



3rd - 6th August 2023
official programme

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બધોતરલદ...



The World Yoga Festival has always taken its inspiration from Puja Swami Dayananda whose wish it was to have an authentic Yoga festival here in the West which attracts great yogis and provides them with a vision to grow further. It is the quality of our attendees that attracts our great teachers which in turn attracts new yogis to join. A glorious cycle that has nurtured and grown the festival, making this, our 7th year, the biggest and best ever.

Sonali and I are so very fortunate to have a great festival team and fantastic teachers, to help us plan and execute what is a highly complex task. Every detail takes time, thought and energy. There is a great deal of love involved and it manifests as the smiles on people's faces as they go from class to class, chill out in our new Chai tent or simply spend a quiet moment in gratitude.

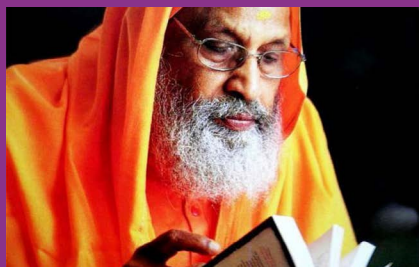
If you have time, come and find us and tell us about your experience, your great moments and ideas for improvement. There is always scope for growth and with your help, encouragement and support, we can continue on our mission to make the World Yoga Festival, the very best and authentic Yoga Festival in the world.

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 Pujya
Swami Dayanandaji*

Namaste



in loving memory



Sonali and I first met Kim and Danny at the World Yoga Festival and the first thing that came to mind was 'courage'. They had the courage to be there with family young and not so young, to love and learn something new, something they felt compelled to know. Kim and Danny were on a path of knowledge. They knew that knowledge has the power to eradicate ignorance once and for all. They came to understand that while knowledge has a beginning, it has no end.

Knowledge requires a teacher. Kim & Danny sought out great teachers and stayed humble at their feet while they learnt. Their humility brought great teachers to them like flowers in full bloom attract bees. Nobody asks them to come, they simply appear when the time is right.

Kim and Danny realised that this life was theirs to learn and as they did so, to teach others in turn. If they had more to learn, they would be amongst us now and we would not be here today. This is not a time for sadness but a celebration that two of the kindest souls one could hope to meet had achieved their life's ambition at such a tender age. For them, the teaching here on earth was complete, it was time to move on to greater things.

Yet, we sit here in our sorrow for all that we have lost, never once acknowledging what has been found. The supreme peace that comes from knowing that we are not these transient minds and bodies that come and go but we are, in reality, the power that animates them. We are THAT by which we see, touch, hear, taste and smell. We are THAT by which we know our thoughts, feelings and emotions.

We are like the light that illumines a room. Without the light the room would be dark and we would not know what was going on yet the light does not care what it shines upon good or bad. It is untouched by the activities of the room. It is the light by which the activities are known, it is not the room, the contents or even the activity. The light lives in another order of reality completely untouched by what it illumines.

And so it was with Kim and Danny, they brightened the lives of many. Their divine light touched so many souls, mostly good and a few bad but their light never faltered, never ceased to be the clean pure light of consciousness that it always was. Thank you dear, kind souls, it was a pleasure and a privilege to have known you both.



Life is but a stopping place,
A pause in what's to be,
A resting place along the road,
to sweet eternity.
We all have different journeys,
Different paths along the way,
We all were meant to learn some things,
but never meant to stay...
Our destination is a place,
Far greater than we know.
For some the journey's quicker,
For some the journey's slow.
And when the journey finally ends,
We'll claim a great reward,
And find an everlasting peace,
Together with the Lord.

Author Unknown



masters & teachers



Swami Brahmadevananda Saraswati is a traditional and contemporary teacher of Vedanta. He believes that “Vedanta is not only for sadhus but very much for people who are living life to the fullest and who want more from life.” Armed with this understanding, for more than thirty years, Swamiji has taught and reached out to different groups of people – students of Vedanta, students and teachers of yoga, seekers and people across all ages and stages of life.

Connections Between Yoga & Vedanta. Explaining the connection between yoga and vedanta using the definitions of yoga.



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.



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 which, as well as training Yoga teachers and offering workshops on all aspects of Yoga, organises the Mukti Project, raising funds for homeless people in India and the UK.

Blind-folded yoga class.

masters & teachers



Rupert Spira is deeply interested in the nature of reality and the source of lasting peace and happiness, and has been from an early age. After spending more than twenty years immersed in the teachings of classical Advaita Vedanta, he met his teacher, Francis Lucille, who introduced him to the Direct Path approach whereby one may recognise the source of peace and happiness in oneself. Rupert has written several books and holds regular meetings and retreats online, as well as in Europe and the United States. He is also a noted potter, trained in the British Studio Pottery school, with work in public and private collections

Non-duality meditation followed by Q&A.



Dr Tony Nader, is a medical doctor trained at Harvard University and Massachusetts Institute of Technology (PhD in neuroscience) and is a globally recognised expert in the science of consciousness and human development. His training includes internal medicine, psychiatry, and neurology. He's the successor to Maharishi Mahesh Yogi and the head of the Transcendental Meditation organisations globally. He was assistant director of clinical research at MIT, and a clinical and research fellow at Massachusetts General Hospital, Harvard Medical School. Dr. Nader has discussed his expertise at academic and governmental institutions such as Stanford University, where he taught a course entitled "Hacking Consciousness", at Harvard Business School on The Neuroscience of Transcendence, and as the keynote speaker for a conference at the House of Commons.

Consciousness: A New Paradigm. Can a shift in consciousness change the world? This solution is based on one simple underlying paradigm that unifies mind, body, and the environment in one ocean of pure Being, pure consciousness. Dr Tony Nader presents new scientific understandings of consciousness and the critical role of meditation, a modality of consciousness, in developing human creative potential and providing solutions to our world's problems.



Swamini Chidekarasananda Saraswati is a sannyasini, having been initiated into the Paramahansa sannyasa ashrama (a traditional renunciate lifestyle) by her Acharya, Swami Sakshatkrutananda 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, kirtan etc - with all interested to learn. Her life is dedicated to bringing the Wisdom and Light of the Rishis, and traditions of Sanatana Dharma culture.

Vedanta teachings

Namasankirtan with Vedantic meanings
What and why are we really seeking in life?
Selected verses from Srimad Bhagavad Gita and Patanjali's Yoga Sutra

masters & teachers



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 more than 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.



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. Stewart 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.



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.



Dr Parthasarathy is a practicing Ayurveda Vaidya, Director & Chief Medical Officer of SDJ Ayurvedalaya. Dr. Parthasarathy completed his 6 year Ayurveda Training from the reputed Ayurveda College of Arya Vaidya Pharmacy (AVP) affiliated to Dr MGR Medical university. In 2014, Founder Pujya Swami Dayananda Saraswati entrusted him with the independent responsibility of setting up SDJ Ayurvedalaya under the aegis of the Sruti Seva Trust. Prior to this, he headed the International Training Academy and the Mangarai branch Hospital of Arya Vaidya Pharmacy (AVP) and served as the Course Director.

Ayurveda teachings and Q&A session. A transformative journey spread across three days, delving into the fascinating world of Ayurveda, focusing on self-assessment of health and exploring the best practices in Ayurvedic lifestyle and nutrition for optimal health and well-being. The talks will shed light on Dinacharya (daily routines) and Ritucharya (seasonal routines), and how to unlock the secrets to a balanced and harmonious life. Additionally, I aim to dispel common myths and fads prevailing in the modern world, drawing upon the wisdom of Ayurvedic scriptures to provide a solid foundation of principles and practices.

masters & teachers



Marc J Acquaviva has been changing people's lives since 2001 with his uniquely transformational take on the 'Scaravelli-inspired' approach to Yoga practice.. He has been passionate about yoga since his early childhood. From 1991 he has been studying and practicing exclusively with people that have worked directly with Vanda Scaravelli, such as Diane Long and Sophy Hoare, as well as with highly respected osteopaths and anatomists Pete Blackaby and John Stirk to deepen his practical understanding of the body.

Scaravelli-inspired yoga. Return to a state of innocent exploration of the physical. You can expect to be guided through a direct exploration of the quality of your own contact with the Earth. And you will be encouraged to explore how you relate to and engage with the space you occupy, through the breath and through its release. The result for people is always something new - a new freedom, a new strength, a bigger picture simplicity.



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.

Practical Guide to Vēdantā. If you have always wanted to know more about Vēdantā, but did not know where to start, this practical guide on this ancient, fascinating and life-changing knowledge will provide you with the wisdom to understand the following sentence: "Your life is a series of experiences with apparent, non-substantial objects consisting of words, forms and concepts, put together by a seemingly existent yet incomprehensible force and witnessed by the all-pervading Self, called Brahman that can never be known."



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.

Yoga asana practice, nidra and sound journey.
Goddess chakra flow.
Nurturing nidra and sound journey.
Cacao ceremony with elemental dance.
Partner Mandala flow - an interactive practice which gets people connecting and emotions flowing.

masters & teachers



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.

Joining together in circle to drink ceremonial grade Cacao within a plant medicine concoction that welcomes the heart space to ignite, open and blossom - ready to receive. Set off on a voyage of exploration, awakening our bodies range of expression and feeling, on a trip through the elements - Earth, Water, Fire, Air and Space. Tuning into these 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 feeling expansive and spacious.



Andrea Carrani shares his knowledge and spiritual understanding in public programmes, satsangs and workshops, helping people to release their karmic patterns and realise their Divine nature to find inner peace. Andrea trained for almost 30 years under the guidance of so many Spiritual Masters and Teachers from both the West and the East. His teachings are simple and easy to understand, for both beginners and more experienced seekers.

Meditation session.



Lisa Colclough is the founder and main teacher at Sole 2 Soul Yoga. She teaches retreats and workshops on vinyasa flow and hatha yoga, handstands, yin yoga and meditation. A keen philosophy student, the ancient techniques and philosophy are part of every session and can transform your life. Lisa has been practicing yoga for over 20 years and her style is light hearted, inclusive and accessible although she will always challenge you to your fullest potential!

Yoga Fun Time session. A mix of energising vinyasa flow, some playful partner work (come along - we will pair you up!) and relaxing yin yoga to finish. Expect to have fun and build strength and suppleness in this light-hearted session.



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.

masters & teachers



Echo Elliott is a yoga teacher based in Central London, she has been teaching for over 5 years and practicing yoga for nearly 13 years. She turned to yoga as path of recovery from depression and disordered eating and knew it was a tool to help heal her from these past traumas. Echo has trained in various schools of Yoga including Yogasana, Hot Yoga, Ashtanga Vinyasa, Yin and massage to develop her skills in both anatomy and assisting.

Vinyasa class. Echo's teaching style is playful and creative, she has a very keen eye of detail to ensure the practitioners work into the poses safely. Expect to build strength and flexibility, laugh and to embrace falling and wobbling out of postures.



Faye Goodman is a Yoga Teacher and Holistic Therapist based in the North East of England. She first found yoga in the teens and knew from the get-go that it would be a huge part of her life. She has been lucky enough to train across the world in places such as India and Bali, which has infused her practice and teachings with the cultures of the East. Fay is also a Holistic Counsellor, Hypnotherapist, Reiki Practitioner and Tarot Reader.

Open Your Heart, Backbending Flow session. Fay will be bringing you a beautiful heart opening practice to help you connect to the sweetness and strength that resides in our Anahata. This will be a back-bending class is for all levels and will likely be challenging, because let's face it - what matters of the heart aren't sometimes?! But you will leave feeling a sense of deep connection; to yourself and to all.



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 & upper back. With explanation, asana & pranayama practice, this session will connect you back to your upper body & help your neck feel long, tall and free!



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 & 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.

masters & teachers



Yogachariya Jnandev is founder of the Yoga Satsanga Ashram in West Wales. Jnandev spent the first 33 years of his life in India, grew up in a Hindu household in rural Rajasthan. Jnandev studied Yoga academically acquiring an MSc in Yoga (gold medalist) and later Became a sadhu for several years. In 2006 he travelled to the International centre for Yoga education and research, Ananda ashram and studied here where he met his wife from UK. Together they run teacher training courses in Wales propagating classical authentic Yoga in a traditional ashram setting.

Tantra - A pure and wholesome path for health and evolution. Tantra has never required another person to be involved in these practices. It is the balance of two polar energies within our own bodies on all levels of our being. Tantra uses our body, mind, and breath to optimise our polarity (Shiva -Shakti) and eventually takes us through towards self-realisation by transcending the polarity. Tantra is the purest authentic form of yoga and this session will include explanations, visualisations and pranayamas.



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.

Creating Polarity through Yoga Practice and Yoga Nidraa. Discover how to use yoga practice as a means to breaking up negative patterns (samskaras) to realign Pancha Koshas. We will move through stillness, Pranayama, Loma Volioma physical practices and then into the deeper traditional practice of Yoga Nidraa which, unlike the modern notion of yoga nidra, will take you into an extremely deep relaxed yet conscious state which, if done properly, will give you the benefit of an 8 hour sleep. It is routines like this that create the healing and harmonious essential state of Polarity, and it is this polar state that enables the Koshas to realign, resulting in stability and the feeling of being grounded that then underpins your whole existence.



Siri Sadhana Kaur is an approved KRI Lead Kundalini yoga trainer, and is qualified at Level 1, 2 and 3. She is a touring UK mantra recording artist and dancer, who loves to embodying the sacred through movement, melody and rhythm. As a musician she has recorded an eclectic mix of 9 music mantra albums. Sharing her music, the timeless teachings of Kundalini and indigenous technology, she encourages others to dance and sing their joyful depths, incorporating ceremony to consciously awaken and become the instrument and true light of the soul.

Kundalini yoga session. Kundalini yoga is a combination of breath, movement, and sound. It derives from the Sanskrit word kundal, which translates to "coiled energy." Our energy gathered at the base of our spine is released through the seven chakras, and out the crown of our head. "The process of growth through Kundalini Yoga is a natural unfolding of your own nature," Yogi Bhajan said.



Sunil Kalsi is a Senior Teacher with The Traditional Yoga Association and yoga teacher trainer Sunil is a student of Swami Ambikananda. Sunil teaches a blend of Hatha and Vinyasa, a meditative practice that seeks to work with the body in a gentle way as a preparation for meditation.

Hatha & Vinyasa, Pranayama, Meditation session.

masters & teachers



Jenny Lye began practising yoga in Sri Lanka before deciding to teach in the United Kingdom in 2012. Her primary training was in Sivananda Yoga, which is a holistic approach to Hatha Yoga, and she went on to learn various other styles of yoga. Jenny has been practising yoga for more than 25 years. Her teaching methods include breathing techniques, yoga postures, and deep relaxation to get you ready to face the day with a positive attitude. Jenny not only teaches various styles of yoga, but she also runs Family Fun Yoga classes, workshops, and yoga retreats.

Sivananda Yoga. Sivananda Yoga is a Holistic approach to Hatha Yoga. The approach is based on the five points of yoga, which are proper exercise (asana), proper breathing (pranayama), proper relaxation (Savasana), proper diet and positive thinking (Vedanta), and meditation (Dhyana). There are 12 basic sequences to stretch and tone the entire body before deep relaxation; variations are then added to further deepen your practise.



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.



Shakti Caterina Maggi has been sharing the non dual message of awakening since 2003 to thousands of students from all over the world. Her approach, in the vein of the precious tradition of Advaita Vedanta and Shaivism, offers, in a contemporary framework, an inner technology for dissolving the contraction of suffering that generally accompanies the human condition and seems to stop the recognition of the unlimited Being at our essence. Her invitation is to come to the space of inner peace and unconditional love which resides at the heart of us all.

Awakening to the Heart. Resting in the Heart, through all the challenges of our everyday life, is the path to consciously embodying the non-dual message. The Heart is the core of our non-dual essence, it is the abode of Consciousness itself. While the mind sees opposites and polarities, dividing the world in two, the Heart recognizes itself everywhere. In the Heart all conflict can be dissolved, reconnecting us to this higher reality in which all illusion of separation of separation is transcended.



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 as well as leading a general yoga session.

masters & teachers



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.



Kiran Ratna began her studies in dance at an early age in India and started learning Bharatanatyam in the UK from Chitraleka Bolar, with further advanced training in India from her guru's guru Ullal Mohan Kumar. Kiran has directed, choreographed and performed many innovative works that have won her Company much acclaim. Over the last 4 decades, Kiran has done a great deal to introduce the British audience to the flowing grace and exquisite precision of Bharatanatyam.

Introduction to Bharatanatyam Dance workshop.



Yogacharini Deepika Giri is the co-founder of Yoga Satsanga Ashram, Wales UK. Deepika is one of around 30 teachers globally that are trained to the Senior Acharya Level in the Gitananda Lineage which is well known for its depth and breadth in its Pranayama teachings. Deepika is especially passionate when it comes to Pranayama as throughout her childhood she had suffered severe asthma attacks. The power of Pranayama in the lineage made dramatic changes beyond anything Deepika could have dreamed of. Deepika is leading Pranayama teacher training with Dr Ananda Balyogi Bhavanani who is the son and successor or Swami Gitananda, yearly to assist with the teacher training courses.

Pranayama sessions. The Gitananda Paramparai offers extensive practices and knowledge in Pranayama in-particular. Deepika will be leading a class on the nada or sound breaths which are a set of kriyas (movements with sound) and Pranayamas that use different sounds such as the Bhramari/Bee breath taught in the classical way as learnt in the GuruKula system passed down through this unbroken lineage and living tradition. The sound pranayamas can help us to release negative emotions and lead us into Dharana and Dhyana.



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.

Dharma talk.

masters & teachers



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.

Pranayama, meditation and kirtan session.



Kimberley Soni is an avid cook, and an Ayurveda obsessionist, combining these two passions in her food. She believes in using food as a medicine, and sourcing local seasonal produce to enable nature to be a guide in terms of health and well-being. Kimberley has travelled to India to learn from the most authentic Ayurvedic teachers that she could find, and has trained as a chef in the UK.

Ayurvedic cooking demos. Kimberley will be leading cooking demonstrations that reflect Ayurvedic principles to food and its preparation. She will also be leading a session in the Teen Tent.



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 16 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 that will demonstrate that every part of our body is inter-connected as we move through, and with, asana. Your awareness will be at the heart of your practice, as we connect the mind, the body and the breath.

Postural Stability. In this class, after warming through the body we will embrace the muscles that hold us upright, with the incentive to strengthen our posture, yet maintain fluidity and movement with this strong and varied practice. Your awareness will be at the heart of your practice, as we connect the mind, the body and the breath.



Sheila Whittaker is a sound healer, musician, gong master and teacher with a background in classical music. As a professional violinist having studied at the Royal College of Music, she had a thriving career in the mainstream classical music world for many years, both playing and teaching. Some 18 years ago she became a sound healer, obeying the call to use her musical abilities in a more focused, holistic way.

Gong for self care. For relaxation, stress relief, clearing of old energetic debris so that we are ready to move forward, lighter and more focused. Just Be, relax and receive the gong sounds.

Gong for raising our Energy vibration. Tuning the body's subtle energy system with gong sound, clearing the chakras and subtle energy channels, enabling emotional healing, preparing us for Ascension.

Yogacharini Deepika Giri



Yogacharya Dr. Ananda Bhavanani



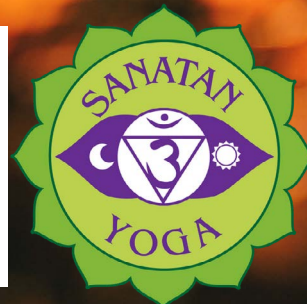
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Find a list of our teachers at:

www.TraditionalYoga.org

TYA Teachers at World Yoga Festival 2023:
Luci Trendle (www.lucitrendleyoga.co.uk)
Sunil Kalsi (www.theseecretspace.org.uk)
Swami Ambikananda Saraswati



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Over the last few years teachers of the TYA, their students and friends have raised over £650,000 for orphanages in India and homelessness charities in the UK.

This year please join us for our...



For more information, go to:
www.muktisunsalutationschallenge.com
www.TraditionalYoga.org/events





thursday timetable

Thursday 3rd August 2023				
Time	Space Tent	Air Tent	Fire Tent	Water 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				
18.00 - 18.30		18:30	18:30	18:30
18.30 - 19.00	Sound Check	Donna Noble Body Positive Yang Yin Yoga	Satish Sharma Dharma Talk	Sandra Barnes Goddess Chakra Flow
19.00 - 19.30				
19.30 - 20.00				
20.00 - 20.30				
20.00 - 20.30	20:00 Welcome Ceremony	20:00	20:00	20:00
20.30 - 21.00	Performance with Sanju Sahai musicians + Dance			
21.00 - 21.30				
21.30 - 22.00				
	22:00			
Other Activities	17:00 - 18:00 (Chai Tent)	18:00 - 18:30 (Shrine)	22:00 - 23:00 (Fire Side)	Key: △ Asana (postures) and Pranayama □ Yoga Philosophy ⬡ Other
	Solo Visitors Get-together	Pūja	Drum Circle	

Friday timetable



Friday 4th August 2023				
Time	Space Tent	Air Tent	Fire Tent	Water Tent
7:00 – 7:30	7:00	7:00	7:00	7:00
7:30 – 8:00	Devki Desai	Kamal Singh	Andrea Carrani	Jennifer Lye
8:00 – 8:30	Iyengar Yoga	Ashtanga Yoga	Meditation	Sivananda Yoga
8:30 – 9:00	8:30	8:30	8:30	8:30
9:00 – 9:30	9:00	9:00	9:00	9:00
9:30 – 10:00	Sheila Whittaker	Yogacharini Deepika	Dr Parthasarathy	Anji Gopal
10:00 – 10:30	Gong Meditation	Pranayama	Wisdom of Ayurveda	Backcare Yoga
10:30 – 11:00	10:30	10:30	10:30	10:30
11:00 – 11:30	11:00	11:00	11:00	11:00
11:30 – 12:00	Swami Sarvapriyananda	Sumit Manav	Dr Parthasarathy	Luci Trendle
12:00 – 12:30	Vedanta Non-Duality	Alignment & Chakra Awakening	Wisdom of Ayurveda	Traditional Yoga
12:30 – 13:00	12:30	12:30	12:30	12:30
13:00 – 13:30	Lunch Break (live music with Brett Randell)			
13:30 – 14:00	13:30	13:30	13:30	13:30
14:00 – 14:30	Shakti Caterina Maggi	Stewart Gilchrist	Swami Brahmavidananda	Siri Sādhana Kaur
14:30 – 15:00	Awakening to the Heart	Ashtanga Yoga	Vedanta Non-Duality	Kundalini Yoga
15:00 – 15:30	15:30	15:00	15:00	15:00
15:30 – 16:00	16:00	15:30	15:30	15:30
16:00 – 16:30	Devki Desai	Frances Monika	Ram Banerjee	Marc J Acquaviva
16:30 – 17:00	Iyengar Yoga	Art Therapy	Practical Guide to Vedanta	Scaravelli Yoga
17:00 – 17:30	17:30	17:00	17:00	17:00
17:30 – 18:00		17:30	17:30	17:30
18:00 – 18:30	Sound Check	Kamal Singh	Swamini Chideka	Lisa Colclough
18:30 – 19:00		Ashtanga Yoga	Chanting and Vedanta	Fun Time Yoga
19:00 – 19:30		19:00	19:00	19:00
19:30 – 20:00		Mindful Juggling		Joe Hoare
20:00 – 20:30	20:00			Laughter Yoga
20:30 – 21:00	Music with Leo Dey & friends	Key: ○ Advaita Vedanta (Non-Dual Teaching) △ Asana (postures) and Pranayama (Breath control) □ Ayurveda (knowledge of life and longevity) ★ Sound Therapy ◇ Yoga Nidra ◡ Meditation ◡ Other ◡ Yoga Philosophy	07:30 - 09:00 (Outside Chai Tent)	
21:00 – 21:30			Lisa Colclough	
21:30 – 22:00			Suriya namasker	
Other Activities	14:00 – 15:00 (Chai Tent)	22:00 – 23:00 (Air tent)	22:00 – 23:00 (Fire tent)	22:00 – 23:00 (Water Tent)
	Katie Arscott	Sanskrit Film Screening Episode 1	Laura Merri	Sandra Barnes
	Menopause Workshop		Recital - Path of the Mystics	
	16:00 – 17:30 (Chai Tent)		22:00 – 23:00 (Fire Side)	
	Kimberley Soni		Get-together	
	Ayurvedic Cooking			

Saturday timetable

Saturday 5th August 2023				
Time	Space Tent	Air Tent	Fire Tent	Water Tent
7.00 – 7.30	7:00	7:00	7:00	7:00
7.30 – 8.00	Devki Desai	Kamal Singh	Andrea Carrani	Atmarpit Shraddhaji
8.00 – 8.30	Iyengar Yoga	Ashtanga Yoga	Meditation	Pranayama & Meditation
8.30 – 9.00	8:30	8:30	8:30	8:30
9.00 – 9.30	9:00	9:00	9:00	9:00
9.30 – 10.00	Sheila Whittaker	Yogachariya Jnandev	Dr Parthasarathy	Ravi Dixit
10.00 – 10.30	Gong Meditation	Practice of Trantra	Wisdom of Ayurveda	Hatha Yoga & Pranayama
10.30 – 11.00	10:30	10:30	10:30	10:30
11.00 – 11.30	11:00	11:00	11:00	11:00
11.30 – 12.00	Swami Sarvapriyananda	Swami Ambikananda	Leo Day	Marc J Acquaviva
12.00 – 12.30	Vedanta Non-Duality	Blind-folded Yoga	Voice & Breathing workshop	Scaravelli Yoga
12.30 – 13.00	12:30	12:30	12:30	12:30
13.00 – 13.30	Lunch Break (live music with Atmarpit Shraddhaji)			
13.30 – 14.00	13:30	13:30	13:30	13:30
14.00 – 14.30	Rupert Spira	Stewart Gilchrist	Swamini Chideka	Jyoti Manuel
14.30 – 15.00	Vedanta Non-Duality	Ashtanga Yoga	Chanting and Vēdantā	Love in Action
15.00 – 15.30	15:30	15:00	15:00	15:00
15.30 – 16.00	16:00	15:30	15:30	15:30
16.00 – 16.30	Devki Desai	Kiran Ratna	Dr Parthasarathy	Echo Elliott
16.30 – 17.00	Iyengar Yoga	Bharatanatyam Dance workshop	Wisdom of Ayurveda	Vinyasa Yoga
17.00 – 17.30	17:30	17:00	17:00	17:00
17.30 – 18.00	17:30	17:30	17:30	17:30
18.00 – 18.30	Sound Check	Kamal Singh	Swami Brahmadevananda	18:00
18.30 – 19.00		Ashtanga Yoga	Vedanta Non-Duality	Sofia Barnes
19.00 – 19.30		19:00	19:00	Cacao & Elemental Dance
19.30 – 20.00	20:00	Mindful Juggling		19:30
20.00 – 20.30	Bharatanatyam Dance by Vibha followed by Shammi Pithia and his Band	Key: ○ Advaita Vedanta (Non-Dual Teaching) ◇ Yoga Nidra		07:30 - 09:00 (Outside Chai Tent)
20.30 – 21.00		△ Asana (postures) and Pranayama (Breath control) ◐ Meditation		Jennifer Lye Suriya Namasker
21.00 – 21.30		◐ Ayurveda (knowledge of life and longevity) ◐ Other		
21.30 – 22.00		★ Sound Therapy ◐ Yoga Philosophy		
Other Activities	14:00 - 15:30 (Chai Tent)	22:00 - 23:00 (Air tent)	22:00 - 23:00 (Fire tent)	22:00 - 23:00 (Water Tent)
	Kimberley Soni	Sanskrit Film Screening Episode 2	Laura Merri	Sandra Barnes
	Ayurvedic Cooking		Recital - Path of the Mystics	
	16:30 - 17:30 (Chai Tent)		22:00 - 23:00 (Fire Side)	
	Trish-Tucker-May		Get-together	
	Gut Health			

Sunday timetable



Sunday 6th August 2023				
Time	Space Tent	Air Tent	Fire Tent	Water Tent
7.00 – 7.30	7:00	7:00	7:00	7:00
7.30 – 8.00	Devki Desai	Kamal Singh	Leo Dey	Fay Goodman
8.00 – 8.30	Iyengar Yoga	Ashtanga Yoga	Meditations with Drupad raga	Anahatha Opening Yoga
8.30 – 9.00	8:30	8:30	8:30	8:30
9.00 – 9.30	9:00	9:00	9:00	9:00
9.30 – 10.00	Swami Sarvapriyananda	Kalavathi Devi	Dr Parthasarathy	Sumit Manav
10.00 – 10.30	Vedanta Non-Duality	Yoga Nidra	Wisdom of Ayurveda	Yin Yoga & Patanjali Ashtanga
10.30 – 11.00	10:30	10:30	10:30	10:30
11.00 – 11.30	11:00	11:00	11:00	11:00
11.30 – 12.00	Dr Nader	Stewart Gilchrist	Swami Brahmadevananda	Ravi Dixit
12.00 – 12.30	Consciousness: a New Paradigm	Ashtanga Yoga	Vedanta Non-Duality	Hatha yoga & Pranayama
12.30 – 13.00	12:30	12:30	12:30	12:30
13.00 – 13.30	Lunch Break (live music with Little Big Wings)			
13.30 – 14.00	13:30	13:30	13:30	13:30
14.00 – 14.30	Nikki Slade	Joe Hoare	Dr Parthasarathy	Sunil Kalsi
14.30 – 15.00	Kirtan	Laughter Yoga	Wisdom of Ayurveda	Vinyasa Yoga and Meditation
15.00 – 15.30	15:30	15:00	15:00	15:00
15.30 – 16.00	16:00	15:30	15:30	15:30
16.00 – 16.30	Devki Desai	Kamal Singh	Ram Banerjee	Luci Trendle
16.30 – 17.00	Iyengar Yoga	Ashtanga Yoga	Practical Guide to Vedanta	Traditional Yoga
17.00 – 17.30	17:30	17:00	17:00	17:00
17.30 – 18.00	17:30	17:30	17:30	17:30
18.00 – 18.30	Sound Check	Satish Sharma	Swamini Chideka	Sandra & Sofia Barnes
18.30 – 19.00	19:00	Dharma Talk	Chanting and Vedanta	A Return to Love
19.00 – 19.30	Closing Ceremony	19:00	19:00	19:00
19.30 – 20.00	Gaiea Sanskrit with Cosmic Choir	Key: ○ Advaita Vedanta (Non-Dual Teaching) △ Asana (postures) and Pranayama (Breath control) □ Ayurveda (knowledge of life and longevity) ★ Sound Therapy ◇ Yoga Nidra ⬢ Meditation ⬢ Other ⬢ Yoga Philosophy		22:00 – 23:00 (fire Side)
20.00 – 20.30				Drum Circle
20.30 – 21.00				
21.00 – 21.30				



विलौपु वारदा

We spend our year handpicking the most inspirational yoga, meditation and mindfulness practitioners, storytellers, musicians and artists to come together as our World Yoga Festival Family Team.

They put their hearts and souls into making the family area place of growth, education, friendship, fun and most importantly, a place of acceptance, where we all can simply be.

Throughout the weekend we shall be teaching our most favourite classes and there will be an opportunity to hear talks from Jyoti and Lisa on how to support our children and teens.

Of course our Glitter Fairies will be on duty each morning, so pop by to get sparkled up!
We can't wait to meet you!

T-shirt printing for adults & children

Be a fashion designer and join Berkshire Printmakers for a fun, creative one-hour workshop for adults and children (all under 18s must be accompanied by an adult). Design and silkscreen print your own organic cotton T-shirt. Create paper stencils and choose from our wide range of patterned screens and funky coloured water-based inks to make your designs. Get to grips with a squeegee to create your own take home souvenir of the World Yoga Festival 2023.

Suitable for 5 year olds upwards.
Book a session in the Family Area.

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.

વિશ્વ યોગ દિવસ તિલકાલેખ

Children's Tent (infants and Juniors)				Teen Tent (Secondary school)			
Time	Friday 4 August	Saturday 5 August	Sunday 6 August	Friday 4 August	Saturday 5 August	Sunday 6 August	Time
	GLITTER	FAIRIES	ON REQUEST				
9.00 – 9.30	Mindful Makes with Sarah	Pom Poms & Breath work with Katie	Yoga with Jon and Sue	Morning Gathering	Morning Gathering	Morning Gathering	9.00 – 9.30
9.30 – 10.00							9.30 – 10.00
10.00 – 10.30	Chillax Elements Yōga with Claire	Family Session with Jyoti	Yoga with Katie and Tesha	Mythological Stories	Mythological Stories	Mythological Stories	10.00 – 10.30
10.30 – 11.00							10.30 – 11.00
11.00 – 11.30	Family Session with Jyoti	Mindfulness and crystals with Stella	Yoga with Katie and Tesha	Dynamic Yoga	Dynamic Yoga	Dynamic Yoga	11.00 – 11.30
11.30 – 12.00							11.30 – 12.00
12.00 – 12.30		Gemma's Art Totem Animals: Shield & Masks Creative Super Powers	Gemma's Art Totem Animals: Shield & Masks Creative Super Powers	Drum Happy	Drum Happy	Ayurvedic Cooking with Kimberley	12.00 – 12.30
12.30 – 13.00	Mindfulness and Yōga with Jon						12.30 – 13.00
13.00 – 13.30		Gemma's Art Totem Animals: Shield & Masks Creative Super Powers	South Indian Floor Art with Kalavathi	Come Fly with Fred's Clown show	Teen Zone	Drum Happy	13.00 – 13.30
13.30 – 14.00	Gemma's Art Totem Animals: Shield & Masks Creative Super Powers						13.30 – 14.00
14.00 – 14.30		South Indian Floor Art with Kalavathi	Yoga with Lizzie and Claire	Mindful Juggling with Luke	Swami B and Swamini C	Teen Zone	14.00 – 14.30
14.30 – 15.00							14.30 – 15.00
15.00 – 15.30		South Indian Floor Art with Kalavathi	Yoga with Lizzie and Claire	Teen Zone	Teen Advice and Family Matters with Charlotta	Evening Chilled Yoga	15.00 – 15.30
15.30 – 16.00	Adventure Yoga. With Lizzie						15.30 – 16.00
16.00 – 16.30		Magical movement to music with Tesha	Yoga with Sarah and Stella		Teen Advice and Family Matters with Charlotta	Evening Chilled Yoga	16.00 – 16.30
16.30 – 17.00	Mindfulness and crystals with Stella						16.30 – 17.00
17.00 – 17.30		Believe in Yoga with Sue	Sunshine Smile Stories	Evening Chilled Yoga	Soothing Sounds with Anetta (mini sound bath)		17.00 – 17.30
17.30 – 18.00	Soothing Sounds with Heather (mini sound bath)						17.30 – 18.00
18.00 – 18.30		Sunshine Smile Stories		Drum Happy (Open to all ages)	Drum Happy (Open to all ages)		18.00 – 18.30
18.30 – 19.00							18.30 – 19.00
19.00 – 19.30							19.00 – 19.30
	GLITTER	FAIRIES	ON REQUEST				19.30 – 20.00

family area teachers



Ellen Clinch has been practicing yoga daily since becoming a primary school teacher, over 20 years ago. She was initially drawn to the practice as a way to help her find calm and balance in a busy life. After becoming a mum, she took a leap of faith and decided to combine her two passions - yoga and working with children - by training to become a children's yoga teacher. She then qualified in Teen and Special Needs Yoga and furthered her yoga knowledge by training with Universal Yoga, to share the peace and harmony she has gained from practicing yoga to those in her community.

Ellen is our wonderful Family Area co-ordinator.



Frances Ackland-Snow is an art therapist, professional teacher and artist. She runs creative well-being workshops combining art and mindfulness in nature.

Teen advice and family matters. Charlotta will be hosting this casual session in the Teen Tent.



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.



Luke Bailey was a national standard pole vaulter for over 8 years. Due to injury he had to step away from competitive sport, so he developed his other passion, training at ALRA drama school where he received his MA in Professional Acting. The amalgamation of Luke's love of juggling, coaching, clowning, performing and workshop facilitation, mixed with the desire to improve people's mental health and overcome self-doubt is the driving force behind his organisation, Life Juggling.

Mindful Juggling workshop. We will be looking at the importance of self-reflection and how to use our breath to support ourselves through new challenges. By using play and juggling skills in a non-threatening way we will look at our own self talk and how we compare ourselves to others while learning a new skill. After this workshop you will know how to juggle three balls with the knowledge to go away and practise and even pass on your new skill to your friends and family.

family area teachers



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 welcome.



Stella Chenery's purpose in life is to support others in connecting to their inner power. She does this through Moon Circles, workshops, training & teaching, from Reiki, to Crystals, to meditation & mindfulness. Creating magical spaces where people can connect to their intuition and be held with love is Stella's passion.

Crystal and mindfulness workshop.



Susan Davies is a yoga teacher, children's mental health practitioner, and author of the Believe-In childrens 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.



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.

family area teachers



Claire Hutchins has been practising yoga from the age of 16. She is a qualified Mini Me Yoga Ambassador sharing the benefits of doing kids yoga and mindfulness. She is a trained Cosmic Kids Yoga Teacher and completed the 27 hour Rainbow Kids Yoga training at pineapple studios in London. She is also a Story Massage Practitioner and uses this technique in her classes. Combining music and yoga, she set up Chillax Kids in 2016.

Elements Yoga. Claire will be teaching family Elements Yoga in the Children's 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!



Tesha Matthew is a Children's Spiritual Mentor, Yoga Teacher and Founder of Awakened Kids. Known for her Energetic Magic and teaching young people how to meditate and to use imagination energy to feel enchanted emotions. Tesha a fully qualified secondary school dance teacher with QTS infuses free movement into her workshops and her caring, fun and infectious nature is sure to get everyone smiling!

Children's yoga session. Tesha will teaching in the Children's Tent.



Anetta Panczel is an accredited Laughter Yoga Leader Trainer, Sound Healing Practitioner, Gong Practitioner, tutor for the College of Sound Healing and a part time Functional Skills Maths Lecturer. Anetta has run laughter yoga, relaxing sound baths & improvised theatre workshops in Dorset and Wiltshire since 2012. She has run workshops at festivals, care homes, centres for adults with learning difficulties, hen parties, workplaces, young carers festival & was awarded a Laughter Ambassador Certificate in 2019.

Relaxation sound bath sessions. Come and lie down, and listen to the beautiful relaxing sound of percussion instruments like rainstick, ocean drum, tuned chimes, singing bowls and more. Bring a mat and blanket to be comfortable.

family area teachers



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.

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



Vaishali Raithatha is a professional storyteller certified from Kathlaya's International Academy of Storytelling and a certified Yoga teacher trained and certified from Atmayogashala Chennai (accredited by Yoga alliance International). She works with children in schools and adults in the area of storytelling and Yoga based in Berkshire.

Storytelling sessions.



Sarah Salmon offers light hearted and playful mindfulness sessions, intuitively weaving together movement, breath, sensory and self awareness games and practices. The emphasis is on embodiment, grounding and relaxation for wellbeing. Having felt the benefits of yoga and meditation since her teens, Sarah has been facilitating sessions for others since 2013 after observing how these practices helped her own children through some challenging years. She is currently enjoying facilitating in a primary school Autism unit and privately one-to-one through Brilliant Beings.

Mindful Makes. Playful activities to help us focus our attention in the present moment through our bodies, breath and the environment around us. Sarah will be teaching Mindfulness sessions in the Family Area.



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.



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 Point at the Info 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
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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 7pm - 9pm

Leaving The Site

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

દિશોરો લપ



entertainment



Sanju Sahai is currently one of the finest Tabla artists in the world. A phenomenal Tabla Player well known for mesmerising and captivating his audience with his virtuosity and complete spontaneity. He has accompanied many of India's legendary musicians and dancers. Sanju had the honour and privilege to perform for Queen Elizabeth II on several occasions as well as performing for a private concert at Highgrove for King Charles III.

He continues to collaborate with flamenco, jazz, African and other genres of music and dance. As well as performing and touring all over the world Sanju is also very active promoting music through running residencies and workshops teaching to all age groups. Sanju has been performing throughout India for more than 3 decades. He is also been touring with Anoushka Shankar performing to music written by Pandit Ravi Shankar Ji and Philip Glass and also for the silent film score Shiraz composed by Anoushka Shankar. Sanju has also had the privilege to perform at the prestigious BBC Proms on 3 separate occasions accompanying Pandit Rajan Sajan Misra Ji, Ustad Amjad Ali Khan Saheb and Anoushka Shankar.



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".

Leo is also taking two special classes:

Voice & breath workshop. The five techniques used to extend and balance breathe while producing sound. This 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 and ear training,

Meditations with Drupad raga. This Dhrupad guided meditation will be a deep exploration of the inner world and source of sensory experience through pranayama, 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.



Vibha Selvaratnam trained in Bharatanatyam from a very early age from her mother Kiran Ratna. Her outstanding talent has propelled her onto the international dance scene. She is regularly invited to perform at the NADA Nrityotsava at the VRC Academy of Music & Dance in India as well as performing throughout the UK. She has been highly praised for the choreographic innovation shown in her works such as Nayika and experimental collaborations with The Fusion Project. Vibha has co-choreographed and performed in many productions with India Dance Wales, most recently taking the lead role in the dance drama "Shakuntala". She heads India Dance South West (a branch of India Dance Wales est. in 1993) and continues to choreograph and perform regularly and is involved with collaborations to explore her art form further.

entertainment



Shammi Pithia has charted at no.1 in the iTunes World Music chart with two albums, Shammi Pithia has become an in demand creative composer, producer and collaborator. Outside of the studio, Shammi has been performing his music around the world for the past 14 years with notable appearances at Glastonbury Festival, Wembley Stadium, Sadler's Wells and sold-out solo shows at London's Southbank Centre. As a collaborator Shammi writes and performs music for dance in the kathak, ballet and contemporary fields, as well as writing for film, large ensembles and directing music for large scale shows. Some highlights of his career include creating music for and performing on BBC's Young Dancer of The Year 2015 (BBC2), which was broadcast live to over a million viewers in the UK alone, arranging music for the Royal Philharmonic Orchestra as they performed his music with him at Wembley Stadium, musical direction for the sold-out Krishna Spectacular at the Hammersmith Apollo, a remix for Nitin Sawhney that appeared on his album The Last Days Of Meaning, production of Surrender by Jahnvi Harrsion and Willow Smith on ROC Nation, music for the short film Circle which was selected to appear in the Berlinale Film Festival, Toronto International Film Festival, BFI Film Festival and others, and writing and performing music for About The Elephant which premiered in India and then toured in the UK and in which Shammi was nominated for an ACTA award.



Gaia Sanskrit Gaia learned Sanskrit from the age of four in London; she went on to study it at university alongside music. She continues her studies of both music and Sanskrit in India. She knows that the power of sound goes beyond borders, beyond boundaries, and is completely universal and that's why she will continue to sing and compose as long as there are breaths in the body!

You can also watch a screening of Gaia's 'Sanskrit Film' in the Alr Tent on Friday and Saturday evenings. Join Gaia on a pilgrimage through England, London, Wales, Ireland and Scotland, to meet people whose lives have been transformed by this ancient language, discover connections with the history and culture, and why people are learning and practising it every day.



Nikki Slade is a leading pioneer in the field of chanting, core voice and sound work in the UK. Nikki has inspired thousands of individuals to chant and has led chanting workshops for many corporations including M&C Saatchi, Deutsche Bank and Cisco. She has also taken her cutting edge approach to working with the voice into Wandsworth men's prison and she is the resident voice facilitator at the Priory hospital in North London where she has impacted the recovery of hundreds of addicts over the past 15 years.

entertainment



Brett Randell Brett Randell is a soulful singer/songwriter and yogi-musician based out of Denver, CO, USA. He has released 3 CDs, including "Rise," and has played 100s of yoga and music events across 20+ countries including the UK, Italy, Ireland, Iceland, Morocco, Colombia, Spain, and beyond. Brett provides smooth guitar and vocalisation for all types of teachers, festivals, and classes. He is excited to return to the World Yoga Festival after performing back in 2017 and believes in the power of music and words to connect people from all walks of life.



Atmarpit invites you to melt in Divine Love with this dedication. Bhakti is not just singing the Lord's glory. It is a metamorphosis of one's entire existence; a transformation in the way one sees, believes, thinks and acts. In devotion, it is the Lord that holds apex position in one's life. It is a glorious amalgam of love, faith and surrender towards the Lord. A soulful and melodious blend of bhajans, chants and prayers, this session will serve as a channel to connect with and dissolve in the Divine with the melodious and sweet tones of Atmarpit Shraddhaji's unique singing voice.



Little-Big Wings, comprising Libby Louise Taylor and Christopher Crawshaw is a musical duo with a mission to bring Bhakti yoga to a wider audience. In the 12 months since their World Yoga Festival debut in 2022, they've been travelling the country taking their unique style of Kirtan to the streets, as well as holding sound-healing and ceremonial space for adults and young people in urban environments, many of whom have never been exposed to Bhakti before. Their sound is spine-tingling, unique and beautiful, combining elements of ancestral and folk music from diverse origins including India, Eastern Europe, Mongolia and even Viking. Their message is one of lightness, joy and spiritual growth in which suffering can be transcended and made anew. Libby has been studying Sanskrit, developing her voice and offering mantra in devotion to Kṛṣṇa for the last 4 years. More recently she has found a home in the practice of Bhakti: sharing Kṛṣṇa consciousness through music, sound healing and holding ceremonial and therapeutic space. Little-Big Wings are excited to share their unique sound and approach to Kirtan with you, and hope you will join them for a journey of musical and spiritual discovery.



Laura Merri weaves deep clarity with humorous metaphor, reciting mystical poetry from 13th Century Persian Sufi Rumi and 14th Century Kashmiri Yogini Lalla, with musical accompaniment. The mystics' timeless poetry describes the soul's journey towards the deepest mysteries, and the struggles and ecstasy experienced along the way.

Having fallen into a traditional style 'disciple and master' relationship with her Kashmiri Sufi guide ten years ago, Laura started a journey deep into mystical experience. Studying the great mystics' texts from various traditions over those years, revealed that the mystics' voices of the heart transcend the separation of specific religious paths. Now, without interpretation or commentary, Laura's devotional recitals bring alive the vision that the mystics speak of, deeply relevant in contemporary times.





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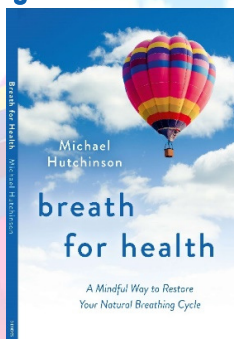
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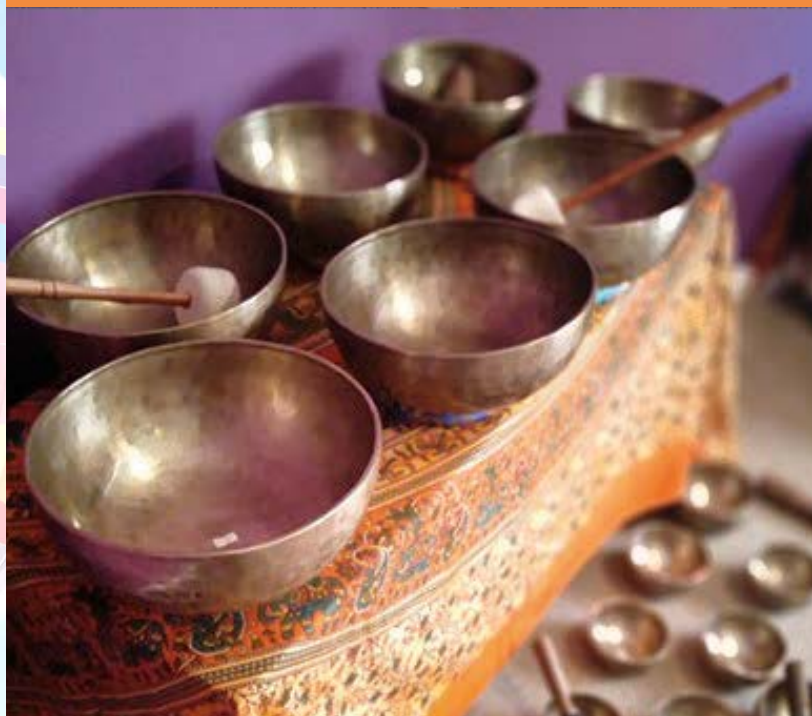


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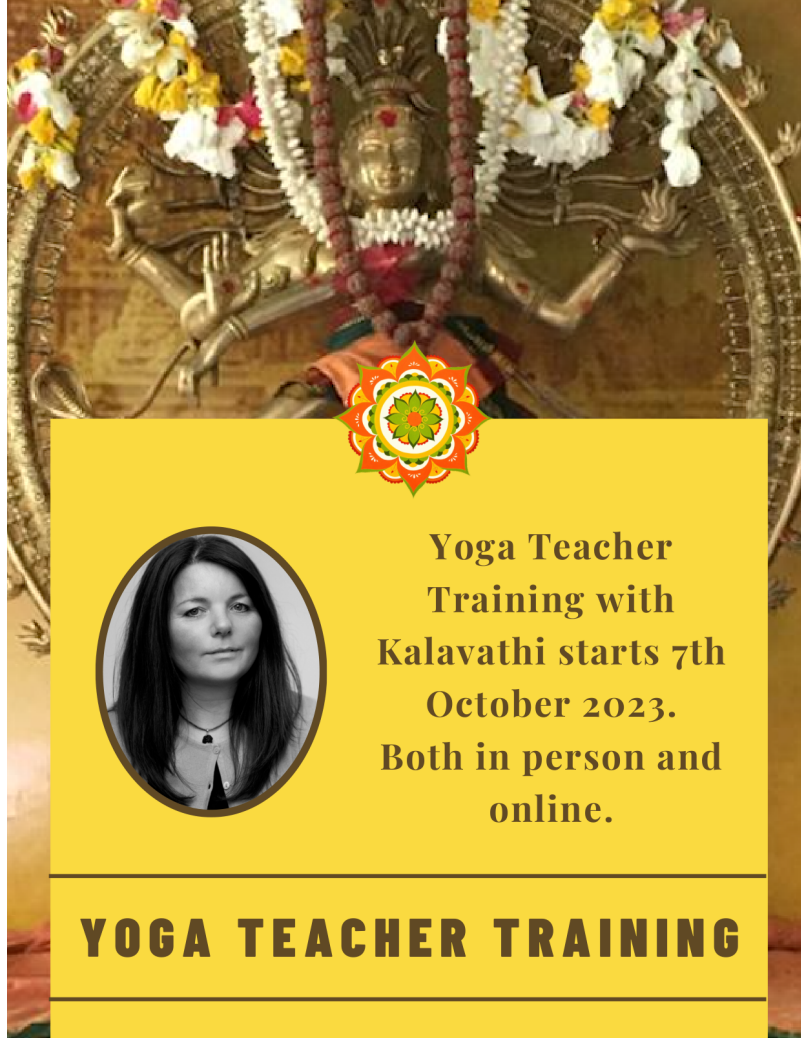
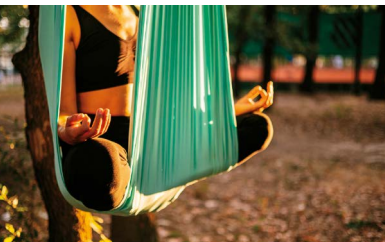
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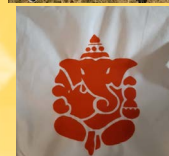
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इहो-रिअलिजेशन

Swami Vivekananda came to the United States in 1893 to attend the World Parliament of Religions. He stayed back and taught Vedanta in cities across the United States. He was very fond of introducing Vedanta with the following lines from the Upanishads.

shrīnwantu vishve amritasya putra / aa ye dhamani
divyani tastu / veda aham etam purusham mahantam
/ aditya varanam tamasa parastat / tameva viditva ati
mrityum eti / nanyah pantha vidyate ayanaya.

“Listen, ye children of immortal bliss; devatas, you too listen since you do not know the import of this mantra. I have realised that infinite being. What is that infinite being like? It is blazing forth like the sun but, with the light of consciousness, and not with material light, and forever beyond the darkness of death, sorrow and all human limitations.” What is the use of this realisation? Realising this truth, we go beyond death, sorrow and human limitations. Is there any other way like technology, medicine, entertainment etc., through which one can overcome human suffering and attain immortality? No. While every religion declares that God exists, Advaita Vedanta goes further and says that this ultimate reality is none other than Atman which is my own Self. This is the subject of this essay.

The essence of the entire scriptural message of Hinduism is found in the Bhagawad Gita. Some have said that it is bhakti, devotion to the Lord and some have said that it is total surrender to the Lord. Sarva-dharmān parityajya mām ekaṁ śaraṇaṁ vraja - Shri Krishna Himself says, give up all your practices and surrender yourself completely to Me. Some commentators have said that the message of Gita is a call to action to do your duty. But, if we look at the Bhagawad Gita at the very beginning, Shri Krishna's first teaching is Self-knowledge and Self-realisation. The Bhagawad Gita does talk about bhakti,

karma and surrender and all of those are essential, but, what does Shri Krishna say in the beginning? He talks about Self-knowledge and Self-realisation.

In the first chapter of Gita, Arjuna explains his problems and Shri Krishna simply listens with a half-smile, sitting in the chariot. It is only when Arjuna says “I am Your disciple and I have no solutions to the various problems faced by me; please help me”, that Shri Krishna speaks in Chapter 2. Let us remember the teachings of Bhagawad Gita come to us directly from the Lord! Hence, we should approach the teachings of Bhagawad Gita with reverence and care. The very first thing Shri Krishna says to Arjuna is ‘nānuśhochanti paṇḍitāḥ’ - the wise ones go beyond sorrow. Arjuna, if you want a solution to sorrow, you need wisdom.

Shankaracharya defines paṇḍitāḥ as Atma vishaya prajña which means one who has realised the Self. It is such a person who goes beyond sorrow and death. Arjuna wanted a solution to the ethical problem that he was facing. Instead of directly answering that question, Shri Krishna goes to the highest philosophy and teaches Self-knowledge. After giving this highest knowledge Shri Krishna comes back to tell Arjuna what he should do. Shri Krishna first went to the core of the problem and addressed who this I is. Without knowing who this I is, how can I do or not do something? The knower of the Self goes beyond sorrow and all sufferings - tarati shokam Atman vit. We all want this state but we do not know the way to reach this goal. The way to reach it is through Self-knowledge.

The first thing Shri Krishna teaches Arjuna is most reassuring. The real Self is beyond death and since our nature is the real Self, we are beyond death! Death is certain for those who are born and Shri Krishna says this to Arjuna later in the same chapter - jātasya hi dhruvo mṛityu. The Lord further tells

Arjuna, death is there for the body, but you will not die because you are not the body. So, what is my conception of the self? The Lord starts the teaching with verse 2.12 where He says:

na tvevāhaṁ jātu nāsaṁ na tvam neme janādhīpāḥ
na caiva na bhaviṣyāmaḥ sarve vayamataḥ param

I did not exist anytime in the past - not so! You did not exist anytime in the past? Not so! All the kings that you are seeing did not exist before their present birth? Not so! We think we are born now and did not exist prior to this birth. Not so! Also, after this birth when the body dies, will we not exist any more? Not so! The Lord uses double negatives to convey an important message. Shri Krishna is thus negating the common understanding of ourselves that we come into existence when we are born and go out of existence when we die. This wrong understanding is due to our identification with the body. Shri Krishna says, first of all consider the fact that the body undergoes six-fold changes: (i) asti - we are conceived in the mother's womb (ii) jāyate - we are born as a baby (iii) vardhate - the baby grows into a child and a youth. (iv) vipariṇamate - maturity and middle age (v) apakṣiyate - deterioration of the body (vi) naśyati - the deterioration of the body culminates in death.

Shri Krishna clarifies that the six-fold changes are of the body and we are not the body. We have to admit that we are the same being from childhood to youth to adulthood to middle-age to old-age. In this continuously changing body, I was there as a constant. If something is changing and something is unchanging, the two things cannot be the same. I am the same person from babyhood until today despite the ever-changing body. The ever-changing body and the unchanging I cannot be the same.

This is what Shri Krishna says in the next verse, that you are constant through all the

by Swami Sarvapriyananda

changes. Therefore, when the final change comes (i.e, death of the body) you will still remain constant exactly like how it was throughout the various stages of development and deterioration of the body. In verse 2.13 Sri Krishna says:

dehino'sminyathā dehe kaumāraṃ yauvanaṃ jarā
tathā dehāntara-prāptir dhīrastatra na muhyati

Therefore, when death comes to the body, do not think you have died. In that final change you remain constant. This is the beautiful insight that Shri Krishna shares with Arjuna. We never think along these lines and instead think that death results in the person having gone forever. Thus, the Lord says, Arjuna, death is not the end of a person and it is just yet another change in you, the constant unchanging I. The wise person is never shaken about death and sees it as the I going from one body to another body.

There is a deeper reasoning that we must think about. Why is it that we think death is the end? When we deal with a person, we do not think we are dealing with the body alone and instead think that we are dealing with a conscious being. But when the body dies, we say that the person is dead although it is only the body that dies. We mix up the consciousness with the body. How are we sure that the conscious being or jīva is also dead? It is true that the dead person is no longer available to interact since the body with which he was interacting has died. When the same body, which is a vehicle of consciousness, is destroyed, we say that the conscious being is gone. Just like when a person comes through the door can we say the door has produced the person? Not at all. The door was merely an entry point for the person. In the same way, we did not come into existence with the birth of the body and we will not go out of existence with the death of the body.

This is one great idea that Shri Krishna

shares with Arjuna.

Later, Sri Krishna says in another verse 2.22:

vāsāmsi jīrṇāni yathā vihāya
navāni grhṇāti naro'parāṇi
tathā śarīrāṇi vihāya jīrṇā-
nyanyāni saṃyāti navāni dehī

We put our old clothes in the laundry and wear a fresh set of clothes. In the same way, when the body is no longer usable, the sentient being discards the old body and goes on to another new body. This is as simple as discarding the old set of clothes and wearing a new set. The Lord has thus given two examples to show that we are not the body: I the sentient being remain unchanged despite the ever-changing body and discarding old clothes and wearing new ones. This shows that we are nityam (permanent) and body is anityam (temporary). We do not come into existence with the birth of the body nor do we die with the death of the body.

The Lord says, yes, you will exist for ever. There is death only for the body and not for you. If so, the student says I am very interested to know this Ātman. The Lord says in 2.18 Ātman is aprameya, which means Ātman cannot be known. This is indeed a shock. If Ātman cannot be known why study the Bhagawad Gita and why is Self-knowledge and Self-realisation taught? Swami Vivekananda said in a discourse in London, Ātman cannot be known but you should not go away from here with the idea that Ātman is un-knowable. It is more than knowable. We first know ourselves before we know anything else. So, sense perception is our initial source of knowledge - pratyaksha. Fortunately, or unfortunately, Ātman is beyond all the sense organs, Ātman cannot be seen, smelt, tasted, touched or heard. So, sense organs cannot objectify the Ātma. But there is another way of knowing things, i.e., through inference (anumāna





ईर्ष्या-रहालोकितान्तरा... continued...

in Sanskrit). Can Ātman be inferred? Not really as inference depends on perceptual data. Why is this Ātman aprameya? There is a deeper meaning to this question. Ātman is aprameya because it is not an object. There are many physical things in the world from sun, stars, galaxies to tiny atoms and sub-atomic particles. There are also mental things in the form of thoughts, feelings, emotions, ideas and memories. They are all objects, either physical which are outside or subtle which is in our mind. Only objects can be known and Ātman is not an object and hence cannot be known.

Ātman cannot be objectified. Arjuna wants to know where is the Ātman and hence Shri Krishna says it is aprameya. If Arjuna opens his eyes, he will only see Kurukshetra battle field; if he closes his eyes, he will only encounter his sorrowful thoughts. If so, which is the Ātma? The one which is having the experience of the external world and internal world, that pure subject consciousness, is the Ātman. A good example is our own eyes. We see the entire world because of our eyes. But we cannot see our own eyes! You may say that we can see our eyes by looking into a mirror. But what we see in a mirror is the reflection of our eyes and not our own eyes. In philosophy, this is the rule of self-reflexivity. A thing cannot operate on itself. A knife cannot cut itself. The eye cannot see itself. The subject cannot objectify itself and hence Shri Krishna says Ātman is aprameya. The Lord says, Arjuna, your real nature is aprameya but, it is self revealing because it is consciousness.

By experiencing anything, people, places, thoughts, emotions or even blankness which too is an experience, it is proved that you are conscious. Every experience proves to you that you are consciousness. Just as seeing anything proves to me that eyes are there, similarly, the fact of

any experience (seeing, smelling, tasting, touching, hearing, thinking, remembering, enjoying, suffering etc.) proves that I am consciousness. This constant consciousness that is revealed to me in every experience of life is called in Vedanta as cit, caitanya, bodha, samvid, etc. There are many names for consciousness in Vedanta. Earlier we saw the word sat which means continuous existence. That sat is Ātma. Now we are seeing cit which means consciousness. This cit is also Ātma. This continuous existence-consciousness objectifies and illumines not just the body but also the mind. It is not that the body is continuously changing, mind too is changing. These changes in the body and mind are constantly revealed to this sat and cit. The cit reveals everything and the sat gives existence to everything. Just like the fire gives heat to everything, you the sat, the pure Being, give existence to mind, body and the universe. What a radical idea this is!

The materialist idea is that matter is the ultimate reality and sentience emerges out of matter. Vedanta reverses this idea. You (as Consciousness) exist and your existence gives existence to everything in the world. You are aware and your awareness illuminates everything in the world. Upanishad says *tameva bhāntam anubhāti sarvaṃ* – it is because That shines everything else shines; *tasya bhāṣā sarvavidam vibhāti* – by Its light everything is illumined here. You the consciousness shining, the mind shines and the senses are lit up. When the mind and senses shine, the entire universe is revealed to me. You shining, everything else shines. This is the conclusion from that one word, aprameya. If Ātma is aprameya, it is not an object of knowledge, yet always revealing. Another word that is used is *svaprakāśa* - self luminous.

In verse 2.19, Shri Krishna says of this Ātma:

*ya enam vetti hantāraṃ yaścainaṃ manyate hatam
ubhau tau na vijānito nāyaṃ hanti na hanyate*

He who thinks the Self to be a slayer and he who thinks the Self is slain, both are ignorant of the truth. The Self neither slays nor is slain. Since it is a battlefield, Shri Krishna is using the terms slays and slain as examples. The Lord says if you think you are doing any action like killing, then you do not know the Self. If you think someone is killing or doing something to you, then too you do not know the Self. The great American poet and writer, Ralph Waldo Emerson says in his poem, *Brahma*:

If the red slayer think he slays,
Or if the slain think he is slain,
They know not well the subtle ways,
I keep, and pass, and turn again.

Emerson is literally translating the message of verse 2.19 (and also Kathopanishad). He says in his poem that the nature of the Self is neither slayer nor slain. What is meant by that? It means you are not the karta or bhokta. Ātman is not the doer (karta) of action nor is Ātman the sufferer (bhokta) of the results of action. You are pure consciousness. You the Ātman are free from the law of karma. What is the law of karma? If you do good, i.e., dharma you get punya (merit) and result of punya is sukham (happiness). If you do bad and are purposely mischievous, i.e., adharma, you get pāpa (demerit) and result of pāpa is dukkha (sorrow). This is the law of karma.

Swami Vivekananda says “Good-good, bad-bad, and none escape the law. Whosoever wears a form must wear a chain”. Form here means the body and whenever we have a body we are under the influence of past karma. Continuing in

by Swami Sarvapriyananda

the same poem Swami Vivekananda says
"Far beyond name and form is the Ātman
ever free. Know Thou art That, Sannyasin
bold! Say - Om tat sat Om!" When we
recognise who we truly are, we get
freedom from the law of karma. This is
known as moksha in Hinduism. This is the
result of Self-realisation. Tameva viditva ati
mrityum eti – realising this, I claim I am this
Brahman. This realisation sets us free from
the cycle of births and deaths. We have
attained the goal of life, moksha. This is
the central teaching, first teaching and last
teaching of Shri Krishna – know yourself
and be free.

Om Tat Sat

Swami Sarvapriyananda is the resident
Minister and Spiritual leader of the
Vedanta Society of New York founded
in 1894 by Swami Vivekananda, the first
teacher of Vedanta to come to the West.

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Foundamentals of Ayurveda

Ayurveda is made up of two words 'ayus' and 'veda'. Ayus means life and Veda means knowledge and put together means that Ayurveda is a Complete knowledge of life. The word 'Life', has to be understood in its full sense, that it is not just the understanding of the body and mind but includes the third plane, the spiritual plane. According to the Veda, this spiritual aspect is functioning through the body and mind. So, a basic understanding about the body, mind and soul from an Indian philosophical prospective is essential to understanding Ayurveda properly. Ayurveda is always referred to as a holistic system, because it addresses all three planes of every being.

आयुषः पालनं वेदमुपवेदमथर्वणः ।

(Astanga Sangraha.Su.1/8)

Ayurveda which is the upaveda (primary subject) of the Atharva Veda deals with everything related to the protection and sustenance of Life. It goes beyond prescribing remedies for ailments and offers health in a holistic way not just at the physical level but even at a mental and spiritual level.

स्वस्थस्य स्वास्थयत्क्षणमातुरस्य वक्तारप्रशमनं च॥

(Charaka.Su.30/26)

There are two main Aims of Ayurveda:

1. Preserving the health of the healthy person
2. Curing disease in an unhealthy person

Parameters or Markers of Health as Explained by Acharya Kashyapa

अन्नाभिलाषो भुक्तस्य पराधिकः सुखेन च । सृष्टवणिमृतरवातत्वं शरीरस्य तु लाघवं ॥

सुप्रसन्नं नन्द्ययित्वं च सुखस्वप्नप्रबोधनम् । बलवर्णायुषो लाभः सौमनस्यं समागन्ति ॥

वदियादरोग्यं लङ्घिगानं विपरीते वपिर्यम् ॥

(Kashyapa samhita. Khi.St 5/6-8)

Desire for the intake of food, proper and easy digestion of the ingested food, evacuation of faeces, urine and flatus properly, lightness in the body, pleasantness in sense organs, proper timely sleep and awakening, gain of strength, life and pleasant mind and normal Agni are the features of health and the opposite state is illness.

Historical Background

It is often incorrectly stated that Ayurveda Originated 5000 years ago in India. Ayurveda is eternal and tracing back its origin, one should understand that even Brahma, the creator, did not create Ayurveda but he remembered the eternal shastra (Brahma Smitva Ayushovedam) and transferred it to others like Daksha Prajapathi, Ashwini kumaras and Indra. A few thousand years ago, out of compassion, seeing the suffering of human beings, the rishis of that time deputed Bharatwaja Maharishi to learn the Shastra from Lord Indra and transferred the knowledge to many other disciples like Agnivesha, Bhela, Haritha etc. Until this point, Ayurvedic knowledge was transferred through an oral tradition but these disciples documented their understandings and thus it became a written tradition. This documented knowledge is nothing but our text books of Ayurveda we use today such as Charaka Samhitha, Bhela Samhitha etc. It is this documentation that is approximately 5000 years old, since Ayurveda has always been eternal.

Knowing about life and living in bits and pieces, unable to join the dots, along with the complexities of life including the enormous changes in the globe, keeps a person striving

to keep her/his sanity and wellbeing! Keeping the Vedic vision as the backdrop, Ayurveda was the answer to all kinds of ailments, disease and situations that a human can encounter. Eras and times may have changed but humans continue to be afflicted with ailments, disease and encounter "jara"- old age! Ayurveda seems to be more relevant today that it has ever been! Nevertheless, like many traditions, a desire to move with the times has led to diluting the vision, Ayurveda too seems to be under "pressure". This has, perhaps, made "vaidyas" turn to doctors, made them search for Ayurveda medicines and herbs to alternate the modern medicines or to establish a medicine-to-disease connection to keep match and pace with modern allopathic medicine, and finally, to turn Ayurveda to a cosmetic, luxury, spa, wellness and alternate treatment.

Pancha-mahā-bhūtas and Doshas

The whole of Ayurveda works on the basis of Pancha-mahā-bhūta or five basic elements which is also the basis of our understanding about doshas.

The pañca-mahā-bhūtas in the universe are:

1. Akasha (space)
2. Vayu (air)
3. Agni (fire)
4. Jala (water)
5. Prithvi (earth)

The concept of pañca-mahā-bhūta is complete and sophisticated, in Indian philosophy, to the extent that one can understand everything in the universe from this perspective. It is incorrect to understand water (H₂O) as jala-mahā-bhūta. Water comprises of all 5 mahā-bhūtas (as does any other substance in the universe), but water has a dominance of jala-mahā-bhūta.

by Dr Parthasharathy

When we refrigerate the same water and turn it into ice, it is dominant with Prithvi mahā-bhūta. When we heat up the water on a fire, it becomes hot water (ushna) by which we can understand that the agni-mahā-bhūta has increased. When we heat it up further, the water turns into vapour, by the dominance of vāyu-mahā-bhūta.

Thus, when we compare the modern understanding with Ayurveda, the chemical composition of water will be H₂O irrespective of anything they try to understand water from H₂O prospective but the cold water with dominance of jala-mahā-bhūta can be used to reduce the ushna and Pitha while the hot water with ushna property can be used to reduce the sheetha, Vata and so on.

- Prithvi and Jala mahā-bhūta together forms the Kaphadosha
- Agni with Jala mahā-bhūta forms the Pithadosha
- Vayu and Akasha mahā-bhūta forms the Vathadosha

These vatha, pitha and kapha doshas are understood by the properties which are exhibited by the combination of mahā-bhūtas as we understand any substance in the universe. These doshas are the functional representation of the pancha-mahā-bhūta. These three doshas help in easy understanding of the physical plane of a human and so the 5 mahā-bhūta are re-categorised into 3 doshas. Similarly, the pancha-mahā-bhūta are re categorised as Satva, rajas and Tamas for easy understanding of the mental plane.

These doshas in their state of equilibrium is understood as health and their disequilibrium is understood as disease thus no disease is possible without the derangement of doshas and Ayurveda treatment is aimed at bringing

back the doshas to equilibrium which is nothing but the healthy state of the individual.

Simple and logical understanding of the doshas

Doshas are basically understood by their properties. Example – Vata Dosha is understood as the presence of properties like laghu (lightness), Ruksha (dryness), Sheetha (cold), Chala (moving), sukshma (subtle/ formless) etc. Increase of these properties in the body will increase the vata dosha or we can appreciate the increase of these properties whenever there is an increase of vata dosha. So, when we appreciate the increase of Sheetha and Ruksha gunas which is understood as vata, the treatment should be to reduce it which is achieved by providing the Ushna and Snigdha gunas to the body. The expansion of this knowledge from a bigger and more complex perspective is actually the treatment in Ayurveda.

Treatments / Chikitsa

शोधनं शमनं चेतस्मिमासादौषधं द्वयम् ।

(A.H.SU. 1/25, 26)

Generally, treatments are of two kinds, they are Shamana and Shodhana.

Shamana is a procedure where the imbalance of doshas is rectified by pacifying them and shodhana is a treatment where the imbalance is rectified by removing the excessive doshas and this is usually referred to as purificatory treatment or Panchakarma.

Dr Parthasarathy is the chief medical officer of SDJ Ayurvedalaya, an authentic Ayurveda Centre in South India, founded by Sri Swami Dayananda Saraswati in 2014.

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the simultaneity of the trigunas

Nowadays we hear a lot about sattvic this or sattvic that. Being sattvic is in vogue or to be more in line with contemporary lingo; it's woke to be sattvic. But did you know that we all have parts of us that are tamasic and rajasic as well? Yes, that's right, we are not all sattva. Before you train your guns against the idea of having rajasic and tamasic gunas within you; let's understand them a little more.

You see, sattva is associated with knowledge, with knowing and creativity. Brahma, the progenitor of knowledge, is the essence, the imprint of Sattva. Sattva has as its consort Saraswati ~ the goddess of learning. Sattva therefore stands for the ability to learn and know things. Rajas, on the other hand is at its core, activity and action. Vishnu, with his emphasis on karma and action stands as the epitome of the Rajasic guna. Rajas here is not simple action but rather action informed by knowledge and dharma. That is why he is considered as the one who runs and sustains the world and the Universe as we know

it. For the Universe cannot Be without activity, action or Rajas. Vishnu's consort, the goddess Lakshmi, the goddess of wealth and abundance is the result or the fruit of our activity or our karma. The message here is that prosperity and abundance will come only from activity and/or karma. And finally, tamas. Tamas is generally understood as the antithesis of sattva or as the opposing principle to sattvic purity. However, that is at best a simplistic understanding of tamas and at worst, an erroneous one. Tamas is not simply lethargy or destruction or darkness. It is more profoundly, latency. That is, it refers to all the possibilities that lie within us and within the Universe at large. Tamas is all that can be. Tamas is all that is yet to be known but can be known through knowledge and activity. Think of Tamas as the many unknown stars and galaxies that are spread through the ever-expanding Universe. That latency, that possibility of knowing is Tamas. Shiva or Maheshwara, then is not simply the cause of destruction and darkness. He stands for all that is possible.

And the darkness, perhaps is the result of things not yet being known. Shiva, then is latent possibility and his consort Shakti represents power or the natural, creative energy that is imperative to uncover and discover all that is latent. Without, Shakti or the primal energy nothing can be created and the latency remains just that ~ a distant possibility.

In the physical, tangible Universe too, the three gunas coexist; not mutually exclusive of each other but in a state of flow with each other. That is, you do not know where sattva ends and tamas begins and where rajas ends and sattva begins. Again, look up at the stars to observe this. With knowledge/Sattva we know that the Sun is at the heart of the solar system and that solar system is a part of the Milky Way. Rajasic energy ensures that the Earth rotates on its axis every 24 hours and completes a revolution around the Sun every 365 days. The Tamasic is all that is yet to be known.

As outside, so inside. That is, the three Gunas are in a state of

by Dr Hansaji Yogendra

flow within us as well. None of us is ever completely sattvic, rajasic or tamasic. Yes, at a particular point of time one maybe dominant over the other two. When we act, the rajasic is dominant. When we learn, sattva dominates. And when we contemplate, the tamasic works. Each aids the other: learning helps action and contemplation leads to action. This state of mutual existence is the essence of balance; where none of the three constantly over-powers the other two. With balance comes the path for contented living. With balance comes the means for meaningful living.

Dr Hansaji Yogendra is director of The Yoga Institute, the world's oldest organised Yoga Centre, established in 1918 by Shri Yogendra (1897-1989).

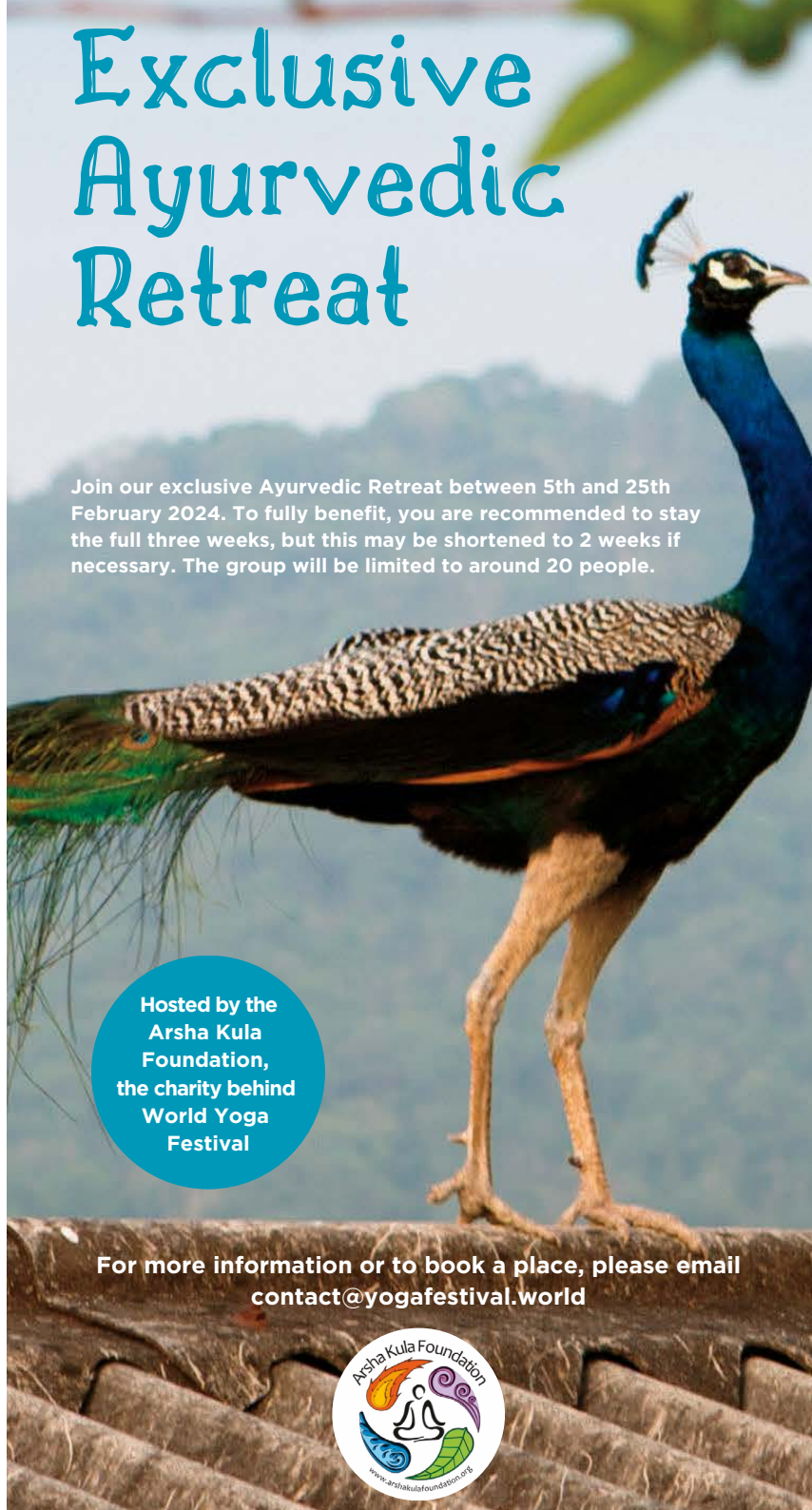
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