrea Carrani Meditation	Leo Dey Drupad meditation	Jenny De Pretto * Mandala/Rock painting		
7.30 – 8.00			8:00	8:00			
8.00 – 8.30			8:30	8:30			
8.30 – 9.00					8:30		
	9:00	9:00			9:00		
9.00 – 9.30	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 3)	Dr Omanand Pranayama techniques	Saurabh Srivastava Astrology & Spirituality	Sandra Barnes Shakti Rising Yoga Flow	Daniel Gladwell Healing workshop		
9.30 – 10.00						10:00	10:00
10.00 – 10.30			10:30	10:30			
10.30 – 11.00			11:00	11:00			
11.00 – 11.30			Swamini Chideka Discovering Īśvara	Atmarpit Shraddhaji Pranayama & meditation	Myra Lewin Ayurveda & Graceful Aging		
11.30 – 12.00	11:30	11:30					
12.00 – 12.30	12:00	12:00					
12.30 – 13.00	Sika Sound journey	Stewart Gilchrist Vinyasa Workshop					
	13:00	13:00					
13.00 – 13.30			Swami Sachidananda The illusion of Separation	Anji Gopal Yoga for Back Care	Sonali & Ram Cooking Workshop		
13.30 – 14.00	13:30	13:30					
14.00 – 14.30	14:00	14:00					
14.30 – 15.00	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 4)	Sumit Manav Alignment/Chakra wakening		Donna Noble Body Positive Yoga	Polly Baldwin Gut Health & Nutrition		
15.00 – 15.30		14:30	14:30				
15.30 – 16.00		Jnandev Models for Yoga Chikitsa	15:00	15:00			
16.00 – 16.30		15:30	15:30				
16.00 – 16.30	Devki Desai Iyengar Yoga Masterclass	Ravi Dixit Hatha Yoga & Pranayama			Karo Tak Ayur-vegan Cooking Demo		
16.30 – 17.00			16:00	16:00			
17.00 – 17.30			16:30	16:30			
17.30 – 18.00			Bhavani Vyas Essence of Immortality	Swami Nityananda Relax and Recharge			
18.00 – 18.30	17:30	17:30					
18.30 – 19.00	18:00	18:00					
19.00 – 19.30	Sound Check	Kamal Singh Ashtanga Yoga Masterclass	Robert Sturman Yoga of Seeing	Nikki Jackson Yoga Nidra	Jyoti Manual Love in Action		
19.30 – 20.00						19:00	19:00
20.00 – 20.30							
20.30 – 21.00							
21.00 – 21.30							
Other Activities	07:15 - 08:45 (Outside Chai Tent) 108 Surya Namaskar Dr Kireet Butail	10:00 - 11:30 (near Earth Tent)	22:00 - 23:00 (Fire Tent)	22:00 - 23:00 (Water Tent)	* This adult (16+) class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £10 per person to cover the cost of materials.		
		Ice Bath Workshop including Pranayama with Adam Bray	Quiet Contemplation	Sandra & Sofia Barnes Yoga Nidra & Sound Journey			
		14:00 - 15:30 (near Earth Tent)					
		Ice Bath Workshop including Pranayama with Adam Bray					

Sunday timetable

Sunday 4th August 2024					
Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent
	7:00	7:00	7:00	7:00	7:00
7.00 – 7.30	Devki Desai Iyengar Yoga Masterclass	Kamal Singh Ashtanga Yoga Masterclass	Andrea Carrani Meditation	Luci Trendle Postural Strength & Stability	Ram Banerjee Meditation for beginners
7.30 – 8.00					
8.00 – 8.30					
8.30 – 9.00	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 5)	Ravi Dixit Hatha Yoga & Pranayama	Saurabh Srivastava Yoga & Vedic Astrology	Atmarpit Shraddhaji Pranayama & meditation	Myra Lewin Ayurveda & Agni
9.00 – 9.30					
9.30 – 10.00					
10.00 – 10.30		Jnandev - Psychosomatics and Yoga Therapy	Swami Sachidananda Awakening, the Vedantic way	Karo Tak Jivamukti Yoga	Trish Tucker-May Gut health & Nutrition
10.30 – 11.00					
11.00 – 11.30					
11.30 – 12.00	Sika Sound Journey	Joe Hoare Laughter Yoga for Joy	Swamini Chideka The Path to Self-Discovery	Lucy Aldridge Iyengar Yoga	Myra Lewin Ayurveda with Yoga
12.00 – 12.30					
12.30 – 13.00					
13.00 – 13.30	Swami Sarvapriyanda Advaita Vedanta Text Drg Drisya Viveka (Part 6)	Kalavati George Raising vibrational energy	Swami Ambikananda Value of Chanting	Swami Dayananda Inner Expansion	Jenny De Pretto * Mandala/Rock painting
13.30 – 14.00					
14.00 – 14.30					
14.30 – 15.00		Sumit Manav Yoga Alignment/Yin Yoga	Ram Banerjee Why study Advaita Vedanta?	Anandana Nadhavajhala Hatha yoga for beginners	Monisha Bharadwaj Six tastes of Ayurveda
15.00 – 15.30					
15.30 – 16.00					
16.00 – 16.30	Devki Desai Iyengar Yoga Masterclass	Kamal Singh Ashtanga Yoga Masterclass	Satish Sharma Red Pill Yoga	Sofia & Sandra Barnes Cacao Ceremony	Anji Gopal Teaching Back Care Yoga
16.30 – 17.00					
17.00 – 17.30					
17.30 – 18.00	Sound Check				
18.00 – 18.30					
18.30 – 19.00					
19.00 – 19.30	Closing Ceremony				
19.30 – 20.00	Kirtan with glow in the dark movement meditation Atmarpit Shraddhaji				
20.00 – 20.30					
20.30 – 21.00					
Other Activities	21:30 - 23:00 (Space Tent)	07:30 - 09:00 (Outside Chai Tent)	10:00 - 11:30 (near Earth Tent)	21:30 - 23:00 (Fire Side)	* This adult (16+) class requires pre-registration at the Info Tent. Limited to 12 participants per class. Cost is £10 per person to cover the cost of materials.
	Chakra Dance Party with Rach Cox & friends	108 Surya Namaskar Dr Kireet Butail	Ice Bath Workshop including Pranayama with Adam Bray	Drumming Circle	

विलौपु वरदा

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

Our World Yoga Festival family has worked and grown together for many years now and each year we handpick more extraordinary practitioners to add to our team to guide and inspire our future. From baby classes to teen philosophy, now is a time to step away from the restrictions of the classroom, a freedom and space to find and use our gifts.

Our theme for this year is 'random acts of kindness' to increase our happiness, connect together and experience joy. So watch out for the little gifts of love we shall leave around the festival for you.

If you have time, come over and visit us!
Being glittered up is optional!

Family Laughter Yoga with Deep Relax Sound Bath

Laughter games and meditation, suited for the whole family, all ages and abilities. Even if not in a mood to laugh, you come along. Starting with gentle smiles and laughter sounds as an exercise. Release those feel good hormones to give you a natural high. Bring a mat & blankets for the final relaxation to the beautiful sounds of gentle percussion instruments. A deeply relaxing experience that helps to re-balance energy & to feel more peaceful.
Good for the mind, body and soul.

Drum Happy Workshop

Join us for a joyous and invigorating drum session, playing drums and percussion in an awesome rhythm jam.
No prior knowledge or experience necessary.
OPEN TO EVERYONE!

South Indian Floor Art

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

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

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

Family Area terms and conditions

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

Children must not be left unattended.

The Teen Tent is aimed at senior school age children.

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

We cannot accept responsibility for belongings

(although we usually have a lost property box at end of day).

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

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

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



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	Chirdren's Tent (infants and Juniors)			Teen Tent (Secondary school)					
Time	Friday 2 August	Saturday 3 August	Sunday 4 August	Friday 2 August	Saturday 3 August	Sunday 4 August	Time		
8.40 - 9.00	Wake Up with Dylan	Wake Up with Dylan							
9.00 – 9.30	Adventure Yoga with Lizzie	Calma Alma Singing Mama Sessions	Yoga with Sue, Jon and Katie	Morning Gathering with Lisa & Ruby			9.00 – 9.30		
9.30 – 10.00				Words, Poetry and Movement with Mark	Release, Rest & Rewire with Claire	Teen Asana with Becky	9.30 – 10.00		
10.00 – 10.30	Calma Alma for Babies & Toddlers	Fun Time with Anandana					10.00 – 10.30		
10.30 – 11.00			10.30 – 11.00						
11.00 – 11.30	B R E A K			B R E A K			11.00 – 11.30		
11.30 – 12.00	The Rainbow Fish with Lizzie and Vickie	Family Session with Jyoti	Fun Time with Anandana	Creative Journaling with Gemma	Words, Poetry and Movement with Mark	Words, Poetry and Movement with Mark	11.30 – 12.00		
12.00 – 12.30							12.00 – 12.30		
12.30 – 13.00	Break	ART - Creative Creatures of the Sea with Gemma	ART - Creative Community Bunting with Gemma	Teen Zone	Teen Zone	Kolam Art	12.30 – 13.00		
13.00 – 13.30	Yoga Mindfulness with Jon			Break		Break	Break	13.00 – 13.30	
13.30 – 14.00								13.30 – 14.00	
14.00 – 14.30	Believe in Yoga with Sue			Drum Happy		Teen Asana & Kirtan with Becky and Alan	14.00 – 14.30		
14.30 – 15.00						Break	14.30 – 15.00		
15.00 – 15.30	ART - Create your own Flag with Gemma	Break	Break	Release, Rest & Rewire with Claire	Kolam Art		15.00 – 15.30		
15.30 – 16.00		Break	Breath work with Adam		Fun Card & Board Games Workshop with Anetta and Ian	15.30 – 16.00			
16.00 – 16.30		Family Yoga & Kirtan with Alan and Becky	Holiday for the Mind with Judy	Drum Happy		16.00 – 16.30			
16.30 – 17.00	Break	Pom Poms with Katie		Yoga Philosophy Chats with Alan	Visit with the Swamis	Evening Chill	16.30 – 17.00		
17.00 – 17.30	Laughter Yoga & Mini Sound Bath with Anetta	Kolam Art					17.00 – 17.30		
17.30 – 18.00				Evening Chill	Games, Movement & Sound Workshop with Anetta and Ian		17.30 – 18.00		
18.00 – 18.30							18.00 – 18.30		
18.30 – 19.00							18.30 – 19.00		
	GLITTER	FAIRIES	ON REQUEST						

family area teachers



Ellen Clinch teaches Yoga to young people and adults with learning, physical and sensory challenges and runs some gentle adult classes in West Berkshire. The highlight of her year is working with the World Yoga Festival Family, and all the wonderful friendships and adventures this has taken her on.

Ellen is our wonderful Family Area co-ordinator.



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

Family Yoga & Kirtan. Join Becky and Alan in the children and teen area where she will be leading Yoga sessions which will combine movement with storytelling and singing.



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

Family Yoga & Kirtan. Join Becky and Alan in the children and teen area where she will be leading Yoga sessions which will combine movement with storytelling and singing.



Katie Arscott is a qualified Children's Yoga Teacher, Teen Yoga Teacher and Adult (Sivananda) Yoga Teacher. Katie has continued to study and gain further qualifications in Yoga Therapy for PTSD, Restorative Yoga, Yin Yoga, Awareness of Mental Health, Yoga for Cancer, Mental Health Awareness for Sport & Physical Activity. She also studied the the Warriors at Ease program training specially to deliver techniques and trauma informed protocol, supporting the health, resilience and connection of the entire military community, both serving personnel and veterans.

Pom poms and breathwork. Katie will be teaching in the Children's Tent.



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

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

family area teachers



Judy Cloughton is a specialist in meditation and mental health with over 20 years' experience. She brings meditation and mindful practices to life in a way that reconnects adults and children alike to a sense of wonder and 'magic' through calm. She blends traditional teaching with shamanic and reiki practices - with honours accreditation in teaching meditation from the British School of Meditation, alongside achieving Usui Reiki Master status and being a shamanic practitioner.

Holiday for the Mind. Judy will be teaching this session in the Children's Tent.



Susan Davies is a yoga teacher, children's mental health practitioner, and author of the Believe-In children's books. Believe-In is a full holistic mind-body approach which brings the fantastic therapeutic benefits of yoga, breath, along with cognitive strategies, psychoeducation and other holistic therapies. This full bodied approach uses proven evidence based tools to help reduce children's anxiety, worry, whilst building a child's emotional literacy and regulation as well as building their resilience to adversity.

Believe-In Yoga class. Children's yoga class which allows us to explore and build upon self esteem.



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

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



Vickie Gordon is a baby massage and yoga specialist, toddler yoga teacher and registered nurse who is passionate about providing supportive spaces for new and growing families. In 2022, Vickie undertook training to become a group leader for Singing Mamas, a national non profit organisation that aims to promote women's wellbeing through song sharing.

Calma Alma sessions. Vickie will be running a Calma Alma session for babies and toddlers and a Singing Mamas session in the Children's Tent.

family area teachers



Lisa Harwood is a registered nurse with over 30 years experience working in clinical and senior leadership nursing roles. Lisa qualified as a yoga teacher in 2018, Teen Yoga teacher 2020 and 500hr training with Debbie Farrar in 2022. These have influenced her development of the 'Yoga For Me' Approach making yoga fun, accessible and inclusive to teenagers and adults with learning disabilities.

Yoga For Me. Lisa will be teaching this fun family class for all in the Teen Tent.



Gemma Kirby is an experienced Art Facilitator working with all ages and abilities. With a background in Public Art & Design, she has worked in a variety of community arts settings as well as undertaking mural commissions. Gemma currently works as an Education & Community Practitioner at the Corn Exchange in Newbury, where she delivers arts workshops. Gemma's main aim in her work is to support people in building confidence in their artistic abilities, to have fun being creative and using art for wellbeing.

Totem Animals art workshops. Gemma will be leading these fun and engaging art workshops in the Children's Tent. Create shields and masks with totem superpowers!



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

Family Yoga. Jyoti will be teaching this session for the whole family in the Children's Tent.



Anandana Nadhavajhala is a devoted Yogi and teach Yoga to all age groups in London with a special focus on children - both for specially abled and teenagers. She believes Yoga has the power to shape the future and build character in children. She has over 400 hours of teachers training in Hath yoga style of teaching from the Bihar School of Yoga and practice Ashtanga and Vinyasa forms as well.

Fun Time Yoga session. Anandana will be teaching this session in the Children's Tent.

family area teachers



Anetta and Ian Panczel are both part time Maths Lecturers in a college and both are laughter yoga leaders. Anetta Panczel an FHT accredited Laughter Yoga Leader Trainer, Sound Healing Practitioner, Gong Practitioner, tutor for the College of Sound Healing. Anetta has also run workshops at care homes, centres for adults with learning difficulties, hen and birthday parties, workplaces, young carers festival & was awarded a Laughter Ambassador Certificate in 2019.

Family Laughter Yoga with Deep Relax Sound Bath, Laughter games and Meditation. Starting with gentle smiles and laughter sounds as an exercise. Release those feel good hormones to give you a natural high. Bring a mat & blankets for the final relaxation to the beautiful sounds of gentle percussion instruments. A deeply relaxing experience that helps to re-balance energy & to feel more peaceful.

Fun Theatre Games & Sound & Movement Workshop. Come & have fun with sound, improvise and be in the moment! Improvised scenes, sounds, singing and movement. Try out all the percussion instruments. Finishing off with a 10 minute chill a relaxing sound bath.



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

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



Lizzie Stroud is a qualified Primary School Teacher. She is passionate about nurturing children's well-being and in 2021 qualified as a children's yoga and mindfulness teacher facilitated by YogaBeez school (accredited by Yoga Alliance International). Lizzie captivates the children's curiosity through themes, songs, stories and games, enhancing the connection between mind and body.

Adventure Yoga. Lizzie will be running an adventure yoga session in the Children's Tent.



Claire Tamplin pivoted from her profession as a Teacher to leave the system in order to teach 'the whole child'. Inspired and trained by the works of Dr Dan Siegel and The Teen Yoga Foundation, she is now an award-winning Educational Well-being Specialist and Founder and CEO at 'The Mindful Movement Coach'. In her role as an Entrepreneur in Residence at University of Portsmouth, Claire works with young adults and staff about the importance of continuing to embody the essence of well-being.

Release, Rest & Rewire. Claire will be teaching this session in the Teen Tent.



Useful information

Inside The Venues

Please remove shoes on entry to all carpeted venues.

Medical & Welfare

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

Stewards

For assistance, please ask anyone in an orange World Yoga Festival T-shirt.

Food & Drink

Food/drink is provided by different food outlets in the main area and Chai Tent. All food is 100% vegetarian, with vegan and gluten-free options also available. Please inform the servers if you have any food allergies. World Yoga Festival does not sell alcohol anywhere on-site. Please remember to keep hydrated throughout the day.

Recycling

Please re-use your water bottle wherever possible and recycle responsibly.

Mobile Phone Charging

Subject to availability, limited mobile phone charging packs are available from the Box Office for a fee.

Toilets & Showers

Toilets are situated in all arena and camping areas. Shower facilities are situated in the camping area.

Valuables

Please look after your valuables. The festival cannot take any responsibility for lost/stolen items.

Cash

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

Dogs/Pets

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

Lost Property

Please visit the Info Tent for lost property.

Train Times

The nearest train station is Henley-on-Thames, and the last train for London leaves at 00.22 on Friday, 23.58 on Saturday and 22.00 on Sunday. Please visit the Info Tent for more details.

Local Taxi Numbers

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

Local Buses

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

Shuttle Service

A car shuttle service will operate at the following peak times between Henley-on-Thames train station and the festival site for a donation of £5 per journey. Please visit the Info Tent for more details.
Thursday: 3pm - 8pm
Friday: 8am - 10am and 7pm - 9pm
Saturday: 8am - 10am and 7pm - 9pm
Sunday: 8am - 10am and 6pm - 9pm

Leaving The Site

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



इष्टान्दे ह लपइष्ट



Jyotsna Srikanth's sliding violin is a mainstay of Europe's global music circuit. Aged five she heard Carnatic violin for the first time, and tried to imitate the instrument's action by scraping together two brooms from the kitchen cupboard ("My mother thought I'd gone mad, but I was desperate to hear that sound again...").

She studied under her mother, Rathna Srikanth, and then took advanced instruction from RR Keshavamurthy, the legendary seven string violinist of Karnataka. She also trained in Western classical music at the Bangalore School of Music. Alongside her demanding musical schedule she also trained as a medical doctor, eventually receiving a postgraduate degree in Pathology.

But music's allure proved too much, and she chose to pursue it full-time after moving to London with her husband in 2004. She went on to accompany a wide range of top Carnatic musicians as well as teaching and writing for ballet. Aside from this she has recorded for over 200 films and worked in a vast array of fusion settings, including with the Bollywood Brass Band, flamenco-jazz guitarist Eduardo Niebla, and her Indo-Swedish Nordic Raga group.



Sika is a sound artist based in New Zealand, dedicated to creating music and paintings that enhance our spiritual relationship with nature.

He has toured internationally since 1993, offering sound journeys and concerts.

The didgeridoo forms an important foundation for his music, however he also uses drums, native flutes, voice and natural instruments.

Giving voice to wood, skin, bone, stone and shell, his work reflects a lifetime of listening to the rhythms of nature. Other sources of sound such as water, fire, trees, animals and wind are used with the intention to build soundscapes that enable us to leave time.

After years of gathering and making instruments, Sika has recorded ten solo albums.

As a collection these projects tell the story of a man who has followed his yearning to create a life grown from the roots of the past, but sowing the seeds of the future.



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

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

इष्टान्दे ह लपशित



Renu Gidoomal is a singer, songwriter, composer, guitarist, recording artist and producer. Since 1985 this female artist has performed over 1,000 International Concerts in over 25 countries including Aruba, Canada, the Czech Republic, Gibraltar, Hungary, India, Indonesia, Kenya, Latvia, Panama, Philippines, Poland, Singapore, Spain, St Maarten, Thailand, UAE, UK and USA. She is one of the few female Indie label artists in the UK and has 8 solo albums to her credit. She sings in a variety of languages and promotes Unity in Diversity through her music.

recovery of hundreds of addicts over the past 13 years.



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

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



Atmarpit Shraddhaji invites you to come and experience an inner trance in the grand finale of World Yoga Festival 2024 with Atmarpit Shraddhaji, Head of SRMDYoga. We are inviting you to a special 'Glow in the Dark Tabla Movement Meditation' and a beautiful divine kirtan to melt - allowing the heart to sing and the being to dissolve.

इष्टान्दे व लपइष्ट



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

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

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



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



Shohini Banerjee has been practicing Bharatnatyam dance for about 20 years, formerly under Guru Rasmita Amin and currently under Guru Lakshmi Swaminathan. She has completed her Arangetram (solo debut performance) and continues to teach and perform along the east coast in the US. In addition to Bharatnatyam, Shohini has trained in Kathak, Bollywood, Bhangra, and folk dance styles. She is currently a bioengineering PhD student at the University of Maryland.



Rach Cox has a unique zest for life and loving sense of humour. Her connection with holistic healing came from her mum, who was a homeopath, iridologist, massage therapist, reflexologist and a yogi. Rach has practiced martial arts and meditation for over 30 years, travelling regularly to Asia in order to learn more about the ancient fighting and healing arts she utterly adores. She became a yoga teacher in 2010 and has been offering dance and yoga workshops worldwide ever since. Dancing since the age of 3, she taught Street Jazz and Hip Hop dance in Oxford and London for decades. Rach had a successful legal career in the city of London, which she left to pursue a more spiritual path. Rach travels back to The Mother Land: India regularly for further learning, panchakarma and deep self practice. She spends time in the jungle, with tribe and leading gurus, to enhance her knowledge and practice.



Aerial Allsorts

We are Aerial Allsorts. An Aerial Studio based in Plymouth and Wadebridge. We teach Aerial Silks, Hoop, Static Trapeze Pole Fitness, Bungee Fitness & more. We teach a mixture of adults and children and pride ourselves on making Aerial accessible to all. Our instructors have several years experience teaching in the industry, holding many qualifications. In a nutshell, we simply love hanging up side down!

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Aerial Yoga Workshops, £25

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Find us between the Air & Water Tents



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TRAINING COURSE

ABOUT

Yoga Focus, established in 1998, runs 550hr professional training in yoga therapy, accredited by BCYT. Also CPD events and modular courses through the BWY. Founder Nikki Jackson has worked as an NHS occupational therapist and yoga therapist in physical and mental health and the private sector. Courses are based on self compassion and relate closely to Nature.

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-Tracey G.

"My yoga practice has improved significantly since purchasing this mat"
-Hannah L.



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इतनाही रेसिपेस



Moong Dahl with Kafir lime leaves

Serves 6

200g Moong dhal
 ½ tsp turmeric powder
 Pinch of ground pepper
 1½ litter of water (less if you want less runny)
 1½ tsp salt (to taste)
 ¼ tsp panch pforon (5 spices: Kalonji, cumin, fenugreek seed, mustard seed and fennel seed)
 4 kafir lime leaves (see picture) or ½ cup chopped coriander leaves
 1 tbsp sesame oil

Wash the moong dhal a couple of times and then boil in 1½ litre of water.
 Remove any residue that may form on top as it boils and then turn the heat down.
 Add turmeric and black pepper and simmer for 30 min. Check regularly to make sure that it does not boil dry. When the dhal is almost done (starts to look mushy), add the Kafir lime leaves or coriander leaves, chilli and salt and carry on simmering another 5 more minutes.

In another small pan heat 1 tbsp of sesame oil. When the oil is hot fry the panch foron. It will only take few seconds, then stir in the mixture into the dhal.

Carrots with Coconut recipe

Serves 6

500g grated carrots
 2 large elongated teardrop shallots finely chopped
 1 cup of grated frozen coconut bring it to room temp. I prefer to use frozen grated coconut rather than dry desiccated coconut. If you can get hold of fresh grated coconut that will be the best.
 3 tbsp oil (sesame is best or mustard or sunflower – not olive oil)
 ½ tsp cumin seeds
 1 dry bay leaf
 1½ inch cinnamon stick
 1 tbsp grated ginger
 1 ½ tsp Turmeric
 ½ tsp ground pepper
 1 or 2 whole green chilli
 1½ tsp Salt to taste
 ½ cup chopped coriander leaves
 1 tbsp Ghee
 ½ tsp Garam masala

Heat the oil in a pan
 Fry the cumin seeds and bay leaf until the seeds starts to splutter
 Add the shallots and sauté until golden brown
 Add the green chilli (keep it whole)
 Add the grated carrots and carry on stirring until they start to soften
 After adding the salt, the carrots will release further moisture
 Mix the Turmeric, ginger and a little water in a cup into a paste and add to the pan
 Stir and fry for a few minutes
 Add the coconut and continue stirring and frying (sprinkle some water if too dry)
 Add the coriander leaves
 Carry on frying until carrots are cooked. It won't take long. This is a very quick dry dish – it is not meant to be runny. Cover and cook for 10 minutes.
 Switch off the heat and add the ghee and sprinkle the Garam masala (both optional).





which direction to keep the head in shavasana?

“Many times our Yoga teachers have a question on the direction of the head in Shavasana as some people in their classes having half-baked Vasthu knowledge say that head must always be kept in the south. They also say that if you lie with the head to North you will face Yama the God of death when you get up. I felt that I should outline the basic response, as I am sure that you all encounter this problem in your classes.”

- *Yogacharya Dr Anandaji*

Yoga has been so distanced from its original natural past that people think nothing of doing Suryanamaskar at night (don't forget it is meant to be a sun salutation) or doing heated Pranayamas in the summer and cooling Pranayamas in the winter. All sense of Yoga as part of nature and its cycles has been lost in the frenzied desire for me-first, business-Yoga with the aim to succeed at all cost even if the 'Yoga' is 'Yoga' no more.

Shavasana is the Yogic practice where we try to relive the death experience, as death is the final relaxation and 'let go'. We learn

to let go while still being alive. That is why all aspects of the death position such as the head being in the north, the feet together, etc are recreated to put us in the shoes of the dead. We shut ourselves off from the world and let go of all attachments just as if we have died to the external world.

As we live in an abundant universe with a great electromagnetic field (bio field) running from north to south of the planet, we want to tune into the natural flow and go with the flow by being in the same field and enhancing the body's field in the process. This is achieved by putting the head in the north and feet in the south.

The Yogi dies to the world each day when they let go of all attachments to the external life. The dead bodies are kept with head to the north and so also the Yogi in Shavasana as we want to recreate the entire death experience in Yoga. The problem with the modern material man is that he/she is afraid of death, as they want to cling on to all they have in this life. Such people will never be able to lie down in Shavasana

in the proper manner, as they don't want to die!

Yoga teaches us to face death (both the experience as well as the Lord Yama - e.g. Natchiketa in the Katopanishad) bravely and in a manner fit for a Yogi by confronting it with good health and the right attitude.

In my personal opinion people can lie down in any direction they want to sleep but when doing Yogic relaxation they must lie down with their head to north as we want to be part of the natural electromagnetic circuit that runs from north to south.

The logic of modern Vasthu is that our head represents the North Pole of the body and as North Poles of two magnets repel each other, the head and North Pole of Earth repel each other causing problems in the iron-laden blood cells etc. This is the most stupid and farfetched of logics as we live within the earth's field and it is not as if we are outside the field for our head and the North Pole to repel like two small magnets.

The other argument is that after

by Dr Ananda Balayogi Bhavanani

Shiva had cut off Ganesha's original head, the elephant lying with its head to the north got its head cut off for being transplanted on Ganesha. Now, I think that the elephant was lucky, as what would have just been an ordinary elephant head has now become a godly head worshipped by millions all over the world.

The next argument that comes up is that Yama, the Lord of death who presides over the south, will get angry if we put our feet towards him. However we must not in the same breath forget that Dakshinamurthy Shiva, the Guru sits in the north facing the south. Now, I would rather anger death than my Guru, for Guru is the foremost to all chelas. It is said that if Guru and God appear together and we are in a quandary as to whom we must bow first, we bow first to the Guru for he is the one who will introduce us to God.

For most modern Yoga teachers this will be news, as they don't care two hoots about what direction they face. It is customary in Indian culture that the teacher sits either in the

north or east (in the mornings) while they teach the class. How many modern Yoga teachers even know or follow that?

To read interesting research from Pondicherry, India on this topic, visit: icyer.com/documents/direction%20of%20head-2002YM.pdf

Professor Ananda Balayogi Bhavanani, DSc is Director, Institute of Salutogenesis and Complementary Medicine (ISCM), Sri Balaji Vidyapeeth (SBV), Pondicherry, India. An internationally recognised Yoga Therapist, he is considered as a living bridge between the traditional systems of healing like Yoga therapy, the fine arts of music and dance and modern medicine. He can be contacted by email at: iscm@sbvu.ac.in





being part of a cosmic force...

Being part of a cosmic force is quite a challenge. We are used to thinking of ourselves as discrete bundles of being, separate from all the other bundles. Yoga tells us we are The Whole. Yoga, Ayurveda and Jyotish (Vedic astrology) are three systems that grew and evolved together, and at the heart of all three we find an idea that has persisted through the ages: our inter-connectedness. A beautiful ~ and the oldest ~ creation hymn in our human family, comes from the Rig Veda. Known as the Nasadiya Sukam, it tells us that from The One came stars, galaxies and black holes, planets, moons, comets and mighty mountains, rushing rivers and vast oceans... and so did each of us:

*Neither existence nor non-existence then, neither space nor sky.
What stirred? What covered all?
What sheltered all? What concealed all?
There was neither death nor life then; neither night nor day;
Only the One was ~ breathing breathless by Itself.
Darkness covered darkness; emptiness covered the life-force and the unlit unfathomable depths;
And then finally from the power and the heat, the One emerged.*

And love arose in It ~ that was the first seed born in the mind of the One that became the many...

The *Taittiriya Upanishad* continues this teaching, telling us that nothing comes into being but that the entire universe has participated to bring about its creation. Thus, when Jyotish says the planets and stars participated in the play of creation to make each one of us, it is a continuation of this teaching. Taking our place, time and date of birth, Jyotish looks through its lens at the forces that were at play and that brought us into being. These become part of what we use to navigate our way on the Path of Yoga.

In Western astrology we are used to seeking out our sun sign as the primary indicator of our chart. In Jyotish, we use the Ascendant sign and calculate our astrological chart from there. This Ascendant sign is known in Jyotish as '*the lagna*' ~ which simply means 'the entry point'. It is the moment we first touch life ~ the moment of our birth ~ and tells which of the eight planets in our galaxy is our 'ruling planet'. By getting to know this planet, we get to know the gifts these mighty forces have conferred

~ and the lessons we can learn from them.

Please note: The position of your lagna in Jyotish will differ from your lagna in Western astrology. This is because Western Astrology uses the Tropical Zodiac in the calculation, while Jyotish uses the Sidereal Zodiac. The Tropical Zodiac doesn't take into account an astronomical phenomenon known as 'the precession of the equinoxes'. It is therefore a symbolic representation of the position of the stars. The Sidereal Zodiac used by Vedic Astrologers takes this phenomenon into account and therefore corresponds to the actual position of the stars at the time of our birth.

Which is correct? I like the answer of a Western astrologer, Steve Forrest, who says, '*It depends on which language you speak.*' We do not all gaze through the same window that looks onto our own nature, the nature of the world and that of the future. Each window that we look through will give a different view ~ we choose which window to gaze from. Connecting with ~ or aligning with ~ one's Lagna planet

by **Swami Ambikananda**

is special, and one way to do that is to learn to chant the Sanskrit 'Homage to Your Lagna'. On the two days of chanting at the WYF we will be learning this homage to the planets.

The Magic of Chanting

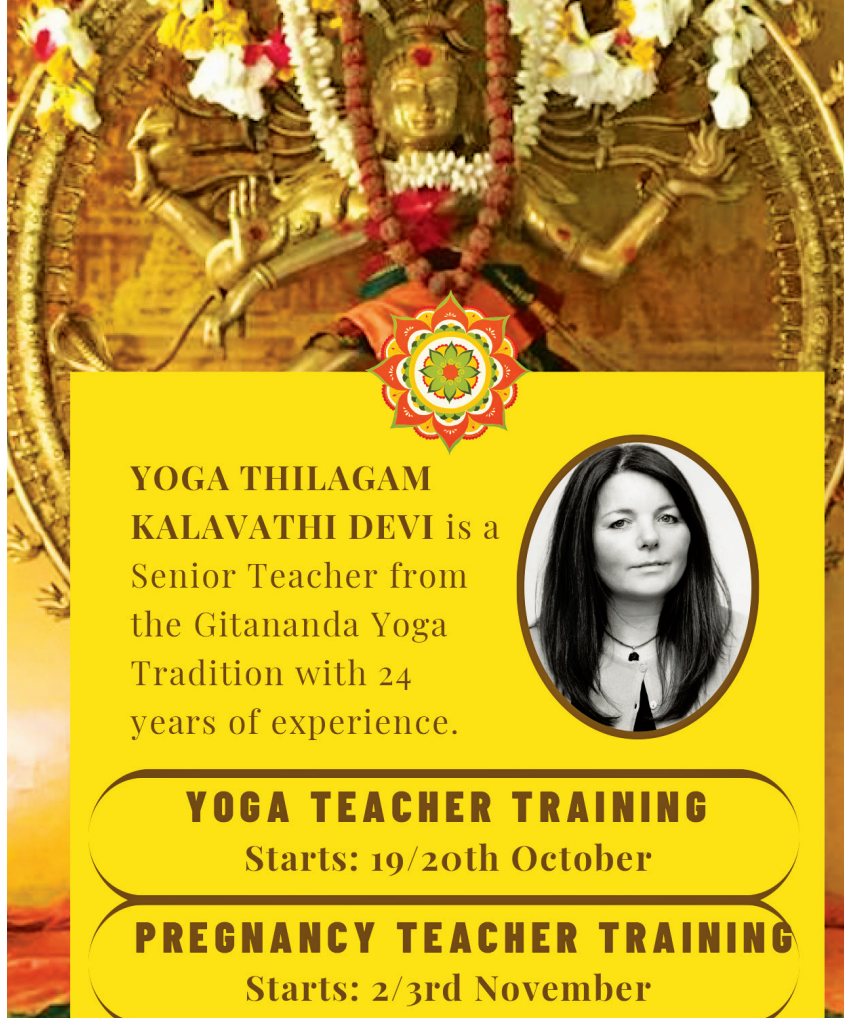
When Einstein gave us his space/time theory he uncovered our reality: the universe is a vibrating energy. Asana, pranayama, mantra - all have the power to change the vibrating energy within and around us.

But another powerful tool for this transformation that is often overlooked is chanting. Our voices chanting sacred mantra-s meet the prevailing vibration and transformation begins. (I will be talking about this during our sessions at World Yoga Festival).

Each participant will learn their ruling planet before we begin the chanting - you just need to bring the time, place, and date of your birth.

Then let's make magic with the power of our voices!

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mallakhamb: the ancient traditional physical culture

What is Mallakhamb?

Mallakhamb is an ancient traditional form of Indian Physical Culture, one of the most scientific arts of making the body swift, supple, agile and healthy. It is a Competitive Sport, a Performing Art, a Martial Art and a fitness Sport too. "Malla" denotes a man of power and "Khamb" signifies a Pole. Though it started as a complementary exercise for wrestling, today it is a recognized sport in itself. It is now complementary not only for Wrestling but for all other Sports as well. Regular practice on 'Mallakhamb' develops a healthy and sound body and also a strong willpower and composed mind. The disease resistance power is also increased.

History and Revival of "Mallakhamb":

The pictures of Mallakhamb are found in old paintings and caves, a short description and pictorial representation of certain exercises similar to Mallakhamb can also be traced in the 12th century Classic "Manasolhas", written by Someshwar Chalukya (1135 A.D.). The description of movements on Rope Mallakhamb are found in 'Mallapurana,' (probably Vedic period), evidence of Mallakhamb movements practiced on a tree in Jagannath Vallabh Akhada which has existed for over 700 years. In Jejuri, there are small replicas of Mallakhamb and other exercise apparatus on the plate of Aarti of 'Lord Khandoba'. Nithyananda Ashram, Bangalore, calls the 'Pole' as 'Shivstambha Yoga' and 'Rope' as Kundalini Rajju Yoga. In an old book named 'Kapalkurantaka Yoga Sanhita', a clear description of different Yoga postures is given and it is termed as 'Rajju Yoga'

Revival of Mallakhamb:

In the 19th century, during the regime of

Bajirao Peshwa II of Deccan Maharashtra, this art was revived by a wrestler called Balambhattdada Deodhar. The story of the revival is as follows:

Two victorious wrestlers called Ali and Gulab from the Nizam of Hyderabad came to the Darbar of Shrimant Bajirao Peshwa II. They challenged the State wrestlers by calling for a bout, believing they are unbeatable and would get a certificate for their supremacy. But a young lad of 18, named Balambhattdada Deodhar accepted the challenge, asked for some time for preparation and went to the temple of Goddess 'Saptashringi Devi', in Niphad Taluka of Nasik district. This temple is surrounded by seven peaks of hills and a thick forest. Most devotionally, he subdued himself to the deity and very sincerely started practicing yoga and the tricks of wrestling. His meditation was so deep that at one moment a divine flash adorned his vision. The Goddess told him that Lord Hanuman will show him the movements of wrestling. Lord Bajrangbali demonstrated on a wooden pole a few tricks of the bout. Balambhatt Dada, acquiring divine inspiration, vision and force, rigorously practiced the tricks continuously on the wooden Pole and became fully confident and resourceful to fight. On the stipulated date, time and venue, in a historical bout at Pune, with his masterly tricks, Balambhatt Dada humbled down one of the two mallas, Ali, in such a way that Gulab ran away, without facing him. His victory marked the renaissance of Mallakhamb.

Types of Competitive Mallakhamb:

There are many types of Mallakhamb, but for Competitive Sport, only three types are used.

1) Pole or Fixed Mallakhamb: This consists of a vertical wooden Pole fixed in the

ground and the player performs various acrobatic feats and poses on the pole. Player's mounts, dismounts and utilisation of the pole for various complex callisthenic movements, are designed to develop grip, stamina and strength in the arms, legs and upper-body. The Pole is made of teak or sheesham wood, standing 2.6 metres (8.5 ft) in height with a circumference of 55 centimetres (22 inches) at the base. It gradually tapers to a circumference of 35 centimetres (14 inches) at the top.

2) Hanging Mallakhamb: This is a wooden Pole, shorter in length than the standard Pole Mallakhamb and is hung from chain and hooks, leaving a gap of 65 cms. between the ground and the bottom of the Mallakhamb.

3) Rope Mallakhamb: This consists of a 13mm thick Cotton Rope, about 5 metres long and hung to the ceiling on which various yogic and acrobatic movements are performed.

Demonstrative Varieties of Mallakhamb:

There are many interesting varieties of Mallakhamb, which are used in Demonstrations: Bottle Mallakhamb; Revolving Bottle Mallakhamb, which consists of 32 glass bottles placed on a wooden platform with the Mallakhamb balanced on top; Cycle Mallakhamb, where a Mallakhamb has been fixed on a bicycle while a person is riding the bicycle, and then an individual or a group of players perform different feats on that Pole; Weapon Mallakhamb, where different weapons, like swords and daggers, are tied to the body of the performer and different acrobatic elements and Yogic postures are performed on the Pole; similarly Flame Mallakhamb, where a performer displays his skill on the Pole while holding two burning Torches in the hands or tying

by Dr Neeta Tatke

different kinds of lamps on his body; Blind Folded Mallakhamb, where Mallakhamb is performed by tying a cloth on the eyes of the performer; and finally Deep Mallakhamb, where a small plate bearing a burning candle is placed on the forehead of the performer and then he shows his talent.

Benefits of Mallakhamb:

Mallakhamb is known as a unique piece of apparatus which gives maximum exercise to each and every part of the body within shortest time. Mallakhamb exercises make the body light and strong. These exercises are most beneficial for the stomach, back, arms and thighs, and have been found useful to achieve efficiency in a number of other games and sports like Gymnastics, Yoga and Wrestling. The Mallakhamb exercises affect the spinal cord most, which develops energy and increases longevity, and is the only exercise in which all big and small organs of the body are made active.

Uniqueness of Mallakhamb:

The manner in which the body is turned, twisted, stretched and balanced in different angles, on the Mallakhamb, keeps spectators spellbound. Performing on Mallakhamb helps to develop one's speed, reflexes, concentration and co-ordination. Training of Mallakhamb helps in practicing many other games which include Wrestling, Judo, Diving, Gymnastics, Athletics, Horse-riding, Tennis etc. Mallakhamb also helps in developing abilities such as flexibility, grace, swiftness and rhythm which are very much essential for a successful sportsperson. Mallakhamb increases the endurance, strength and stamina of the player.

Promotion of Mallakhamb:

The major promotional work has been done by Shri Uday Deshpande, who is a recipient of Padma Shri Award 2024, the fourth highest Civilian Award conferred by Govt. of India, for his invaluable contribution to the field of Traditional Indian Physical Culture, Mallakhamb. He is popularly known as 'Mallakhamb Vishwa Guru' and is the Honorary General Secretary and Chief Coach at 99 year old premier and pioneer Physical Education Institution, Shree Samarth Vyayam Mandir, Dadar. He is also the Founder Director and Honorary Secretary of Vishwa Mallakhamb Federation, through which he conducted two International Mallakhamb World Championships in which 15 countries participated. He is credited to have trained over 1000 Mallakhamb enthusiasts from more than 52 countries, and has conducted several Mallakhamb workshops covering 3 continents - Asia, Europe and USA. To popularise and propagate Mallakhamb, under his able leadership, more than 5000 demonstrations have been performed in India and many parts of the world. He took Mallakhamb to the doorsteps of challenged students with disabilities. He has rendered more than 50 years of service to promote 'समर्थ भारत, सशक्त भारत, वसुधैव कुटुम्बक' in completely honorary capacity.

To know more about Shree Samarth Vyayam Mandir visit: ssvmdadar.com/photo-gallery

To know more about Shri Uday Deshpande visit: deshpandeuday.com/about-uday-deshpande

For more information on Mallakhamb workshops and talks in the UK contact: www.indigoeyeproductions.co.uk/mallakhamb





visit to the *idj ayurvedalaya, coimbatore, india*

We've been on a whole health journey for a few years now, trying everything from Western wellness trends like functional medicine to Eastern traditions. We were aware that a way of preventing illness is to balance and harmonise the body before any signs of disease manifest themselves. This is the Ayurvedic approach which considers the complete entirety of the individual, the person's physical, mental, emotional, and spiritual aspects.

When Ram and Sonali Banerjee (World Yoga Festival co-founders) shared with us the opportunity to attend an authentic Ayurvedic clinic, we jumped at the idea since Ayurveda's holistic approach to health, addresses the root cause of illness rather than just alleviating symptoms. Knowing our treatment plan would focus on restoring balance and harmony to the body, mind and spirit, this seemed the right place for us to go. But nothing quite prepared us for the wild ride that was a three-week stay at an Ayurvedic clinic in the heart of southwest India, run by the dynamic duo, Dr Parthasarathy (Dr P) and his wife Dr Saraniya.

Tucked away in the middle of nowhere, the Western Ghats, are an epitome of biodiversity and natural splendour making it a perfect location for Ayurveda treatments surrounded by pure and pristine nature. The fourteen-acre campus sits amongst a wide and diverse range of native animals including elephants and the local villagers seem to be living their

best lives. This clinic is like stepping into another world: Dr. P isn't just a doctor – he's a visionary. He's trained up the villagers to be skilled in everything from herbal medicine to massage to cooking up Ayurvedic delights. And more, he is well on his way to making the whole centre self-sustaining with wind and solar power, their own water source, organic produce, extensive recycling, and minimal waste.

The centre itself is a modern, comfortable facility with an emphasis on functionality – it has six treatment rooms, consultation rooms, dispensary, kitchens, library, assemble hall, staff accommodation, and a variety of guest accommodation for the lone traveller to couples and friends sharing. In addition to the facilities we experienced, it's essential to acknowledge the warmth and diligence of the clinic's staff. Their welcoming demeanour and unwavering commitment to cleanliness created a nurturing environment conducive to healing. Constant room cleaning and regular changes of bed linens not only maintained hygiene but also contributed to the overall sense of well-being.

Limited to twenty-five patients this is an intimate affair affording a significant amount of time per person. Since we are all different, and of course, Ayurvedic principles recognise this, your stay is very much a bespoke experience. Prior to arriving on site, we had completed a

detailed questionnaire with regards to our medical history and lifestyle. On day one we were invited to a consultation with one of the Ayurvedic Doctors (Vaidyas) who probed further into current health conditions, our medical history and lifestyle factors.

From there we were each given a personalised treatment plan for the next three weeks to include daily herbal medicines taken at specific times throughout the day all prepared in-house from natural ingredients and to follow a strict dietary regime aligned to Ayurvedic principles to balance the body and improve digestion, metabolism, and overall health. Additionally, we also had therapeutic massages and treatments such as daily oil massage (Abhyanga) and the pouring of oil onto the forehead (Shirodhara) and a complete detoxification and rejuvenation treatment (Panchakarma) with other treatments such as herbal steam baths added in should they be required.

During our three-week stay we were encouraged to minimise the use of our senses – undertake limited exercise, take every opportunity to relax and rejuvenate, minimise contact with the outside world, soak up being in nature and appreciate and be grateful for all that we had.

Ayurveda has a history of some 5000 years and is centred on Indian culture, climate, beliefs, and available resources. It's far from what we are

by Maggie & James Minter

used to. So, to get the most out of this experience isn't for the faint-hearted. You've got to be ready to commit, let go of all your preconceptions, and just dive headfirst into the whole proceeding. To gain the maximum benefit from your stay requires self-discipline, tenacity, and unlearning, and for you to fully surrender to the process and forget about questioning every little thing – you are not there to learn about Ayurveda but to experience the benefits of adherence to its principles and to adapt and adopt to what resonates with you. The benefits don't stop when you leave the clinic. First, the centre prepares a raft of bespoke herbal preparations and oils for you to purchase for consumption at home. Second, Dr P will give you a detailed list of "dos" and don'ts" with regard to what to eat and drink, oils to use, and bathing regimes etc. Knowing it's best to keep up with the program for at least three more months to really see those lasting changes takes dedication.

The whole experience gave us an in-depth knowledge of what it is to take care of your mind, body and spirit. Normally we tend to be more 'human doings' rather than 'human beings' but here we were given the opportunity to just be, for three weeks, being extremely well nourished, cared for and most of all completely supported. We have come back even more determined to put health as the number one priority in life and to ensure that the life we live is both serving us and those around us. This is definitely an experience not to be missed, and especially at this very special place, with these very special people.

Article written February 2024. Join us for the next scheduled Ayurvedic retreat in spring 2025, email: contact@yogafestival.world for info.

Exclusive Ayurvedic Retreat

Join our exclusive Ayurvedic Retreat between 27th February and 19th March 2025. To fully benefit, you are recommended to stay the full three weeks, but this may be shortened to 2 weeks if necessary. The group will be limited to around 20 people.

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