



# Om yoga show

13 14 15 October 2023

Alexandra Palace,  
London, N22 7AY

**Book tickets at [omyogashow.com](https://omyogashow.com)**

**Ticket includes entry to the Mind Body Soul Experience**



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# Welcome

**13<sup>th</sup> 14<sup>th</sup> & 15<sup>th</sup> October 2023**  
**Alexandra Palace, London N22 7AY (sat nav)**

The OM Yoga Show is back! Join us at Alexandra Palace for another spectacular, fun-filled weekend of all things yoga! Throughout the three-day event, you can take part in hundreds of classes, workshops, lectures and meditations, suitable for all levels.

Whether you're completely new to the world of yoga and want to find out more, or you're an experienced practitioner, there's something for everyone — including the kids, who can enjoy free classes at the Yogi Power Children's Yoga Area.

Our aim is to prove that yoga is for everyone, regardless of age, gender, body type, experience or ability. Simply come along, join in the fun and soak up all the good vibes and high energy inside the People's Palace!

Practice alongside some of the world's top teachers, make new friends and connect with thousands of beautiful, likeminded souls.

As always, we're bringing together yet another group of incredible teachers to lead classes covering everything from cacao and singing bowls, to CBD oil and yin yoga. It really is all things yoga under one big roof!

This year also marks the start of the inaugural OM Yoga Awards — come along and find out who has been named as the UK's favourite yoga teacher, studio and retreat, among other awards. The winners will be announced on Saturday 14<sup>th</sup> October.

All this, plus our showcase of exhibitors inside the giant yoga shopping mall, who are on hand with everything you could want or need to fire up your practice. From yoga leggings and yoga mats, to supplements and snack bars – start making your shopping list now!

And, of course, don't forget to head to stand M3 and say hi to the OM Yoga & Lifestyle team – subscribe over the weekend and you'll receive one of their famous goody bags!

**See you there!**

## THANK YOU TO OUR SPONSORS




## “ #omyogashow

We would love to see and hear about your experience at the show - please feel free to share your thoughts and images with us on Facebook, Instagram and Twitter!

”

 /yogashow

 @yogashow

 @omyogashow

# About The Show

**13<sup>th</sup> 14<sup>th</sup> & 15<sup>th</sup> October 2023**  
**Alexandra Palace, London N22 7AY (sat nav)**

## Information

The OM Yoga Show London:  
Alexandra Palace, London N22 7AY (sat nav)

13<sup>th</sup> 14<sup>th</sup> & 15<sup>th</sup> October 2023

Exhibition Opens: Friday: 11am-6pm  
Saturday: 10am-6pm  
Sunday: 10am-5pm

## Admission

Tickets are available on the door or online at  
[omyogashow.com](http://omyogashow.com)

1 day adult	£20
2 day adult	£36
3 day adult	£48

Children under 16 are free but must be accompanied by a paying adult.

## Catering

A selection of vegetarian and vegan hot and cold food, snacks and beverages will be available throughout the event.

## Water Refill Point

You can refill your water bottles at the water refill point on the wall behind Hero Open Class.

## Workshop & Lectures

Advance Workshop tickets are available from our website [omyogashow.com](http://omyogashow.com)

Workshop tickets are available on the day from stand no M3 and are subject to availability. **Please ensure you bring your own yoga mat, mats are not provided.**

All presenters and exhibitors are correct at the time of going to press. Prime Impact accept no liability for programme changes beyond our control. Audio and visual

recording of the workshops, lectures and stage demonstrations are strictly prohibited and subject to copyright.

Admission to free open classes and lectures do not require a ticket, Please arrive at the designated room/area approximately 5-10 minutes prior to the start time. Paid for workshops require a ticket which are available online [omyogashow.com](http://omyogashow.com)

Workshop tickets are available on the day from stand no M3 and are subject to availability.

## For all Workshop/Classes

It is advisable to come suitably dressed in loose comfortable clothing and that you bring sufficient water, a shawl or extra top and towel.

It is advisable not to eat two hours before class and for maximum benefits, not less than one hour after. Please advise the teacher of any ill health or problems, especially heart conditions, epilepsy, high or low blood pressure prior to any workshop.

**Please ensure you bring your own yoga mat, mats are not provided.**

## Organisers

Prime Impact Events & Media Ltd.  
Unit 4, Nags Corner, Wiston Road, Nayland,  
Colchester, Essex CO6 2NS.

Tel: 01787 224040

Email: [info@primeimpact.co.uk](mailto:info@primeimpact.co.uk)

Web: [primeimpact.co.uk](http://primeimpact.co.uk)

The OM Yoga Show is intended as a source of information only. Prime Impact can not be held responsible for the conduct of their exhibitors or the advice offered by them.





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# How To Get There

what3words to the Palm Court entrance **///button.master.unit**  
Download the what3words app.

## By Car

Car parking charges now apply at Alexandra Palace. Charges support the venue's charity work to care for Park and Palace.

You can pre-book car parking, pay on-site or within 24 hours of leaving, via the following methods. If prompted the Location ID is **685981**.

- Via the ECP parkbuddy app
- Online at [ecpparkbuddy.com](http://ecpparkbuddy.com)
- Onsite: cashless payment terminals in the car parks. Please note that American Express is not accepted.

**SAT NAV POSTCODE: N22 7AY**

## Accessible Parking

There are dedicated accessible bays in the Grove Car Park and the East Car Park. Spaces are available on a strictly first come, first served basis.

## By Rail

The venue have their own train station fittingly called Alexandra Palace Station. It is located at the Wood Green entrance to the Park. A regular train service with Great Northern runs direct from Moorgate, through Highbury & Islington. There is also a service direct to/from King's Cross.

## By Bus

The W3 bus runs from Finsbury Park and Tottenham to Alexandra Palace Palm Court.

## By Tube

Wood Green is the nearest underground station on the Piccadilly Line. (journey time is 20 minutes from Piccadilly Circus). Exit Wood Green Station and head to the bus stop to get the free shuttle bus up to the venue.

## By Bike

There are (uncovered) bicycle racks in the East Court car park.

# FREE SHUTTLE BUS

Friday 13<sup>th</sup>, Saturday 14<sup>th</sup> and Sunday 15<sup>th</sup> October

**From Wood Green Tube Station &  
Alexandra Palace Train Station to the event**

**Starts** 10am Friday  
9am Saturday and Sunday  
(Approx. every 20 mins)

**Last bus** leaves Alexandra Palace at  
6.30pm Friday and Saturday  
5.30pm Sunday



GIVE US YOUR BODY  
FOR A WEEK AND  
WE'LL GIVE YOU BACK  
YOUR MIND



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or book online





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*your*  
**everyday**

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the Virgin Active Academy.

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this weekend at our  
stand (C18).

[virginactive.co.uk/yoga-course](http://virginactive.co.uk/yoga-course)





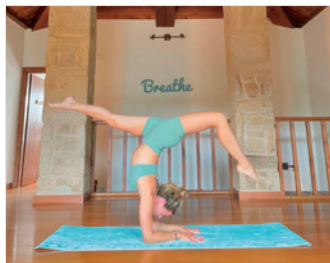


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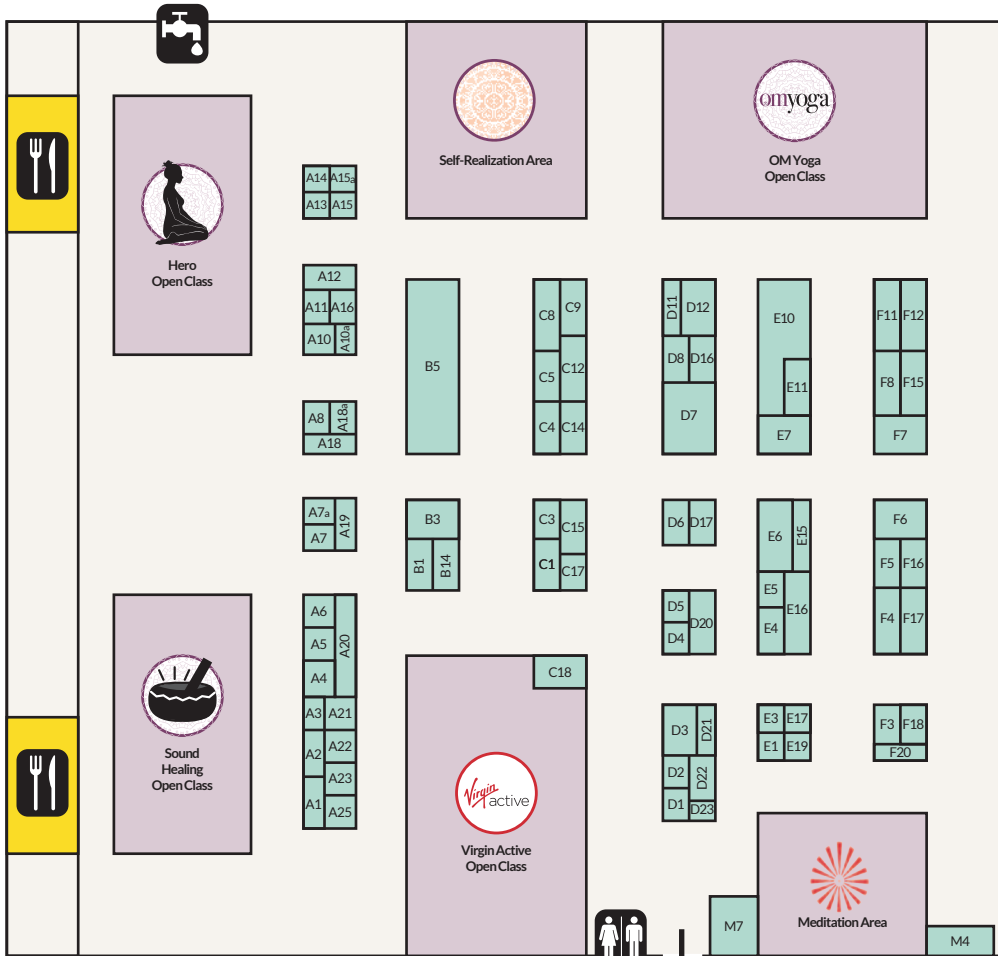


  
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Nurture your soul, mind and body with yoga, massages, and delicious healthy cuisine. Located on the stunning coast of Galicia, Spain, connect with nature through mountain hikes, sea views, and white sand beaches.



# Floor Plan



## Key:



Water Refill Point



Catering Outlet



Toilets



Workshop Tickets  
& Information



Palace Workshop





# DIARY DATES 2024

9th & 10th March 2024

**Vegan Life Live**  
Alexandra Palace, LONDON  
VeganLifeLive.com

18th 19th 20th October 2024

**OM Yoga Show**  
Alexandra Palace, LONDON  
OMYogaShow.com

18th 19th 20th October 2024

**Mind Body Soul Experience**  
Alexandra Palace, LONDON  
MindBodySoul.Show



**Mind Body Soul**  
experience

**om**  
**yoga show**  
Main Entrance



Panorama Workshop



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# A-Z Stand Listings

P22	3HO Europe	L7	HARBOURVIEWISLAND BAR & GRILL	J12	Sprouting pea
F3	9D BREATHWORK REVOLUTION	A16	Healing Whisperer	R2	Success Retreats
K16	A Vida / Brazil Gemstones	H8	Healy	F4	Sun Kyeong
R1	ACCESSORY ARCADE	M10	Hotpod Yoga	C9	Svata Katerina Resort
A8	Action Village India	F18	hum yoga	A19	SWEET REVOLUTION
M4	Acumag	C3	Huzur Vadisi Yoga Retreats	K5	Symprove
D20	Aduna Superfoods	A22	Integrity Centre	B3	Tali & Loz Crystals, Minerals and Gems
A3	AFFYBALE GROUP	J12	Jellyfish & Silver	K22	TeenYoga
P19	ALTR	N1	Jewellery ViVi	N8	Tera Kaur Yoga
N9a	Andflow	N6	Kept for Life	H27	TERRANAM WELLNESS
H1	Andrew Prod Photography	K3a	KINENAT	P15	The Ayurvedic Clinic
P7	ARCTURUS FOAM INDUSTRIES	P16	KISS MY BALM	H23	The Business of Wellness
	PRIVATE LIMITED	P22	Kunadalin Yoga Teachers' Association (KYTA)	G19	The Crystal Nutrition Company
P15	Association of Ayurvedic Professionals UK	K18	LaBalance by Sassy La Femme	G9	The Energy Wheel
P15	Ayurveda Institute UK	G15	Life Purpose Shaman	A7	The Fourth House Candle Company
D5	Ayurvedic Yoga Massage UK	K8	Lotus Love Yoga	H28	The Herbender
D3	Balens Ltd	A10a	Love All Ways Yoga	P24	The Karma Tea Co.
E15	Bamboo Clothing Ltd	A20	Lumina Jewellery	L2	The LaLa Land
G21	BEAM ACADEMY	F7	Manduka Yoga	H9	The Pleasure Party
J5	BIG JUICE LTD	J9	Massage World Magazine	A11	The Prison Phoenix Trust
P29	Big Love Movement	A12	Matcha and Beyond	J20	The School of Ayurveda UK
P29	Big Love Movement X Peachaus	K20	Medusa	A18a	The Tulā Code
P23a	Boostball - Protein and Low Carb Snacks!	J2a	Middle Path Movement School	G14	The Wildlife Trusts
H16	Boudicia Rising	A1	Mighty Leap Yoga / Karma Retreats	G10	THEENK TEA
J3	Breast Cancer Now	J6	Mindful Champs	H18	TOETOE Socks
H15	Breath for Health	L1	Modern Witch Boutique	F20	Toorak Candle Co.
P32	Bristol Fungarium	G23	Moon Karma- Himalayan Singing Bowls	E1	Topaz in the Sky
J7	Buddha Pants UK	F11	Moonchild Yoga Wear	P35	Transformational Breathwork Journey with Breath Hub
P8	BWV - The Heart of Yoga	P10	Moonji Plant-Based Ice Cream	J4	Triple Goddess Yoga - Menopause & Chair Yoga
P14	Capital Health Ltd	K3	Munkudil Ayurveda and Yoga Retreat	A18	Truviv
D4	CATS PROTECTION	A10	NAUTRA Activewear	J2	Tulasi Maharani Jewellery & Gladwell Massage
A25	CENTRED	F16	NeverLeaves with the Crystal Passage	D6	UPAYA
P15	Chaveda London	J11	Nourish London	H3	Urvava - Retreats & Wellness
D17	chaYkra - eco wellness	A23	Oceanic Ventures Retreats	K1	VEDIC COSMOS
P13	Chillout Retreats	H30	Olra Activewear	C18	Virgin Active
C17	ChokuReiki Healing	M3	OM Yoga Magazine	N3	WEAR EVELIN
H17	CNM College of Naturopathic Medicine	G12	Oshomo Food as Medicine	G12a	Wellness Parlour & Bri Peprah Design
D12	Colour Flow Activewear	P12a	Parental Blessing - Family Constellations with Zornitsa Maleva	N4	Whitfords   Botanical Skincare
N12	Cotton & Grey	K21	PeaceLoveCreate	E19	Wild as the Moon
H7	Doctor Seaweed	N5	Quimey Oils	P12	Wild Chai
A6	Donna Gerrard Yoga / Beacon Retreat Centre	H11	Radiant Spirit Yoga	E4	WithU
H26	doTERRA	M7	Raja Yoga Meditation - Brahma Kumaris	D2	WOMB Inc
H24	Dr. Cohen's acuProducts	H4	RAVI YOGA	A13	Yan Sophokleous - Holistic Deep Release Bodywork Therapy Training
D21	EARTHEN LIVING	A14	Redwood Crystals UK	K11	Yanga Naturals
F17	EARTHING REVOLUTION LTD	H29	Relaxback UK	N7	YOGA DRUM
A7a	Equilibrium Lifestyle	B14	Riverford Organic Farmers	N10	Yoga Stops Traffick
E6	Ertha Retreats	E16	Rosen Method Bodywork	F6	Yoga Studio Store
M1	Ever Evolving	K7	RSPB	E17	Yoga with Daniella
K19	Evolve Yoga with Selena Garefino	M8	SAHAJA YOGA MEDITATION	G24	YogaBeez Children's Yoga School
G8	F   Lux Activewear	D23	Samasthala Yoga	E10	Yoga-Mad
N9	Fig Tree Ayurveda	G16	Sareen Sacred Weddings	E7	Yogamasti- For men and Women
D1	Foodhak	B5	Scarangar Travel	A2	YOGAMOVES4KIDS
K4	Forever Living	H22	Secret Sauce Angel	P23	YogaTTS
C1	Free Spirit	A15	Selene Eve	F12	Yogi Power & Flip and Flow
H5	FULL POWER CACAO	P20	Serena Organics	J1	Yogi Tea
M9	GREEK BAKERY - HUSH HUSH CHEFS	L3	Sivananda Yoga Vedanta Centres	Yurts	Yurts for Life
A21	Hali Love	A15a	Sole Luna	G22	YUVA YOGA
E3	Hannah Adamaszek Art & Design	C15	Soul's Escapes	K2	Zen Ki Yoga
P34	hapits®	A4	Spiritual Tiik		
N7a	Happy Skin				



# Stand Listings

## A1 Mighty Leap Yoga / Karma Retreats

Interdisciplinary Yoga and Yoga for the voice, specialising in affordable luxury breaks.  
mightyleapyoga.com

## A2 YOGAMOVES4KIDS

Yogamoves4kids yoga and mindfulness for children aged 3-11 years old. Also certified trainings online and in-person.

carolinegarlandyoga.co.uk

## A3 AFFYBALE GROUP

Natural Skincare & Natural Stone Jewellery.  
affybale.com

## A4 Spiritual Tiik

Spiritual Tiik is a natural empath, reiki master teacher, transformational speaker & coach, theta practitioner, author, entrepreneur and rising galactic starseed.

spiritualtiik.com



## A6 Donna Gerrard Yoga / Beacon Retreat Centre

200 hour womb friendly YTT & a beautiful retreat centre in Wales.

donnagerrard.com

## A7 The Fourth House Candle Company

Luxury home fragrance hand poured in the UK. Our soy wax and wood wick candles are non – toxic, long lasting and great smelling!

thefourthhousecandlecompany.com



## A7a Equilibrium Lifestyle

We make sustainable lifestyle products with

love, attention to detail and respect for our planet. Our meditation cushions, yoga mat bags, weighted eye pillows & other products are handmade, using organic, sustainable, recycled, or upcycled materials only.

equilibrium-lifestyle.co.uk



## A8 Action Village India

Working towards a Just, Equal, and Inclusive India  
Action Village India supports partner organisations

who work alongside villagers in rural India so they can improve their lives, livelihoods and resilience.

actionvillageindia.org.uk

## A10 NAUTRA Activewear

Look good, feel good and do good for the oceans with NAUTRA's sustainable activewear. Shaping you and the future.

nautra.co.uk

## A10a Love All Ways Yoga

Visit mother & daughter Sandra & Sofia's boutique of treasures or find out more about their international Yogaventures & offerings.

loveallwaysyoga.co.uk

## A11 The Prison Phoenix Trust

Supporting yoga and meditation in more than 100 prisons, meet the UK's leading prison yoga charity and find out how trauma-responsive yoga is changing lives.

theptpt.org.uk



## A12 Matcha and Beyond

Offers a range of high grade Japanese

matcha from organic tea fields that observe environmentally sustainable practices. We are committed to offer exceptional matcha to great people who share our values.

matchaandbeyond.com

## A13 Yan Sophokleous - Holistic Deep Release Bodywork Therapy & Training

Experience a unique and intuitive Bodywork Therapy approach - Made just for you!

yansophokleous.com



## A14 Redwood Crystals UK

Your Dream in Crystal Form.  
Handmade Jewellery,  
Ethically Sourced Statement

Crystals & Minerals

redwoodcrystalsuk.com



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# Stand Listings

## A15 Selene Eve

Handmade with love, candles, wax melts, reed diffusers made with pure essential oils and Vegan Soy wax. Non toxic and Pet Friendly. All with positive affirmation messages.

[selene-eve.co.uk](http://selene-eve.co.uk)

## A15a Sole Luna

Add some colour to your day with our range of hand dyed clothing & accessories!

[instagram.com/solelunaofficial](https://www.instagram.com/solelunaofficial)

## A16 Healing Whisperer

Here to support women on their journey to wholeness. Awaken your senses with cacao, a heart opening tonic. Learn about maya abdominal massage.

[healingwhisperer.com](http://healingwhisperer.com)

## A18 Truviv

UK's First and Finest Massage Gun.

[truviv.com](http://truviv.com)



## A18a The Tulā Code

We are on a quest to

create and deliver truly functional & indulgent foods inspired by nature's wisdom & grounded in modern nutritional science that can promote health & longevity.

[thetulacode.com](http://thetulacode.com)

## A19 SWEET REVOLUTION

We create delicious Superblend Lattes and Wellness Coffees made with the finest organic functional ingredients grown in nutrient-rich soils. They're drinks to nourish your body and feed your soul!

[sweetrevolution.co.uk](http://sweetrevolution.co.uk)

## A20 Lumina Jewellery

The natural beauty of gemstones combined with creative use of silver to breathtaking effect along with crystals, geode, big display pieces, hearts and palm.

[LuminaJewellery.etsy.com](https://www.LuminaJewellery.etsy.com)



## A21 Hali Love

Learn the magic of self-love and expansion through UNBECOMING.

Here we focus on releasing unhealthy attachments to our personal blockages with supportive guidance and empowering tools found in the safe, loving containers of my programs.

[halilove.com](http://halilove.com)



## A22 Integrity Centre

Visit our stand and Get a chance to win a FREE

Space on 200 hrs Vinyasa Flow Yoga Teacher Training in London with Senior Yoga Teacher Alina Bialek.

[integritycentre.co.uk](http://integritycentre.co.uk)

## A23 Oceanic Ventures Retreats

Our transformational watersports retreats take place in stunning beach locations worldwide. Take care of yourself & up level your health in a holistic way at "The Atlantis Call".

[oceanicventures.co](http://oceanicventures.co)

## CENTRED.

## A25 CENTRED

Your hair can be the first to suffer when life gets out of

balance. Recover your hair with CENTRED's award winning range of haircare scalp care and nutrition.

[wearecentred.com](http://wearecentred.com)

## B3 Tali & Loz Crystals, Minerals and Gems

Small business owned by Laura Konst, certified crystal practitioner and student in Gemmology. We sell Crystals, Minerals and Gems, jewellery + candles.

[taliandloz.com](http://taliandloz.com)



## B5 Scarangar Travel

Unforgettable wellness trips & unique retreat accommodation with

hand-made tours that won't be found anywhere else. Our one-of-a-kind adventure buses allow guests to reconnect through stunning & unspoilt nature. Go beyond & rewild with Scarangar.

[scarangar.com](http://scarangar.com)

## B14 Riverford Organic Farmers

Award-winning seasonal organic veg boxes and more - fresh from our farm, bursting with flavour, and delivered free to your door.

[riverford.co.uk](http://riverford.co.uk)

## C1 Free Spirit

Ethically made sustainable yoga wear & accessories made from Organic Cotton & Bamboo and Recycled Fabrics.

Transformative Yoga, Dance & Movement Retreats!

[freespirit.co/uk](http://freespirit.co/uk)







### C3 Huzur Vadisi Yoga Retreats

Huzur Vadisi, first established in Turkey 30 years ago, also

hosts retreats in Spain, Wales, Norway and Iceland. Long experience, heartfelt care and attention to detail. The retreat you deserve!  
[huzurvadisi.com](http://huzurvadisi.com)



### C9 Svata Katerina Resort

Harmony has found its name in SVATA

KATERINA RESORT located in the middle of Czech-Moravian highland. No cars. Just nature. Wellness. Yoga. Ayurveda. Wellbeing. Widest selection of Ayurvedic therapies in Europe.  
[katerinaresort.cz](http://katerinaresort.cz)

### C15 Soul's Escapes

Luxury bespoke retreats in stunning locations worldwide. From small group to private retreats with 1:1 instructors, each retreat is designed to realign mind, body & soul.  
[soulescapes.com](http://soulescapes.com)

### C17 ChokuReiki Healing

Wellness and lifestyle brand offering Reiki infused products like healing candles, crystals and handmade crystal jewellery to support your energy and wellbeing.  
[chokureikihealing.com](http://chokureikihealing.com)



### C18 Virgin Active

Premium wellness brand inspiring

members to get active. Become a qualified Yoga Instructor through our Academy. Discover classes based on Vinyasa, Hatha and Yin practices in our boutique studios.  
[virginactive.co.uk/academy/yoga-teacher-training](http://virginactive.co.uk/academy/yoga-teacher-training)



### D1 Foodhak

Our combination of world-class gourmet chefs with health principles founded in both traditional Ayurvedic principles and the latest scientific research

results in a wealth of nutritious, delicious meals, all ready to pour, heat and eat, and on your table in less than five minutes.  
[foodhak.com](http://foodhak.com)

### D2 WOMB Inc

WOMB Inc is a CIC established in 2023 founded by cycle-informed yoga teacher, doula and abdominal massage therapist Sinnead Ali.

[wombyoga.co.uk](http://wombyoga.co.uk)



### D3 Balens Ltd

Established in 1950 Balens have been offering specialist

insurance to individuals and their businesses across the Health, Well-being, Fitness and Beauty sectors since the early 1990s.  
[balens.co.uk](http://balens.co.uk)

### D4 CATS PROTECTION

Our vision is a society where every cat has their best possible life because they are protected, cared for and understood by everyone.

[cats.org.uk](http://cats.org.uk)



### D5 Ayurvedic Yoga Massage UK

AYM is an Indian

style of bodywork incorporating traditional Ayurvedic oil massage and passive yoga stretches. Treatments are tailored to client needs.

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

### D6 UPAYA

Our products are a representation of our deep love and respect for Mother Earth and her children. We offer ethically and sustainably made yoga products.

[upaya.xyz](http://upaya.xyz)

### D12 Colour Flow Activewear

Colour Flow Yoga & Activewear is ethically & sustainably inspired by colours, nature and spirit with the ethos of being kind to the skin and the planet.

[colourflowactivewear.com](http://colourflowactivewear.com)



### D17 chaYkra - eco wellness

Organic Cotton Yoga & Loungewear, Natural & Herbal Wellness Mats, Meditation Energy Bracelets & Malas.

Special show offers! #LiveYourEnergy  
[chaykra.com](http://chaykra.com)



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@yogashow #omyogashow



@omyogashow

# Stand Listings

## D20 Aduna Superfoods

Aduna is a superfood brand and certified BCorp. We specialise in superfood nutrition and sustainable sourcing. Creating a healthier you and a healthier world. [aduna.com](http://aduna.com)

## D21 EARTHEN LIVING

Reviving the ancient traditions of Ayurveda, Earthen Living helps you with a nourished skin, beautiful hair and a healthy gut. [earthenliving.uk](http://earthenliving.uk)

## D23 Samasthala Yoga

Our affordable worldclass Bali YTT provides a vast curriculum incorporating traditional Vinyasa and Yin. [samasthalayoga.com](http://samasthalayoga.com)

## E1 Topaz in the Sky

Our purpose is to create magical & meaningful gifts and practical home accessories that bring more peace, spirituality and tranquility to your homes. [topazinthesky.com](http://topazinthesky.com)

## E3 Hannah Adamaszek Art & Design

Yoga inspired Art & Design by Hannah Adamaszek [hannahadamaszek.com](http://hannahadamaszek.com)

## E4 WithU

WithU is the award-winning fitness app with world-class coaching, endless choice, and unwavering support. Exercise never sounded so good. [withutraining.com](http://withutraining.com)



## E6 Ertha Retreats

Ertha Retreats assists teachers & students in organizing retreats, managing every detail and guiding them through all planning stages

for a seamless experience. Focus on teaching and learning, we'll do the rest! [ertharetreats.com](http://ertharetreats.com)



## E7 Yogamasti- For men and Women

Yogamasti offers unique Organic Seamless, lifestyle and hand painted clothes for men and women. They

do great TPE Mats and quality ethnic bags. They have a bricks and mortar store in Coventry and do yoga retreats in their private villas in Spain. SHOW Discounts!! [yogamasti.co.uk](http://yogamasti.co.uk)



## E10 Yoga-Mad

Yoga-Mad, a brand used by yoga teachers and studio offers quality yoga & fitness equipment, including mats, blocks, straps, clothing, and more - promoting wellness and enhancing your yoga practice.

[mad-hq.com/yoga-mad](http://mad-hq.com/yoga-mad)



## E15 Bamboo Clothing Ltd

BAM crafts premium

quality, pioneering, activewear using next-generation, nature-based fabrics. Someday all clothes will be made this way.

[bambooclothing.co.uk](http://bambooclothing.co.uk)



## E16 Rosen Method Bodywork

Experience a way of using touch that puts you 'in touch' with your deepest self. Try a taster and notice what feels more open and awake in you...

[rosenmethod.co.uk](http://rosenmethod.co.uk)



## E17 Yoga with Daniella

Yoga with Daniella host

Yoga retreats around the UK - focusing on improving mental health and mindfulness. We also offer regular Vinyasa, Yin, Nidra and chair yoga classes - online and in-person.

[yogawithdaniella.co.uk](http://yogawithdaniella.co.uk)



## E19 Wild as the Moon

A range of hand crafted ritual tools inspired by the Moon cycle and seasonal cycle, to help you tap into those energies and harness their full potential. Fully vegan.

[wildasthemoon.co.uk](http://wildasthemoon.co.uk)



© VERIFIED FACILITATOR

### F3 9D BREATHWORK REVOLUTION

Experience this ultimate and revolutionary technique to free the body and mind from tension and release trauma through a uniquely crafted journey of breath and 9D sound.

[tribe-yoga.com/breathmasters](http://tribe-yoga.com/breathmasters)



### F4 Sun Kyeong

Discover the life-changing power of

Qi to recharge your energy, clear inherited patterns, and create a bright future. Sun Kyeong Qi Masters and practitioners use a unique combination of light touch and sound to release tension and restore the circulation of Qi.

[sunkyeong.org.uk](http://sunkyeong.org.uk)



### F6 Yoga Studio Store

Leading Retail & Wholesale  
Yoga and fitness suppliers.

Stocking Major Int Brands. Specialising in Custom Branded Manufacturing for Clients & Brands. We supply leading Brands, Hotels, Studios, Retreats etc with their own custom Branded Yoga Mats and Equipment. Our Cotton Material: Organic Gots. Our Yoga mats: Standard 100 by OEKO-TEX®, Product class I.

[YogaStudioStore.com](http://YogaStudioStore.com)



**manduka**

### F7 Manduka Yoga

Creating the

world's most thoughtfully designed products for experiencing the joy of yoga on and off the mat. Manduka makes yoga products that are driven by quality and focused on product performance, beauty and innovation.

[eu.manduka.com](http://eu.manduka.com)



### F11 Moonchild Yoga Wear

Introducing Moonchild

Yoga Wear, a Danish athleisure brand founded in 2015. Inspired by Scandinavian nature, our ethical and feminine collections combine style with performance for yoga and more. Designed by women, for women.

[moonchildyogawear.com](http://moonchildyogawear.com)



### F12 Yogi Power & Flip and Flow

A unique range of wellbeing gifts for children, and workshops that blend yoga, breathwork, mindfulness, games, and family fun!

[playyogipower.com](http://playyogipower.com)

### F16 NeverLeaves with the Crystal Passage

Beautiful, rare and unique crystals in all shapes, sizes and fusions that appeal to all budgets and interests.

[etsy.com/uk/shop/neverleaves](http://etsy.com/uk/shop/neverleaves)



### F17 EARTHING REVOLUTION LTD

Demonstration and sale of Clint Ober's entire range of Patented Certified 'Earthing Products'

that connect you to Mother Earth. Replicating your outdoor Grounding experience in the comfort of your home, workspace and even whilst sleeping!

[earthingrevolution.co.uk](http://earthingrevolution.co.uk)



### F18 hum yoga

Discover inner peace and wellness. From yoga, meditation, breathwork, pilates, sound therapy, yogainthesky, retreats and trainings. Guided by experienced instructors to nurture mind body and soul in a beautiful serene space.

[hum.yoga](http://hum.yoga)

### F20 Toorak Candle Co.

Toorak Candle Co. is an independent female-owned home fragrance brand. We carefully curate eco-friendly 100% natural wax candles and wax melts.

[toorakcandleco.com](http://toorakcandleco.com)

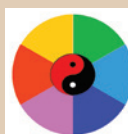


### G8 F | Lux Activewear

Luxury ladies sportswear brand for yoga, pilates, dance and other low impact sports. Available in XS to XL fitting UK

Sizes 8 - 20. UK based with global shipping.

[f-lux-activewear.co.uk](http://f-lux-activewear.co.uk)



### G9 The Energy Wheel

Shamanic Drums, Drum Birthing, Shamanic Tools, Workshops, Healing, Training.

[theenergywheel.co.uk](http://theenergywheel.co.uk)



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# Stand Listings

## G10 THEENK TEA

Theenk Tea is a multi-award winning set of herbal nootropics & adaptogens designed to support brain function & mental wellbeing through all times of the day.  
[theenk-tea.com](http://theenk-tea.com)



## G12 Oshomo Food as Medicine

Delicious and nutritious organic healing plant based meals delivered to your home.

Prepared by a joyful ayurvedic team in small batches for maximum taste & vitality.  
[oshomo.co.uk](http://oshomo.co.uk)

## G12a Wellness Parlour & Bri Peprah Design

Quality wellness products and mood enhancers to enhance your quality of life. Bri Peprah Design provides Luxury Home Furnishings.  
[wellnessparlour.com](http://wellnessparlour.com)

## G14 The Wildlife Trusts

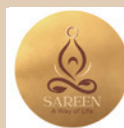
Working together, people can change the natural world for the better; everyone has a part to play.  
[wildlondon.org.uk](http://wildlondon.org.uk)



## G15 Life Purpose Shaman

Life Purpose Shaman, aka Tammy Adams, is

a world-renowned Master Intuitive Shaman. She began being mentored by the likes of Pope John Paull II, Mother Teresa, and the Dalai Lama at age 9. She's taking London on a spiritual journey of Self-Love and Life Purpose!  
[lifepurposeshaman.com](http://lifepurposeshaman.com)



## G16 Sareen Sacred Weddings

Create Your Bespoke Spiritual Wedding.  
Celebrants · Decor · Planning.

Embrace your essence, blend personal tradition & contemporary elements for a ceremony tailored to reflect your bond. Uniting New Age Spirituality with timeless marriage values.  
[sareenyoga.com/weddings](http://sareenyoga.com/weddings)

## G21 BEAM ACADEMY

Classes and training's in Mindfulness, Early Years, Children's, Teens & SEN Yoga. Our mission is to help change the lives of young people through yoga & mindfulness.  
[beam.academy](http://beam.academy)



## G22 YUVA YOGA

Yuva Yoga: Chair Yoga specialist, Health Professional. Author of The Chair Yoga Handbook. Making yoga a positive health intervention for older adults, less able students and those chronically ill.  
[yuvayoga.co.uk](http://yuvayoga.co.uk)

## G23 Moon Karma- Himalayan Singing Bowls

Himalayan Singing Bowls sourced from artisans & healer in Nepal.  
[moonkarma.com](http://moonkarma.com)

## G24 YogaBeez Children's Yoga School

Internationally accredited Children's Yoga Teacher Training School. Blending traditional yoga, Montessori and mindfulness. Inclusive trainings for toddlers to teenagers.  
[yogabeez.com](http://yogabeez.com)

## H1 Andrew Prod Photography

Photography & Video Services for Yoga Teachers, Yoga Retreats, Personal Trainers & Small Businesses. I also offer Wedding photography if you are getting married.  
[andrewprod.com](http://andrewprod.com)

## H3 Urvara - Retreats & Wellness

Our mission is to empower women to naturally release anxiety. Whether you've experienced childhood trauma, fertility stress, PTSD, anxiety, or physical pain.  
[urvara.co.uk](http://urvara.co.uk)

RAVI YOGA



## H4 RAVI YOGA

OM Magazine's 'Man on the Mat', Ravi Dixit offers Authentic Indian Yoga classes, workshops

and transformational retreats. With his roots in India, Ravi is passionate about making traditional Yoga understandable for everyone.  
[ravi.yoga](http://ravi.yoga)

## H5 FULL POWER CACAO

FULL POWER CACAO brings you the worlds finest Ceremonial Grade Cacao. Be prepared to open your heart and connect to the spirit of your soul!  
[fullpowercacao.com](http://fullpowercacao.com)

## H7 Doctor Seaweed

Doctor Seaweed offers natural and plant-based essential nutrition through the power of sustainable Scottish seaweed supplements.  
[doctorseaweed.com](http://doctorseaweed.com)





## H8 Healy

Healy is a device that uses Individualised Microcurrent Frequency programmes to harmonise your bioenergetic field for many important areas of life.

[rochellehubbard.com](http://rochellehubbard.com)



## H9 The Pleasure Party

Join The Pleasure Party: Your Ultimate Women's Circle! Experience the joy of connection, and self-discovery. Our passionate team of intuitive

coaches, healers, and DJs will guide you to embrace your authentic self. Set yourself free at The Pleasure Party!

[thepleasureparty.com](http://thepleasureparty.com)



## H11 Radiant Spirit Yoga

With a blend of Tantra, Yoga, Reiki, Thai Massage, Sound Healing & Transformation

Coaching, Radiant Spirit Yoga guides you to awaken your inner radiance and Magick.

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



## H15 Breath for Health

A book the yoga world's been waiting for, Breath for Health combines centuries-old insights with modern physiology to restore natural, relaxed

breathing. Not released until December; buy your signed copy here!

[breath4health.yoga](http://breath4health.yoga)



## H16 Boudicia Rising

Join Alicia-May of Boudicia Rising, a coaching company that combines the work of mindset, money and strategy to support business owners in the service

based industry - health, wellness & spirituality.

[instagram.com/boudiciarising](https://www.instagram.com/boudiciarising)

## H17 CNM College of Naturopathic Medicine

CNM is the UK's No1 training provider in Natural Therapies. Study Nutrition, Herbal Medicine, Health Coach & much more. Class or online options available. [naturopathy-uk.com](http://naturopathy-uk.com)



## H18 TOETOE Socks

Probably the most comfortable socks you have ever worn. Supreme quality, ergonomic fit and huge variety.

[toesocks.co.uk](http://toesocks.co.uk)



## H22 Secret Sauce Angel

Empowering women and their partners to nurture their authentic sexuality. Private sex and sensuality coaching, healing and empowerment programmes - come to our stand and design your sexual (re)awakening. [secretsauceangel.com](http://secretsauceangel.com)

## H23 The Business of Wellness

Dreaming of growing your wellness business with authenticity and ease? Discover digital brand, marketing, and productivity strategies when you join The Business of Wellness course.

[thebizofwellness.com](http://thebizofwellness.com)

## H24 Dr. Cohen's acuProducts

Dr. Cohen's acuProducts are world class HEATABLE self-healing tools to relieve back, neck, hip, foot, hand and shoulder pain. Dr. Cohen will be at the booth answering your health questions.

[acuball.com](http://acuball.com)

## H26 doTERRA

doTERRA essential oils. Globally leading the highest purity of essential oils. Certified Pure Tested Grade (CPTG) and 3rd party externally assessed.

[mydoterra.com/karenarathbone](http://mydoterra.com/karenarathbone)



## H27 TERRANAM WELLNESS

Terranam offers renewal & relaxation on the stunning coast of Galicia, Spain. Nurture your soul, mind, & body with our holistic retreats: yoga, massages, and vegetarian haute-cuisine. Connect with nature through mountain hikes, sea views, & white sand beaches.

[terranamwellness.com](http://terranamwellness.com)

## H28 The Herbtender

UK-formulated, trialled by our Herbalist. Adaptogenic supplements target stress-related concerns (sleep, energy, focus, immunity, anxiety, performance).

[the-herbtender.com](http://the-herbtender.com)



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# Stand Listings

## H29 Relaxback UK

Creator of a weekly show on UK Health Radio and distributor of the Backapp chair that strengthens your core muscles.

[relaxbackuk.com](http://relaxbackuk.com)

## H30 Olra Activewear

Olra is a fitness apparel online retailer based in the UK, founded by Charlotte Robertson who was inspired to create versatile activewear made with movement in mind.

[olraactivewear.com](http://olraactivewear.com)

## J1 Yogi Tea

Yogi Tea Ayurvedic Herbal Teas and holistic refreshments.

[yogitea.eu](http://yogitea.eu)

## J2 Tulasi Maharani Jewellery & Gladwell Massage

We are offering a beautiful collection of holistic jewellery handmade from healing Woods, Gemstones, Brass and Silver.

[tulasimaharani.com](http://tulasimaharani.com)

## J2a Middle Path Movement School

Middle Path Movement School curates national and international Yoga Teacher Training Courses and transformative experiences.

[middlepathmovement.com](http://middlepathmovement.com)

## J3 Breast Cancer Now

Breast Cancer Now.

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

## J4 Triple Goddess Yoga - Menopause & Chair Yoga

Menopause Yoga and Menopause Chair Yoga Teacher's Training. Triple Goddess Yoga a FREE platform for Women's Health and Wellness.

[triplegoddessyoga.com](http://triplegoddessyoga.com)

## J5 BIG JUICE LTD

We are back to help keep you energised at the OM Yoga Show with our freshly made raw juices and smoothies.

[bigjuiceltd.com](http://bigjuiceltd.com)

## J6 Mindful Champs

Emotionally educating children with empowering mindfulness tools and resources so they can understand and manage their emotions.

[mindfulchamps.com](http://mindfulchamps.com)



## J7 Buddha Pants UK

Free-feeling unisex harem pants designed for yoga, and made for life's adventures. From relaxation to a night out, Buddha Pants are the most

comfortable pants you'll ever own.

[buddhapants.co.uk](http://buddhapants.co.uk)

## J9 Massage World Magazine

Quarterly UK and international magazine published specifically for massage practitioners and bodyworkers, students & those with a general interest in massage therapy.

[massageworld.co.uk](http://massageworld.co.uk)



## J11 Nourish London

We combine the highest quality natural ingredients with advanced scientific bio-actives, to create award-winning,

certified organic, vegan, clean and alcohol-free skincare. For beautiful, healthy skin. Made by us in London.

[nourishskinrange.com](http://nourishskinrange.com)

## J12 Sprouting pea

A healthy plant based bakery that strives to make the healthiest indulgent treats crafted with care for your health and taste buds.

[sproutingpea.co.uk](http://sproutingpea.co.uk)

## J12 Jellyfish & Silver

I design raw stone and silver. My jewellery is unique, beautiful empowering and reiki infused.

[jellyfishandsilver.com](http://jellyfishandsilver.com)

## J19 The Crystal Nutrition Company

Pure Fruit and Vegetable Nutrition Crystals. No chemicals. No heat extraction. No fillers, binders or artificial additives.

[crystalnutri.co.uk](http://crystalnutri.co.uk)

## J20 The School of Ayurveda UK

Leading provider of Ayurveda education in the UK, offering courses delivered by award winning Ayurveda Doctors and Lecturers.

[schoolofayurveda.co.uk](http://schoolofayurveda.co.uk)



### K1 VEDIC COSMOS

Treasure House of Vedic Books & Gifts crafted with exquisite works of art like

Signature Edition The Bhagavad Gita, Yoga Sutras of Patanjali, Guru Gita & so on.  
[vediccosmos.com](http://vediccosmos.com)

### K2 Zen Ki Yoga

Zen Ki Yoga is a unique and powerful yoga based on Japanese medicine using meridian work. Online classes and courses are on offer with discounts.

[zenkiyoga.com](http://zenkiyoga.com)

### K3 Munkudil Ayurveda and Yoga Retreat

Yoga, Ayurveda, Reiki Retreats in India. RETREAT VENUE HIRE OFFERS. Teacher training courses in Reiki and sound healing.

[munkudil.com](http://munkudil.com)

### K3a KINENAT

Natural Yoga helps to heal emotional wounds and body problems. Spontaneous meditations, naturopathic supplements and kinesiological methods come together.

[scuolakinenat.com](http://scuolakinenat.com)

### K4 Forever Living

Aloe health and wellness products, for everyone.  
[foreverliving.com](http://foreverliving.com)

### K5 Symprove

Symprove is a unique food supplement that contains carefully selected bacteria strains that work in synergy to support your gut microbiome.  
[symprove.com](http://symprove.com)

### K7 RSPB

The threats to the natural world are huge. But when we work together there's hope - for wildlife and for us.  
[rspb.org.uk](http://rspb.org.uk)



### K8 Lotus Love Yoga

Heidi Pascual teaches creatively inspired Vinyasa Flow and Dharma Yoga classes and philosophy sadhana. She lives a nomadic life sharing worldwide

Yoga Retreats and Teacher Trainings in England and Costa Rica.

[lotusloveyoga.co.uk](http://lotusloveyoga.co.uk)



### K11 Yanga Naturals

Natural/Botanical Skin &

Hair Care products.  
[yanganatural.com](http://yanganatural.com)

### K16 A Vida / Brazil Gemstones

Importers of the finest crystals and gemstones from Brazil for natural healing, spiritual and physical wellbeing, and home decor.

[avidashop.com](http://avidashop.com)



### K18 LaBalance by Sassy La Femme

LaBalance by Sassy La Femme is a powerful unique magnetic healing device known to help

Anxiety, Sleep disorders, bring Calmness to the body, help PMT, Perimenopause & Menopause symptoms!

[sassylafemme.com](http://sassylafemme.com)



### K19 Evolve Yoga with Selena Garefino

200, 300, 500 hour yoga teacher trainings. Global

Curated Retreats, Personal Development Coaching and Mapping the Self™ Podcast.

[selenagarefino.com](http://selenagarefino.com)

### K20 Medusa

Stunning, unique silver jewellery. Hand-crafted by ourselves and designers worldwide, using the very best semi-precious gemstones.

[medusa.london](http://medusa.london)

### K21 PeaceLoveCreate

Contemporary crochet designs handmade in the UK. PeaceLoveCreate is a small independent crochet studio based in Bedfordshire.

[peacelovecreateuk.wordpress.com](http://peacelovecreateuk.wordpress.com)

### K22 TeenYoga

TeenYoga is the only charity that supports young people with yoga. We train professionals and parents in therapeutic yoga.

[teenyoga.com](http://teenyoga.com)

### L1 Modern Witch Boutique

We are here to spread ancient spiritual knowledge through our love of fashion. To bring comfortable, high quality clothing.

[modernwitchboutique.com](http://modernwitchboutique.com)

### L2 The LaLa Land

Organizing Sacred Yoga Pilgrimage Retreats to Egypt's Ancient Sites & Temples. Check out our Best Selling Yogenda "Yoga Agenda +Daily Journal" & Much more!  
[thelalaland.org](http://thelalaland.org)



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# Stand Listings

## L3 Sivananda Yoga Vedanta Centres

The International Sivananda Yoga Vedanta Centres, established in 1957, is a non-profit organisation with locations around the world.

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

## L7 HARBOURVIEWISLAND BAR & GRILL

We are a (grassroot) Jamaican cuisine, specialising in the most authentic Caribbean / Ital / vegan / vegetarian, mouth-watering dishes you could ever taste!

[harbourviewisland.co.uk](http://harbourviewisland.co.uk)

## M1 Ever Evolving

Sound Healing, psychic card readings, Star Magic quantum healing, ceremonies and cosmic yoga.

[everevolving.co.uk](http://everevolving.co.uk)



## M3 OM Yoga Magazine

Get a goody bag worth

£50 when you subscribe.

[ommagazine.com](http://ommagazine.com)

## M4 Acumag

Acupressure and Magnetic therapy treatment devices.

[acumag.co.uk](http://acumag.co.uk)

## M7 Raja Yoga Meditation - Brahma Kumaris

Free course and workshops in meditation, positive thinking, self-esteem, overcoming anger and stress free living.

[brahmakumaris.uk](http://brahmakumaris.uk)



## M8 SAHAJA YOGA MEDITATION

Experience the unique discovery that is Sahaja Yoga.

This is your birth right as a seeker of truth to connect with your subtle being and find true inner peace. Free.

[sahajayoga.org.uk](http://sahajayoga.org.uk)

## M9 GREEK BAKERY - HUSH HUSH CHEFS

Filo pastry pies quiches rolls and salads.

[hushhushchefs.co.uk](http://hushhushchefs.co.uk)



## M10 Hotpod Yoga

An immersive hot yoga experience with soothing heat, calming scents, glowing lights and relaxing beats. Europe's largest yoga business has 50+ studios nationwide and offers franchising and teacher training opportunities.

[hotpodyoga.com](http://hotpodyoga.com)

## N1 Jewellery ViVi

One of a kind, earthy, unisex jewellery made with intention.

[etsy.com/shop/jewelleryViVi](http://etsy.com/shop/jewelleryViVi)

## N3 WEAR EVELIN

Wear Functional, Wear Attractive. Italian Designs with a British Attitude!

[wearevelin.com](http://wearevelin.com)

## N4 Whitfords | Botanical Skincare

Multi award-winning botanical skincare brand driven by efficacy & sustainability. Formulated for sensitive skin.

[whitfords.co.uk](http://whitfords.co.uk)

## N5 Quimey Oils

Beautifully hand mixed virgin organic oils infused with organic essential oils, resulting in a deeply nourishing and strengthening overnight/pre shampoo hair treatment oil. Hand made scrunchies and hair turbans.

[quimeyoils.com](http://quimeyoils.com)

## N6 Kept for Life

Luxury stainless steel water bottles, coffee cups & food jars.

[keptforlife.com](http://keptforlife.com)



## N7 YOGA DRUM

A selection of beautiful blankets, super grippy mats, Big yoga bags & options to customise your big bag buy with extra unique bits.

[yogadrum.co.uk](http://yogadrum.co.uk)



## N7a Happy Skin

Visit Happy Skin at festivals & events throughout the UK for your free skin consultation & face yoga routine. Plus, let us introduce you to our skincare

obsession, Tropic skincare! Tropic products are clinically-proven, certified organic & vegan.

[happyyoga.wales/happy-skin/](http://happyyoga.wales/happy-skin/)



## N8 Tera Kaur Yoga

We sell Shungite healing stones, crystals and holistic health prints for mind-body-soul. A space for empaths and HSPs to explore energy and stress management. [terakaurayoga.com](http://terakaurayoga.com)



## N9 Fig Tree Ayurveda

Fig Tree Ayurveda & Yoga provides authentic, bespoke treatment plans dedicated to gently empower patients to cleanse, restore and bring

balance back to mind and body naturally.

[figtreeayurveda.com](http://figtreeayurveda.com)

## N9a Andflow

Foldable, minimalist and lightweight yoga and picnic mats designed in collaboration with artists from around the world for those in constant movement.

[andflowmats.com](http://andflowmats.com)



## N10 Yoga Stops Traffick

Yoga Stops Traffick is a global campaign run

by charity Adventure Ashram, uniting yoga enthusiasts across the globe to raise awareness and funds for survivors of human trafficking in India. Come and chat to us and find out how to get involved!

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

## N12 Cotton & Grey

Discover the perfect gift for twenty minutes of relaxation with our pure beeswax candle gift sets. Each thoughtful title is designed to provide you with twenty minutes of pure tranquility

[cottonandgrey.com](http://cottonandgrey.com)



## P7 ARCTURUS FOAM INDUSTRIES PRIVATE LIMITED

Get Your brand name customized on products from the India's leading

Manufacturer of Yoga mat, Yoga accessories, Wellbeing & Fitness Products.

[arcturusfoam.com](http://arcturusfoam.com)



## P8 BWY - The Heart of Yoga

Drop by and discover yoga events, classes, training and development happening near

you. Chat about what your next step could be in your yoga journey and see what's on offer when you join our vibrant community!

[bwy.org.uk](http://bwy.org.uk)

## P10 Moonji Plant-Based Ice Cream

We make the most delicious, all-natural, plant-based ice cream. All of our flavours are infused with healing Indian Ayurvedic spices and superfoods.

[wearemoonji.com](http://wearemoonji.com)

## P12 Wild Chai

Wild Chai's mission is simple; to share generational blends steeped in love for the wild, well-being and the environment.

[wildchai.co.uk](http://wildchai.co.uk)



## P12a Parental Blessing Self-Help Book with Zornitsa Maleva

You will work to heal your inner child, by healing the psychological traumas from the past you carry from your childhood inherited from your parents, you will eliminate the anger which every person is carry from their parents, using the family constellations.

[zornitsamaleva.com](http://zornitsamaleva.com)



## P13 Chillout Retreats

Est 2009 are a family run company who offer award winning, transformational yoga, health & wellbeing retreats and holidays in the UK & abroad.

[chilloutretreats.com](http://chilloutretreats.com)

## P14 Capital Health Ltd

Hand Rolled Incense Sticks, Organic Grass Fed Cow's Ghee, Rice, Lentils & Pulses, Oils, Flours, Millets, Millet Flours, Spices and range of Conventional Grocery items

[wholesomedefinefoods.com](http://wholesomedefinefoods.com)



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@omyogashow



# Stand Listings



## P15 Ayurveda Institute UK

Leading the way as one of the largest and most pioneering providers of Ayurvedic education in the UK, specialising in authentic, vocational teaching of Ayurveda.  
[ayurvedainstitute.co.uk](http://ayurvedainstitute.co.uk)



## P15 The Ayurvedic Clinic

The Ayurvedic Clinic based in London, with a team of expert Ayurvedic Doctors, Panchakarma therapists and staff, is oasis of peace and purity which allows healing and spiritual reflection.  
[theyayurvedicclinic.com](http://theyayurvedicclinic.com)

## P15 Association of Ayurvedic



## Professionals UK

The AAPUK seeks to promote the recognition and acceptance of Ayurveda as a holistic means to health and wellness in an increasingly stressful world.  
[aapuk.net](http://aapuk.net)



## P15 Chaveda London

Unlock a world of Holistic Care. Herbal products immersed in the ancient science of Ayurveda and infused with pristine natural ingredients to create holistic solutions.  
[chaveda.com](http://chaveda.com)



## P16 KISS MY BALM

Therapeutic & Mood Enhancing Natural Skincare.  
[kissmybalm.co.uk](http://kissmybalm.co.uk)

## P19 ALTR

Worship yourself, Create Change. Unlocking the potential of individuals and organisation through with inspired ALTRNative methodology.  
[altrrise.com](http://altrrise.com)

## P20 Serena Organics

Premium CBD wellness brand.  
[serenaorganics.com](http://serenaorganics.com)

## P22 3HO Europe

The role of 3HO Europe is to offer support to the many newcomers to Kundalini Yoga and to existing European parties.  
[3ho-europe.org](http://3ho-europe.org)

## P22 Kundalini Yoga Teachers' Association (KYTA)

Kundalini Yoga Teachers' Association (KYTA) supporting teachers, students and all the Kundalini community and students in the UK.  
[kundaliniyoga.org.uk/theomyogashow2023](http://kundaliniyoga.org.uk/theomyogashow2023)



## P23 YogaTTS

Expert Yoga Teacher Training in luxurious Wellbeing Centre.  
[yogatts.co.uk](http://yogatts.co.uk)



## P23a Boostball - Protein and Low Carb Snacks!

Boostball focus on delicious snacks, protein powders, baking mixes and drinks. All made from 100% natural ingredients! We have a variety of products including: Low carb, vegan, high protein, 0 sugar, no soya, no gluten, no palm oil and no rapeseed oil!  
[boostball.com](http://boostball.com)

## P24 The Karma Tea Co.

Karma Tea Co. is award-winning specialty tea brand based in London that directly sources loose-leaf teas from small-scale gardens in India, Nepal, and Sri Lanka.  
[karmateaco.com](http://karmateaco.com)



## P29 Big Love Movement

Big Love Movement is a platform for positivity, founded by Becki Marie sharing yoga, breathwork, EFT, and mindfulness to help people reconnect, feel less stressed and live more mindfully.  
[biglovemovement.com](http://biglovemovement.com)



## P29 Big Love Movement X Peachaus

Peachaus craft 'everyday beautiful' ethical underwear and clothing, but have a much bigger purpose; we are creating a platform & retail experience that centres on connection, collaboration & positivity because that's how we can ignite change.

[peachaus.com](http://peachaus.com)

## P32 Bristol Fungarium

The UK's only organic & native triple extracted medicinal mushrooms tinctures.

[bristolfungarium.com](http://bristolfungarium.com)

## P34 Hapits® and Head Peace

We care so much about UR HAPPINESS we created Hapits. Courses combining evidence-based tools with a NEW meditation technique AND your lived experience.

[hapits.com](http://hapits.com)

## P35 Transformational Breathwork Journey with Breath Hub

The world's first and only personalised breathwork app to attendees and transferring over twenty years of breath science experience to them.

[breathhub.app](http://breathhub.app)



## R1 ACCESSORY ARCADE

A highly trusted private label & OEM Entity in yoga props, meditation accessories and acupressure aids.

[yogasourcing.com](http://yogasourcing.com)

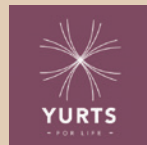


## R2 Success Retreats

UK Tour Operator

supporting instructors to deliver ATOL & ABTOT Retreat packages including flights, transfers, accommodation, session space & excursions around the Globe.

[successretreats.co.uk](http://successretreats.co.uk)



## Yurt 1 & 2: Yurts for Life

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Yurts for sale and for hire.

[yurtsforlife.com](http://yurtsforlife.com)



# The Self Realisation Area

13<sup>th</sup>, 14<sup>th</sup> & 15<sup>th</sup> October

Achieve Yoga! True union with your spirit.

2023 marks the Centenary of the birth of Shri Mataji Nirmala Devi, the founder of Sahaja Yoga. Her great gift to mankind, through Sahaja Yoga, was the granting of Self-Realisation to all seekers of truth.

It was Her life's work to give this unique experience enabling you to become collectively conscious, take you beyond the mind and find true peace. By raising your own kundalini, enabling the unfolding of all the knowledge of the chakras within you to clear the constrictions that block your ascent, you become one with the pure spirit and nothing can dominate you.

Experience Sahaja Yoga meditation, effortlessly and spontaneously at stand M8, it will be taking place continuously throughout the show.

There is no charge as Sahaja Yoga Meditation cannot be paid for and is always free.

**Sahaja Yoga will also be available on Stand M8**



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Classes all  
weekend, just

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## This is hot yoga like you've never experienced it before.

Let soothing heat, calming scents, glowing lights and relaxing beats transport you a million miles from the everyday. Whether you're resetting your system or recharging your body; kickstarting your morning or winding down for the night; pushing your limits or just letting go, step into the pod and find your Hotpod Feeling. Hotpod Yoga has over 50 studios across the UK, and also offer yoga teacher training courses and franchising opportunities.

Hotpod Yoga will be at Om Yoga Show with a full timetable of hot yoga classes all weekend long. To book tickets please go to [omyogashow.com](http://omyogashow.com)

### FRIDAY

12-12:45pm - Lindsey H.  
1-1:45pm - Lindsey H.  
2-2:45pm - Colly  
3-3:45pm - Colly  
4-4:45pm - Colly

### SATURDAY

11-11:45am - Ana C.  
12-12:45pm - Ana C.  
2-2:45pm - Chloé D.  
3-3:45pm - Chloé D.  
4-4:45pm - Chloé D.

### SUNDAY

11-11:45am - Lindsey H.  
12-12:45pm - Lindsey H.  
1-1:45pm - Ana C.  
2-2:45pm - Ana C.  
3-3:45pm - Ana C.

aerialyoga 360



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**[www.aerialyoga360.com/book-a-course](http://www.aerialyoga360.com/book-a-course)**

Any questions contact [hello@aerialyoga360.com](mailto:hello@aerialyoga360.com)





YOGA **MAD**

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**STAND E10**

YOGA-MAD

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# Raja Yoga Meditation Space

Run by 'Brahma Kumaris World Spiritual University' - [www.brahmakumaris.org/uk](http://www.brahmakumaris.org/uk)  
20-minute guided taster sessions. Suitable for all. FREE to attend

**Friday 13<sup>th</sup>, Saturday 14<sup>th</sup> & Sunday 15<sup>th</sup> October**

## **10.30am - 10.50am (Sat & Sun Only)** **Moments of Peace**

Peace is as essential to sustain the soul as water is for the body. Learn to nourish the self and become an oasis that can serve others.

## **11.00am - 11.20am** **Master Your Thoughts & Feelings**

Raja Yoga meditation helps you to relax easily, work calmly and live harmoniously. Learn how to absorb life's knocks and challenges and stay feeling positive.

## **11.30am - 11.50am** **Feeling Great - No Matter What!**

Enrich yourself with the power of a positive attitude. Learn how to feel fantastic no matter what!

## **12.00pm - 12.20pm** **Connecting with God**

Through the ages people have tapped into the experiences of unlimited love and boundless peace that transcends religion. Whether you believe this to be universal energy or a Supreme soul, it is an experience open to anyone and everyone.

## **12.30pm - 12.50pm** **Letting Go**

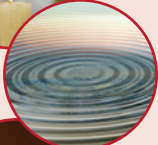
Gently let go of past hurts by generating good feelings in the present. Learn how to forgive, become free and move on.

## **1.00pm - 1.20pm** **Natural Relaxation**

Learn how we can de-clutter our mental, emotional & physical spaces so we can enjoy our natural state of being, and invite others to share this experience.

## **1.30pm - 1.50pm** **Garden of Inner Light**

Observe your true self. Go deep into that self. Explore the inner light. Create a garden of such beauty that others will take inspiration from you.



## **2.00pm - 2.20pm** **Unconditional Giving**

Nature in harmony, like a fruit tree, gives unconditionally. We too must become generous. Whatever we feel we lack, it is that, which we must first learn to give.

## **2.30pm - 2.50pm** **Experiencing a Higher Power**

Through the ages people have tapped into the experiences of unlimited love and boundless peace that transcends religion. Whether you believe this to be universal energy or a Supreme soul, it is an experience open to anyone and everyone.

## **3.00pm - 3.20pm** **Healing Relationships**

At home, at work, at school, meditation can help sustain healthy relationships. And when a misunderstanding happens, it's the means to improve the quality of your feelings and interactions.

## **3.30pm - 3.50pm** **Being Before Doing**

Explore the art of simply 'being' by observing and mastering your thoughts. 'Being' allows others to take what they need from us. 'Being' benefits both sides.

## **4.00pm - 4.20pm** **Letting Go**

Gently let go of past hurts by generating good feelings in the present. Learn how to forgive, become free and move on.

## **4.30pm - 4.50pm** **Feeling Great - No Matter What!**

Enrich yourself with the power of a positive attitude. Learn how to feel fantastic no matter what!

## **5.00pm - 5.20pm (Fri & Sat Only)** **Simple Steps to Change Old Habits**

They say old habits die hard... Understand the process and transform old ways of coping with life.



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# FRIDAY 13<sup>TH</sup> OCTOBER

## Panorama Workshop Room

Workshops cater for a range of abilities. Please check for class level. Tickets for workshops can be purchased online at [omyogashow.com](http://omyogashow.com) or from the Workshop/Information desk (stand M3) on the day (subject to availability). Please ensure you bring your own mat, mats are not provided.

**£15**

**11.45 - 13.15**

All Levels

**To book visit [omyogashow.com](http://omyogashow.com)**



### Power of Relaxation with Yogi Ashokananda

Yogi Ashokananda will examine what is meant by true relaxation – a state that leads to self-awareness, good health, happiness and increased productivity. Yogi will highlight the traditional yogic beliefs that have influenced the meditation and mindfulness techniques and practices and will delve a little deeper into the importance of yoga and posture; effects of relaxation on the nervous system; power of self-realization; breath and prana. You will be guided through basic relaxation practices and a fully guided meditation.

**Admission £15**

**£15**

**13.30 - 15.00**

All Levels

**To book visit [omyogashow.com](http://omyogashow.com)**



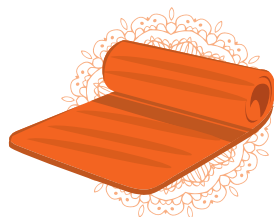
### VOGA with Juju Murrell

Welcome to House of VOGA, a boutique fitness method, born out of a love of Ibiza, house music, Vogue, and 80s pop culture. VOGA is fitness and fashion fused with yoga and dance, mixing breath-synchronized movement with stylised body talk. It's the perfect balance of health and hedonism, offering a holistic and cardio workout that guarantees results. As an Art Director turned fitness influencer, founder Juju created The VOGA Method as a stylised well-being experience designed to empower. We're excited to celebrate HOV's ten-year anniversary with our team of Vogueettes, and Juju herself, live at the OM Yoga Show this autumn!

**Admission £15**

## Don't forget your yoga mat

Mats are not provided.



**£15**

**15.15 - 16.45**

Teachers

**To book visit [omyogashow.com](https://omyogashow.com)**



STAND A11

### Teaching Yoga in Prisons with The Prison Phoenix Trust

The Prison Phoenix Trust is the leading provider of expertise in teaching yoga and meditation in prisons in the UK and Ireland. It has been training and supporting yoga teachers for over 30 years and runs the British Wheel of Yoga accreditation for prison yoga teachers. This workshop is for yoga teachers interested in teaching in prisons, young offenders institutions, secure psychiatric hospitals or bail hostels. In this 90-min workshop you will meet former prisoners, experience a prison yoga taster session, learn about adapting your teaching for secure environments, and find out how The PPT can support you as a prison yoga teacher. You can register as a potential yoga teacher with opportunities for further training and work supported by The PPT.

**Admission £15**

**£12**

**17.00 - 18.00**

All Levels

**To book visit [omyogashow.com](https://omyogashow.com)**



### Feel Good Flow – Hatha Yoga Class with Amy Yusuf

This hatha flow class guides you through movement that develops strength, flexibility, and the connection between, body, mind and breath. Deepen your understanding of the postures as we find balance and deeply connect to ourselves with loving kindness, using the breath as our anchor. This challenging but accessible class is open to anyone wanting to move their body, improve mobility, rebalance energies and work on their breath. Together, we will connect back to ourselves and work through postures to encourage space within our mind and bodies and of course, feel good!

**Admission £12**



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# FRIDAY 13<sup>TH</sup> OCTOBER

## Palace Workshop Room

Workshops cater for a range of abilities. Please check for class level. Tickets for workshops can be purchased online at [omyogashow.com](http://omyogashow.com) or from the Workshop/Information desk (stand M3) on the day (subject to availability). Please ensure you bring your own mat, mats are not provided.

£12

11.45 - 12.45

All Levels

To book visit [omyogashow.com](http://omyogashow.com)



Image: Yoga and Photo

### Yoga to Lengthen and Strengthen with Sarah Highfield

International yoga teacher and three-time OM Yoga Magazine cover model, Sarah Highfield from Yogagise Yoga will lead 'Yoga to Lengthen and Strengthen'. This workshop is suitable for all levels and ages and focuses on lengthening and strengthening your whole body in equal measure from tip to toe. We will bring about a sense of inner peace and balance by creating space throughout the entire body while holding focus and staying present in each pose.

Admission £12

£18

13.00 - 14.30

All Levels

To book visit [omyogashow.com](http://omyogashow.com)



Image: Camilla Greenwell

### Precision, Prayer + Prana with Claire Missingham

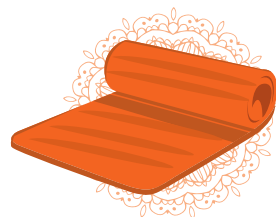
Using Asana and Intention to feel great energy through yoga. Finding a powerful, precise and playful edge can bring your yoga practice alive. In this workshop with Claire Missingham, you will experience practical ways in yoga to work with ways of unlocking your biomechanics for easier alignment, the use of prayer and intention to create grace, and how to use these techniques for the connection to your own esoteric anatomy. Expect strong asana krama (sequencing), music, inner heart guidance and practical breathing tips.

Admission £18



## Don't forget your yoga mat

Mats are not provided.



**£15**

**14.45 - 16.15**

All Levels

To book visit [omyogashow.com](http://omyogashow.com)



### The Goddess Within with Sandra and Sofia Barnes

Ignite your inner Shakti as we celebrate the gifts of the divine feminine ~ The energy that dances and births all things into being. Shake ~ Feel ~ Flow and Express your uniqueness. Awakening your goddess within through juicy, nourishing movement, woven together with positive affirmations, guided meditations and beautiful visualisations. Together we will journey through the chakras and discover what each energy centre represents in our flow through life. A revitalising and empowering experience, culminating with a deep relaxation and soothing sound journey. Men welcome too!

**Admission £15**

**£24**

**16.30 - 17.30**

All Levels

To book visit [omyogashow.com](http://omyogashow.com)



### Body Positive Wheel Yoga Workshop with Donna Noble

Workshop price includes a Yoga Wheel to take home! In this fun-filled workshop, you will learn how to use the yoga wheel. You'll be introduced to foundational wheel poses and we'll break down some of the key poses. Donna will demonstrate how to use the wheel safely and share how using the yoga wheel can help make the postures accessible. This workshop is also suitable for complete beginners - come and try it for yourself!

**Admission £24**



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FRIDAY 13<sup>TH</sup> OCTOBER

## Virgin Active Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**



**11.30 - 12.00**

All Levels

### Skybliss Evolutionary Sound Bath with Alchemy Sound Healing

During a gong bath we can have a chance to look inwards to have a different perspective on problems and issues that we may have been struggling with: being in an altered state of consciousness allows us to see reality from a different perspective, and this may bring insight into our problems.

All Levels

**12.15 - 12.45**

### Gratitude Flow with Hali Love

A vinyasa class that is anchored in expressing gratitude for yourself and for your life. Release your past with love and connect to a powerful future.



STAND A21



STAND C18

**13.00 - 13.30**

All Levels

### Yoga Flow with Tal Zalel

Yoga Flow, similar to Vinyasa Yoga, is our most popular style that people find themselves returning to time and time again. It's dynamic and incredibly rewarding, encouraging strength, mindfulness and better fitness. Tal's teaching is infused with philosophical teachings made relevant to modern lives.

All Levels

**13.45 - 14.15**

### Yoga Flow with Thomas Throe

This fast-paced Vinyasa class invites you to move your body in time with your breath. Immerse yourself into a meditative state through repeated movements, making it easy for you to find your flow. Thomas' classes are accessible, challenging and fun.



STAND C18





STAND C18

**14.30 - 15.00**

All Levels

### Yoga Flow with Simon Avis

This fast-paced Vinyasa class invites you to move your body in time with your breath. Immerse yourself into a meditative state through repeated movements, making it easy for you to find your flow. Simon blends soft trance beats into his flows to create an immersive class experience.

All Levels

**15.15 - 15.45**

### Love Stoned with David Sye

Breathwork to make you lose your head and reach new out of body highs - no iced baths necessary. A lively pranayama class.



STAND P20

**16.00 - 16.30**

All Levels

### Activate your Asana with Arianna Santucci

This twist on yoga sculpt is high-energy, low impact and fun! Arianna will guide you through the flow to activate every muscle. Elevate your practice using booty resistance bands to challenge and sculpt. Get your flow on, work hard and have some fun!

All Levels

**16.45 - 17.15**

### Yoga Stops Traffick: Celestial Dance and Wim Hof Breathwork Session with Kwali Kumara and Rach Cox

Take part in this fantastic Yoga Stops Traffick session, raising awareness and funds for survivors of human trafficking in India. Join Kwali for an inspiring ceremony of Kosmic Kundalini. This mystical practice is called 'Celestial Dance' a form of moving meditation that includes sacred mudras and chanting, it is designed to both soothe your spirit and stimulate your kundalini life force energy. Rach Cox will also be taking us through a Wim Hof breathwork session, grounding and keeping you in the moment.



STAND N10

Sponsored by Virgin Active



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# FRIDAY 13<sup>TH</sup> OCTOBER

## Sound Healing Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

11.45 - 12.15

### Feel and Heal with Himalayan Singing Bowl with Dipesh Munakarmi



STAND G23

ALL LEVELS

Come join to learn, how to heal and feel with Himalayan Sound Bowls. This is an introduction to Himalayan bowl, how you could use for personal healing and professionally for yoga, meditation and therapy.

12.30 - 13.00

### Shamanic Journey to Discover Your Spirit Animal with Fabian-Carlos Guhl



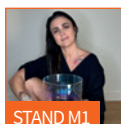
STAND A23

ALL LEVELS

This shamanic ceremony is a sound healing journey and guided meditation to help you identify your spirit animal. After the workshop you'll feel deeply relaxed and have access to shamanic guidance from your spiritual family. The workshop is being facilitated by "Fabian".

13.15 - 13.45

### Sound Medicine with Sophie Russell



STAND M1

ALL LEVELS

Sophie will take you through an immersive journey of sound, giving your body and mind a chance to really let go and unwind and maybe even expand to new levels. There will also be a breathing practice you can focus on throughout, for those extra busy minds who are newer to meditation or find it extra challenging.

14.00 - 14.30

### Voice Yoga - Free Your Body, Find Your Voice with Katie Hockley



STAND A1

ALL LEVELS

Our voice is the perfect inbuilt sound healing tool. Come for a taster of how our own sound can be used to free tensions in the body, whilst simultaneously creating more space & freedom to find your true voice through this playful yet powerful class.

14.45 - 15.15

### Tibetan Sound Bowl Meditation Circle with Spiritual Tiik



STAND A4

ALL LEVELS

This meditation class will promote beautiful souls to dive deeper into a sense of calm through the use of Tibetan Sound Bowls which promotes healing through sound waves. The use of the Tibetan Singing bowls have been known to improve over all well-being for thousands of years.

15.30 - 16.00

### Music and Mantra by Heyzeus Yoga



STAND R2

ALL LEVELS

Release your inhibitions, and dive into the sacred journey of sound through group mantra chanting and devotional songs. Music and mantra is the universal language, transcending religion, race and culture, leading one to divine union, the true purpose of yoga. Allow yourself to soak up and generate all the joy, peace and love that chanting and singing unfolds within us.

16.15 - 16.45

### Shamanic Drumming and Meditation with Gillian Turner



STAND G9

ALL LEVELS

The Drum is one of the oldest and most powerful of all healing instruments. Connect with the drum through collective playing and feel the powerful vibrations in your body. Raise your vibration through medicine songs.

17.00 - 17.30

### Sound Healing with Sacred Chants & Meditative Music with Sneha Arora



STAND F18

ALL LEVELS

Experience bliss with the vibrations of an uplifting musical sound healing session comprising of Divine & Sacred chants/Mantras, led by Sneha Arora, a semi-classical vocalist & Yoga teacher spreading her works of spiritual upliftment over 17 years through Kirtans and Yoga Trainings in different parts of the world. Sneha developed her interest in Bhakti Yoga, on her journey as a Yoga teacher.

“I wake up every morning excited for the day ahead”



# FRIDAY 13<sup>TH</sup> OCTOBER

## Hero Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

11.30 - 12.00

### Mend Your Breath - Recover Your Natural Breathing Cycle with Michael Hutchinson



STAND H15

ALL LEVELS

This class will show you how to develop a firmer, longer out-breath and to pause and discover new places your in-breath can be felt. You'll learn how to deepen and strengthen your breath, working in a new and mindful way. Yoga blocks are useful but not essential.

14.30 - 15.00

### Yoga to Soothe with Sarah Highfield



ALL LEVELS

This easy-to-follow class is suitable for all levels and focuses on slow and deep stretches, combined with controlled breathing. Perfect for retreating from the stresses of everyday life and taking a moment for yourself, switching off from the world, and practicing mind-body-breath synchronisation.

12.15 - 12.45

### AcuBall Self-Healing for Muscle & Joint Pain with Dr Michael A. Cohen



STAND H24

ALL LEVELS

Tight neck and back? You are in for a treat! Dr. Cohen will demonstrate how to release tight areas using his acclaimed patented heatable acuProducts. No effort required - you'll feel the difference and your body will thank you for attending this class!

15.15 - 15.45

### Body Awakening Himalayan Hatha Yoga with Yogi Ashokananda



ALL LEVELS

Experience the essence and authenticity of true Hatha Yoga with Yogi Ashokananda's signature style of Himalayan Hatha Yoga. Yogi will focus on precise alignment and how it stimulates correct engagement of the muscles, and the importance of breath attention to open the body for awakening.

13.00 - 13.30

### Working with Dosage in Your Yoga Practise with Jenna Samji



STAND D12

ALL LEVELS

In this class we will explore the themes of dosage and inner-authority and how they can support us as practitioners to meet ourselves more fully on the mat and practise from a place of intuitive empowerment.

16.00 - 16.30

### Laughter Yoga with Happy Yoga Wales



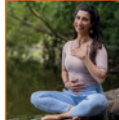
STAND N7a

ALL LEVELS

Laughter Yoga is a unique concept where anyone can learn to laugh intentionally without the need for humour. Instead, we use laughter exercises, eye contact and a sense of playfulness to reap the benefits of laughter. It is called Laughter 'Yoga' because the practice combines laughter with deep breathing and grounding exercises for a complete mind-body experience.

13.45 - 14.15

### Connect, Energise and Ground with Anusara Yoga with Sally Talal

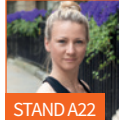


ALL LEVELS

Anusara Yoga (1997) is a modern-day Hatha yoga system which means "flowing with grace". Enjoy an uplifting flow, weaving in yogic philosophy and mudras with Anusara principles of alignment. Ending our practice with a grounding pranayama, you will leave feeling lighter, stronger and more balanced - ready to embrace the rest of the day!

16.45 - 17.15

### Vinyasa Flow Yoga All Levels with Alina Bialek



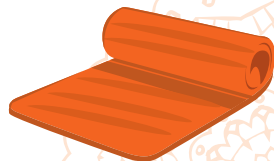
STAND A22

ALL LEVELS

Vinyasa Flow Yoga is all about meditation in the movement linked with the breath and can be seen as the most "cardio" of all the yoga styles where you get the heart pumping and the body sweating. You will be "flowing" through the practice of Sun Salutations, inversions, and you'll also be introduced to more advanced poses with variations for all levels.

## Don't forget your yoga mat

Mats are not provided.



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# FRIDAY 13<sup>TH</sup> OCTOBER

## omyoga Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

**11.45 - 12.15**

### **Ground Transitions with Yan Sophokleous**



**STAND A13**

**ALL LEVELS**

Phase 1: Move - Hold - Release. This is the first of three phases that will be introduced at this years Om Yoga Show. Starting with flowing ground movements. Increase your confidence moving on the ground, release mind and body tension, breathe easy and explore natural ground flow rhythms - Move smooth!

**14.45 - 15.15**

### **Mantra Dance with Siri Sadhana Kaur**



**ALL LEVELS**

This class combines the exquisite power of vibrating and toning your voice using kundalini mantras, as well as accessing the freedom and joy of dance expression.

**12.30 - 13.00**

### **The Silence Within - A Yin Yoga Class with Louise Windsor**



**STAND D12**

**ALL LEVELS**

Yin Yoga is a slow floor based practice where poses are gently held for several minutes. It is an opportunity to slow down in a busy world, to soothe your nervous system and to connect deeply with yourself. Even with all the distractions of life around us, there is silence within beneath it all.

**15.30 - 16.00**

### **Freedom, Abundance and Manifesting with Amy Louise Mercado**



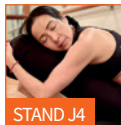
**STAND D12**

**ALL LEVELS**

A fun mixture of stretches to create Freedom in the body & mind, followed with a light breathplay to raise our vibration to the frequency of Abundance complimented with a Magical Manifesting Meditation.

**13.15 - 13.45**

### **A Time for Introspection - Menopause Yoga with Triple Goddess Yoga**



**STAND J4**

**ALL LEVELS**

This practice will provoke a deeper connection to your consciousness, breath and body. With a sequence to calm and reset the nervous system, this slow-paced session delves deeply into supporting you to nourish and nurture yourself from deep within.

**16.15 - 16.45**

### **Yin Yoga with Daniella Jackson**



**STAND E17**

**ALL LEVELS**

Join Daniella in a Yin yoga practice aiming to work on mobility, toning and strengthening joints and connective tissue across your whole body.

**14.00 - 14.30**

### **Yoga to Embody our Natural Rhythms with Mellara**



**ALL LEVELS**

This come-as-you-are class is suitable for all types, abilities and levels. We will be focusing on a few deeper stretches and breathing techniques so we can feel our inner calm that is available to us when we make the time to slow things down. This class is the perfect combination of effort and non-effort and for folks who would like to re-centre themselves.

**17.00 - 17.30**

### **The Healthionaire Toolkit with Aya Aly**



**STAND L2**

**ALL LEVELS**

This class is all about the tools & practices for a healthy life style crafted from ancient yoga philosophy for the super busy modern yogis. This session will bridge the gap between the ancient yogic philosophies & our modern world's needs; to come up with practical tips that would instantly improve the quality of your Life.



## Don't forget your yoga mat

Mats are not provided.



# FRIDAY 13<sup>TH</sup> OCTOBER

## Lotus Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

11.45 - 12.15

### Soul Purpose Vinyasa Flow with Heidi Pascual



STAND K8

ALL LEVELS

Soul Purpose is creatively inspired Vinyasa Flow and Dharma Yoga. Moving through beautiful namaskars and creative sequencing, we explore the dharma (soul purpose) of the natural world as perceived by Native American communities. On this journey, your practice may reveal your unique soul purpose (dharma) and compel you to shine your light and grace in harmony with the world around you.

12.30 - 13.00

### Cacao Ceremony with Liam Browne



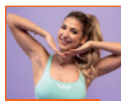
STAND H5

ALL LEVELS

Come and join me for a Full Power Cacao Ceremony of pure bliss, laughter and healing. Let Lady Cacao open your heart and allow the true you to blossom. If you are looking for a part of your life to shift, or a break through with anything that is holding you back then this is the journey for you. Why be half power when you can be FULL POWER!!

13.15 - 13.45

### Power Yoga with Jo-Leigh Morris



STAND E4

ALL LEVELS

A strong power yoga flow designed to realign the body and harmonise the mind. This is a strong class that is also suitable for all levels, looking to unlock your range, challenge your core, and improve flexibility.

14.00 - 14.30

### Using Meridians & Pressure Points to Improve Asanas and Wellbeing with Janie Larmour



STAND K2

ALL LEVELS

Zen Ki Yoga is a Japanese style of yoga based on shiatsu and acupuncture, using body movement to get the energy moving through the meridians. In this class, we work with the meridians with Zen Ki Yoga poses and also press into our related pressure points to help us go further in our yoga and improve overall health and wellbeing.

14.45 - 15.15

### Embody Your Earth Goddess with Donna Gerrard



STAND A6

ALL LEVELS

An accessible, grounding yoga class that connects you to Earth as goddess, and calls in your activism for Her. Donna is a YAP SYT and a pagan priestess, dedicated to advocating for the divine feminine and for accessibility of yoga.

15.30 - 16.00

### Menopause Chair Yoga with SueYen Wan



STAND J4

ALL LEVELS

Chair yoga is an excellent option for menopausal women who want to stay active and improve their flexibility without putting too much strain on their joints. Our specially created menopause chair yoga class guides women through a series of gentle poses and stretches that can be modified to suit their unique abilities and needs. This low-impact form of practice makes yoga accessible to everyone, including those with injuries or limited mobility.

16.15 - 16.45

### Guided Meditation with Life Purpose Shaman



STAND G15

ALL LEVELS

Join Life Purpose Shaman for a relaxing guided meditation to help you live your purpose by offering you knowledge, healing and love.

17.00 - 17.30

### The Ultimate Self Mastery Method: Your Breath with Nevsah Karamehmet



STAND P35

BEGINNERS

Our breath is the fastest and the most effective method for self mastery. Learn how to use your breath to grow and expand in all areas of life.

“My mind is relaxed and clear.”



/yogashow



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@omyogashow



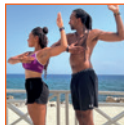
# FRIDAY 13<sup>TH</sup> OCTOBER

## Chakra Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

11.30 - 12.00

### Kemetic Yoga™ Skills Method- An Introduction to African Yoga with Cobi Campbell and Lee McCarthy



ALL LEVELS

Kemetic Yoga™ is African Yoga, with roots in the ancient Egyptian system of Yoga enlightenment. The postures are unique. Many of them are triangular and mimic the geometrical configuration of the pyramid. Others match Gods and Deities which would be found in Hieroglyphs on the walls of the temples in Egypt.

14.30 - 15.00

### Mood Metabolism and the Negative Mind with Dev Randeep Singh, KYTA Teacher



STAND P22

ALL LEVELS

The intention of this class is to uplift the students mood by working on the negative mind to reduce negative thoughts and leave them feeling clear headed and in a positive frame of mind. Ready to enjoy the show! Warm up for the spine and hips with Sufi Gring and Cat Cow with some Kriya for mood and metabolism balance ending with meditation for the negative mind.

12.15 - 12.45

### Open Your Heart with Becki Marie of Big Love Movement



STAND P29

ALL LEVELS

Explore self-love rituals through mindset, breath work and mindful movement to help you feel grounded, safe and connected to your body. This will be a slow intuitive flow to gently open your heart space and release physical and emotional tension from your body with nourishing breath work and visualisation.

15.15 - 15.45

### Functional Breathing for Everyday Living with Ross Austen



STAND H28

ALL LEVELS

The way you breathe during rest influences the way you breathe during physical exercise and sleep. Join Ross as we go through the benefits of nasal breathing and introduce you to a number of exercises that will improve your carbon dioxide tolerance that you can integrate into your daily routine.

13.00 - 13.30

### Hapits® and Head Peace with Mary-Ellen and Anirban Saha



STAND P34

ALL LEVELS

Join us to learn how UR HAPPINESS is a habit you can create. We care so much about UR HAPPINESS we designed a 100 day video course that literally spells it out. It incorporates 12 happiness skills that we call Hapits®. Including skills like emotional flexibility, self-kindness, purposeful living and head peace. We'll end with a meditation using the soothing sounds of ancient Ireland.

16.00 - 16.30

### Sodarshan Chakra Kundalini Meditation with Thimela Garcia



ALL LEVELS

This kriya invokes the Kundalini to give you the necessary vitality and intuition to combat the negative effects of the subconscious mind. This is one of the greatest meditations you can practice. It has considerable transformational powers. The personal identity is rebuilt, giving the individual a new perspective on the Self. Avoid food 2 or 3 hours before this class. People over 120 days of pregnancy should avoid this practice.

13.45 - 14.15

### Body Positive Yang Yin Flow with Donna Noble



ALL LEVELS

A slow flow Body Positive yang Yin flow. This class is suitable for all ages, shapes, sizes, genders, ethnicity and abilities. Showing that everybody is yogaBODY...

16.45 - 17.15

### Crystal Clear with Dr Haridass Kaur



STAND H6

ALL LEVELS

Take a deep dive into your inner well-spring of luminosity by becoming crystal clear. Experience a potent class of gentle movements to access the immense reservoirs of pranic energy within you. By awakening your 10 bodies, you activate a heightened state of refined energy, enriching your ability to experience yourself and others on a deeper level. Bring a yoga mat, shawl and cushion.

“ I am surrounded by inspiring people. ”

# FRIDAY 13<sup>TH</sup> OCTOBER

## Warrior Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

11.45 - 12.15

### Functional Hips Flow with Rose Evelyn



ALL LEVELS

This class will encourage active engagement and passive stretching in flow, aiming to leave your hips feeling both strong and open. We will incorporate resistance in leg muscles to warm up, then explore range of rotation and deep stretch.

14.45 - 15.15

### 9D Transformational Breathwork with Scarlett Dee



STAND F3

ALL LEVELS

Embark on a 9D Transformational Breathwork guided journey with 9D sound, vibration & frequencies designed to access the subconscious mind, release trapped emotions & process trauma. 9D Headsets are limited so arrive early.

12.30 - 13.00

### Dynamic Strength Yoga with Kirsty Bobbie Brown

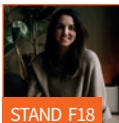


INTERMEDIATE AND ADVANCED

Dynamic Strength yoga is a unique style of vinyasa flow designed to develop kinetic freedom, spatial awareness, core strength, and full-range-of-motion movement. Modifications are always available so it is suitable for all levels, with options for arm balances and more advanced poses for those that want a challenge.

15.30 - 16.00

### Energise Hum with Oriana Shepherd



STAND F18

ALL LEVELS

Join us for an energising immersive experience. We'll move to a combination of sound frequencies to get you deeper into your practice. Exploring the frequency of the earth's electromagnetic field, known as the Schumann Resonance, a sleepy dreamt state supporting body rejuvenation, balanced and improved stress tolerance along with gamma state, responsible for learning, memory and cognitive function, state of being 'in the zone'.

13.15 - 13.45

### AndFlow! - Sa'ada with Salema Yasmin



STAND N9a

ALL LEVELS

Balanced all level class themed around happiness and feel good, so get ready to strike epic poses and breathe! This inclusive class combines static postures and mindful breath work to strengthen your overall well-being. We will start by a gentle warm-up and progressively energetic sequences, it suits all levels, helping you find harmony within.

16.15 - 16.45

### Nourishing Flow with Alexandra Poppy



ALL LEVELS

Join me as we flow with love and understanding for our beautiful bodies through gentle sequences designed to deeply nourish the mind, body and soul. Suitable for all, this class will help you to connect with your breath in a mindful way, to find peace within your body and to clear your mind of noise & distractions.

14.00 - 14.30

### Classical Hatha Yoga with Parvati Chaitanya



STAND L3

ALL LEVELS

A traditional hatha yoga class with asanas (postures), pranayama (breathing exercises) and relaxation. The final relaxation at the end of the yoga session will bring about physical, mental and spiritual relaxation – the key experience of yoga.

17.00 - 17.30

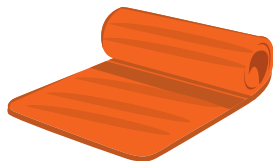
### Samasthala Dynamic Vinyasa with Richard-Hubert Clarke



STAND D23

INTERMEDIATES AND ADVANCED

A traditional ashtanga adjacent dynamic vinyasa practice that co-ordinates breath and movement, whilst aiding in the improvement of fitness, strength, flexibility, and well-being. A somewhat challenging yet rewarding sequence (with the inclusion of an inversion or arm balance) that is suitable for those which possess asana experience.



## Don't forget your yoga mat

Mats are not provided.



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FRIDAY 13<sup>TH</sup> OCTOBER

# BWY Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**



STAND J2a

**11.30 - 12.00**

All Levels

## Intuitive Flow with Jessica Noifeld

A gentle flow with alignment cues for all levels and abilities that will leave your body, mind and spirit feeling fresh, aligned and peaceful.

All Levels

**12.15 - 12.45**

## Breathing Into Autumn with Lauren Spanjar-Hewitt

A yin class to support our respiratory system as we transition into the autumn season. In Traditional Chinese Medicine the lung meridian is associated with autumn, which is a season of transition, letting go of the past and things that no longer serve us and breathing in new possibilities.



STAND P8

BWY  
AT  
THE  
HEART  
OF YOGA  
Teacher



**13.00 - 13.30**

All Levels

## Workout For All The Chakras (Sat Kriya) with Thimela Garcia

Unblock the energy flow through your body & mind with this 30 minute kundalini workshop. Learn how to awaken your Kundalini Shakti, the dormant energy at the base of your spine. Sat Kriya is a complete Kundalini yoga workout for all of the chakras. Avoid food 2 or 3 hours before this class. People over 120 days of pregnancy should avoid this practice.

All Levels

**13.45 - 14.15**

## Teaching Children and Teens with Christiane Kerr

This session is for yoga teachers interested in teaching to children and teens where you can sample what teaching yoga to the young is all about. The class will be seriously fun and engaging while still integrating the fundamental principles of yoga. Connect with your inner child and experience the joy of yoga. The session will include playful techniques that you can use in your adult classes too.



STAND P8

BWY  
AT  
THE  
HEART  
OF YOGA  
Teacher



STAND H4

**14.30 - 15.00**

All Levels

### Traditional Yoga with Ravi Dixit

A Hatha Yoga class, as taught in India. Reconnect with yourself through the practice of asana, pranayama and mantra. This authentic Yoga class by Ravi has a focus on improving flexibility and strength, connecting breath with movement to bring harmony to body and mind.

All Levels

**15.15 - 15.45**

### Pawanmuktasana with Darshna Parmar

The Pawanmuktasana sequence favours relaxation of body and mind and stimulates the natural healing processes. This gentle and relaxing class is designed for anyone and will begin with centring of the breath, followed by complementary warm up and asana to clear blocks. The class will leave plenty of time to focus on pranayama and relaxation to leave you feeling renewed and restored.



STAND P8



STAND K8

**16.00 - 16.30**

All Levels

### Hummingbird Spirit Dharma Yoga with Heidi Pascual

Dharma Yoga is graceful, soulful sadhana. In this practice, we explore and embody the magical symbolism of the hummingbird, bringing this spirit into the creativity and flow of our lives.

All Levels

**16.45 - 17.15**

### Sky Above, Earth Below, Peace Within with Cobi Campbell

Using the body and breath as the bridge between the Sky and the Earth, Yoga and Movement Teacher, Cobi Campbell, will guide you through an uplifting and creative journey to rejuvenation and relaxation. The session will include practical takeaways for ongoing self-care and healing. Everyone is welcome!



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# FRIDAY 13<sup>TH</sup> OCTOBER

## Yoga Yurt

All Yurt Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**



STAND P22

**12.00 - 13.00**

All Levels

### The Art of Refinement with Kundalini Yoga with Maitri Shakti Gold, KYTA Teacher

As we progress in our unique journey of self-discovery, being our own witness can support the various adjustments and redirection. The ability to see ourselves from the 'outside' in our everyday life is a source of growth that can lead to living life with presence and integrity, letting go of old patterns and schemes that keeps us trapped. This class will serve us to connect deeper with parts of the Self to receive inner guidance and a solid foundation for new beginnings on many levels.

All Levels

**13.30 - 14.30**

### Shamanic Drumming and Meditation with Gillian Turner

The Shamanic drum is one of the oldest and powerful healing instruments. Join me to discover the benefits of Shamanic drumming in this interactive workshop. Connect to the drum through collective playing and vocalise to raise your vibration. Experience the power of a drum meditation.



STAND G9



STAND A7a

**15.00 - 16.00**

All Levels

### Yoga Nidra to nurture your Inner Resource with Nadine Hummert

This guided meditation focuses on nurturing our inner resource to help us stay grounded, safe and at ease within ourselves in life's ever-changing landscape. Please bring your own mat and perhaps a light blanket.

All Levels

**16.30 - 17.30**

### Pleasure Party with Simone Tucker

Join The Pleasure Party at The Om Yoga Show! Immerse yourself in a blissful hour of sensory delights and ignite your inner power with our potent release and manifestation ceremony. Unleash pure joy, authentically connect and radiate your sensual energy at this transformative event. Don't miss the magic!



STAND H9

Yurt provided by **yurtsforlife.com**







# FRIDAY 13<sup>TH</sup> OCTOBER

## Yogi Power Childrens Yoga Area

All childrens sessions are **FREE** to attend. Admission is on a first come first served basis. Please arrive at the class area 5-10 minutes prior to start time. **Children cannot be left unattended.** Please ensure you bring your own mat, mats are not provided

11.45 - 12.15



### Playful Preschool Yoga with Vic from Inner Child Yoga School 2 - 5 YEARS

Join Vic for a playful yoga class inspired by animal poses as we journey around the world. We will play games, learn poses, try new breathing techniques and end with a cosy relaxation. Explorative and energetic pre-schoolers are very welcome in this class.

14.45 - 15.15



STAND F12

### Family mindfulness & breathwork - what can I do with funky feelings? With Neha Swaminathan 3 - 9 YEARS

Let's explore the mind - body - breath connection, and what we can do when big feelings take over... Discover fun, easy, mindful breathing techniques for you and your little ones to feel more calm and connected...your breath is your superpower!

### Safari Adventure with Divya Hindocha 4 + YEARS

Join us on our yoga adventure as we travel to Africa and meet some of the biggest personalities in the animal kingdom. From games to poses to meditation under the tree, 30 minutes just won't seem enough. Also, one of the animals left a gift for you... who could it be?

12.30 - 13.00



STAND F12

### YOGAMOVES4KIDS with Caroline Garland 3 - 6 YEARS

An interactive class creating a fun but grounding practice, bringing focus to our breath, moving the body and ending with a relaxation.

15.30 - 16.00



STAND A2

13.15 - 13.45



STAND G21

### Yoga for Toddlers with Josie Coestser 0 - 3 YEARS

BEAM ACADEMY's classes give children the tools and skills they need that allow them to manage and be mindful of their emotions through yoga poses, breathing techniques, visualisation and mindfulness. Our programmes are great for developing emotional and physical well-being.

16.15 - 16.45



STAND F12

### Let's Travel Into Space: Family Yoga Session with Divya Hindocha ALL AGES

Let's take a rocket ship to space and befriend a sweet little alien who helps us find our way home in this heartwarming yoga class. There are partner poses, challenges as we dance our way to a peaceful rest!

### Yoga For The Whole Family! With Sophie and YogaBeez 4-11 YEARS

Bring the family, move your bodies, learn some interesting facts, notice your emotions, breathe deeply, explore partner poses, quieten your mind and have some FUN! Educational, bonding and adventurous!

14.00 - 14.30



STAND G24

### Working with Children and Teenagers with SEND - Tools for Self-Care and Self-Regulation with Julie Gundry ALL AGES

This is a practical session based on the theoretical benefits of a variety of practices including Breathwork, Yoga, Relaxation techniques, Sound, Massage, Acupressure and Energy. This is an introduction into how we can positively guide and support the young members of our communities with SEND toward living their full potential.

17.00 - 17.30



STAND G21



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# FRIDAY 13<sup>TH</sup> OCTOBER



## Life Purpose Shaman Lecture Area

All lectures are **FREE** to attend. Admission is on a first come, first served basis. Please arrive at the area 5-10 minutes prior to start time

11.45 - 12.15

### **Finding Balance: Using Adaptogens to Tackle Stress with Schia Mitchell Sinclair**



STAND H28

In this enlightening session, Schia will introduce the potential of adaptogens—nature's therapeutic herbs—in mitigating the impact of stress. Discover the science behind adaptogens and their

role in bolstering resilience. Schia firmly believes that equipping ourselves with the knowledge and application of adaptogenic herbs is a vital tool in our arsenal, empowering us to navigate and survive the challenges posed by this modern epidemic.

15.15 - 15.45

### **Understanding Your Natural Breathing Cycle with Michael Hutchinson**



STAND H15

This talk will explain the yoga and physiology behind Michael's new book, 'Breath for Health'. You will come away understanding how this approach to better-breathing and well-being

can be traced both to the 'father of modern yoga', Sri Krishnamacharya, and to modern science. Michael is Chair of the British Council for Yoga Therapy.

12.30 - 13.00

### **Your Crystal Healing Journey with Laura Konst**



STAND B3

Learn how to start or upgrade your crystal journey! Everyone can benefit from working with crystals. In this 30 minute talk we will explore how to use crystals in your daily life and what can you do to upgrade your crystal journey. Laura will share some

great tips on crystal grids and crystal gifting too.

16.00 - 16.30

### **How to Look Younger Naturally with Zara Groves**



STAND N7a

Zara will be giving tips to show you how you can slow down the ageing process and enhance your skin's appearance, particularly during peri-menopause. By understanding the causes of skin damage, protecting it from harmful external factors,

adopting a healthy skincare routine, and incorporating facial fitness techniques, you can achieve radiant, glowing skin that defies your actual age.

13.15 - 13.45

### **Yogic Cleansing with Will Lavin**



STAND P23

Introduction to Shatkarmas: how you can incorporate these into your daily routine, and how they can benefit your yoga practice.

16.45 - 17.15

### **Mastering Meditation with Jaymini Patel**



STAND M7

Learn how to meditate anywhere and in an easy step by step method to achieve the highest state of consciousness.

14.00 - 15.00

### **Keys to Self-Love with Life Purpose Shaman**



STAND G15

Did you know you embody the trinity? Do you want to tap into this superpower? I'll teach you your epic truth and why loving yourself will set you free!

### **Resurrecting Your Life Purpose**

Rediscovering your potential abilities that serve your purpose. I will be teaching you what it means to live a life of purpose and some of you might even get messages from your angels.



Join us as we reveal the winners of the OM Yoga Awards 2023.

**Where? Life Purpose Shaman Lecture Area**

**When? Saturday 14<sup>th</sup> October at 4pm**

Sponsored by [lifepurposeshaman.com](http://lifepurposeshaman.com)



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# FRIDAY 13<sup>TH</sup> OCTOBER

## Inspiration Zone

All lectures are **FREE** to attend. Admission is on a first come, first served basis. Please arrive at the area 5-10 minutes prior to start time

11.45 - 12.15

### What Do We Really, Really Want and Where Do We Get It?! With Dr Uttara Karnik



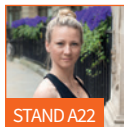
STAND E5

Although we may all seem to want different things in life, in essence we all seek only one thing. And this is not any person, object, or event. Moreover, this elusive entity can be obtained only from

an equally elusive source. Come and listen to know more!

12.30 - 13.00

### How to choose the best yoga teacher training for yourself with Alina Bialek



STAND A22

Making the decision to sign up for a Yoga Teacher Training and choosing the course that's right for you is a huge step and financial investment. If you're considering it and don't know where to start, this lecture is for you! Alina will

explain the process in detail and will cover other things like prerequisites, variety of different training types, other accreditations, training completion requirements and what would be the best way forward. Join our workshop and get in the chance to winning a FREE Space on 200 hrs Vinyasa Flow Yoga Teacher Training in London.

13.15 - 13.45

### Menopause + PMT: Hormone Free Alternative with Angela Day-Moore



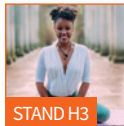
STAND K18

Discover how to bring balance back to your body by helping with anxiety, sleep disorders, PMT, perimenopause and the dreaded menopause symptoms. Understand the autonomic nervous system which contains the sympathetic and parasympathetic nerve. Learn more

about LaBalance by Sassy La Femme, a product that has been successful for 2 out of 3 users bringing harmony to the body.

14.00 - 14.30

### Release Your Anxious Thoughts Naturally with Urvara Retreats



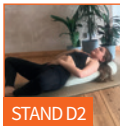
STAND H3

Whether you've experienced a lot of stress lately, you're a busy parent, or you have a naturally anxious mind, this session has been designed for you. Through nourishing guided meditation and EFT Tapping, we will empower you

to calm your mind, body, and emotions, creating space for mental clarity, physical calmness, and your deepest intuition to shine through.

14.45 - 15.15

### Cycle syncing 101: Have a more peaceful period with Sinnead Ali



STAND D2

How can we best support ourselves at each stage of our menstrual cycle? Are some foods better than others for each phase? Should we shift how we exercise, socialise and work? Sinnead Ali of WOMB say 'yes, there is and we should!'

Sinnead will guide you through each

phrase explaining the hormonal changes and how best to support ourselves.

15.30 - 16.00

### Matcha and Mindfulness with Olivia Nottin



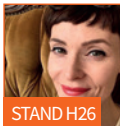
STAND A12

A little history about matcha and how it has been used for centuries to meditate and promote mindfulness. Olivia Nottin is a nutritional therapist who fell in love with Matcha when she first visited Japan. She carefully selects, imports

and distributes organic Matcha from sustainable farms throughout Japan.

16.15 - 16.45

### Energy Protection With Essential Oils with Karena Rathbone Ariel



STAND H26

Uncover the historic wellbeing connection of using aromatic oils for energy work and protection. A beautiful way to anchor into the present moment and align your energy, powerful and cleansing, there are many ways essential

oils can be incorporated into your wellbeing practices. Join emotional aromatherapy advisor Karena for a taster of what essential oils can bring to your life & work.

17.00 - 17.30

### Yin + Yang + 5 Element Theory for balance in Mind/Body Wellness with Janie Larmour



STAND K2

Learn the principles of both yin and yang and why having a balance of both in your daily life and yoga practice is important. We will also discover some gentle tools of manipulation to keep the

yin/yang balance. Then, explore the 5 elements and 5 seasons of Chinese/Japanese medicine to discover how they influence your physical and mental health, emotions, body alignment and aches & pains.

# FRIDAY 13<sup>TH</sup> OCTOBER

## Knowledge Zone

All lectures are **FREE** to attend. Admission is on a first come, first served basis.  
Please arrive at the area 5-10 minutes prior to start time

12.00 - 12.30

### Experience serenity with Breathitate! with Priyal Shah



Embark on a chakra journey through immersive VR and XR technologies that enhance your yoga & meditation practice. Unlock chakra energy using sacred sounds, geometry & guided breathwork. Dive into yoga anatomy and immerse

yourself in fluid virtual landscapes. Join our demonstration to discover a new realm of relaxation & tranquility.

15.00 - 15.30

### It all starts with YOU with Alicia Morton



STAND H16

A talk on how you may be presenting right now as your biggest block, but actually, you're your biggest enabler. How to move from low self-esteem to unshakeable self-confidence and start living the life I know you desire. We'll dive into limiting beliefs with some fab in the moment tools to support YOU in feeling your most confident self.

12.45 - 13.15

### What is Family Constellation Therapy and Why Should I Use It to Heal My Life? With Zornitsa Maleva



STAND P12a

Zornitsa will start the talk by explaining what a constellation is. She will go on to explain about the orders of love and why they are so important for us as children to our parents. You will also

understand why you have problems in your personal or professional life and how you can fix them using the family constellation method. Zornitsa will also touch on her book Parental Blessing.

15.45 - 16.15

### Benefits of the Keto Diet with Steve Bessant, Co Founder of BOOSTBALL



STAND P23a

How and why it was started for the benefits of those struggling with Neurological problems through to the developments to today with those struggling with type 1&2 diabetes and those looking for a weight loss diet or a

boost in energy.

13.30 - 14.00

### Harmonising Relationships: Exploring Ayurvedic Principles and Constitutions for Emotional Well-being and Connection with Dr Deepika Rodrigo (BAMS, MSChPE)



STAND P15

In this seminar, we will explore the core concept of Tridosha – the three fundamental energies that govern our physical and mental constitutions: Vata, Pitta, and Kapha. Dr. Rodrigo will elucidate how these doshas influence our emotions, behaviors, and interactions. Understanding our dominant doshas can provide valuable insights into our strengths, challenges, and preferred communication styles, ultimately fostering better connections with others.

16.30 - 17.00

### Sareen Sacred Unions: Unveiling the Magic of Bespoke Spiritual Weddings with Anusha Sareen



STAND G16

Have you ever envisioned a wedding that mirrors the depth of your journey? Walk alongside me as we uncover the enchanting world of Bespoke Ceremonies. Together, we'll weave the divine connection between tradition and contemporary elements into a tapestry of spiritual union. This journey will craft a memorable day, reflecting your authentic selves, inviting your loved ones to intimately share and comprehend the profound love you both cherish.

14.15 - 14.45

### How Yoga Therapists are Supporting CAMHS with Charlotta Martinus



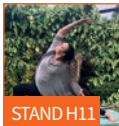
STAND K22

At the beginning of 2023, CAMHS employed their first full time yoga therapist and Southampton University are researching the impact of this groundbreaking post. Charlotta will take you through exactly how this happened,

what the role entails and the training necessary for this role including any up to date results and other job opportunities. Questions most welcome. Do join us!

17.15 - 17.45

### Activate Your Sacred Geometric Blueprint with Lisa Matthews Said



STAND H11

In this lecture Lisa will explore sacred geometry and its connection to our divine essence and the building blocks of creation. Lisa will introduce you to esoteric visualisation techniques previously used by members of hermetic

societies to awaken and activate the hidden power encoded within our DNA.



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# SATURDAY 14<sup>TH</sup> OCTOBER

## Panorama Workshop Room

Workshops cater for a range of abilities. Please check for class level. Tickets for workshops can be purchased online at [omyogashow.com](http://omyogashow.com) or from the Workshop/Information desk (stand M3) on the day (subject to availability). **Please ensure you bring your own mat, mats are not provided.**

**£12**

**10.30 - 11.30**

All Levels

**To book visit [omyogashow.com](http://omyogashow.com)**



STAND M1

### **Supermobile! With Sophie Russell**

This informative and eye-opening yoga class will put a new spin on classic poses and ensure you practice with a healthy balance of strength and flexibility (something hypermobile people don't naturally do - they go beyond as their tissues are more 'lax' than others and usually get numerous injuries and twinges in yoga). There will be a particular emphasis on effective core function that supports the spine and other joints and shows you how to target the desired areas correctly and safely. Women over 40, due to hormonal changes, will also benefit from this method. This class is great for all levels and not just the hypermobile but those who want strength-based and mobility-based yoga. Fellow teachers, hypermobile or not, wanting to expand their knowledge and find important pointers to look out for in their participants are also welcome.

**Admission £12**

**£15**

**11.45 - 13.15**

All Levels

**To book visit [omyogashow.com](http://omyogashow.com)**



### **Arm Balance Workshop with Joaquin Gomez**

Movement is our nature and balancing is an inherent art. Just like a child needs time and practice until they can stand on two legs, we all require practice to be able to balance on our arms. There are many theories and concepts on how to balance, but just like that kid learning how to stand, arm balancing is achieved with isolation, implementation, and exploration. In this workshop, we will cover some fundamental aspects of arm balancing, and work with drills and flows to help you 'float' with confidence. This class is aimed at all levels but is not recommended for complete beginners.

**Admission £15**



**£15****13.30 - 15.00**

All Levels

**To book visit [omyogashow.com](https://omyogashow.com)**

## Awaken the Magick: Yogabeats with David Sye

As the western world goes into freefall there has never been a time quite like now to awaken the Magick we each hide inside! To turn on our full power and potential, rock out and celebrate this precious lifetime alongside our Ancestors. We will lead you on a magical journey into the wonder and unstoppable potential of who you truly are. You'll forget that yoga was ever about ridiculous positions and lycra fashions as you travel into dimensions hard to imagine through Ancient Magickal ceremony and notorious Yogabeats practice!

**Admission £15****£15****15.15 - 16.45**

All Levels

**To book visit [omyogashow.com](https://omyogashow.com)**

STAND A21

## Yoga Nidra: Sleep Yoga with Hali Love

Yoga Nidra is anywhere from a 30-minute to 60 minute practice. Did you know a 30-40 minutes yoga nidra practice is equivalent to 4-6 hours of deep sleep? This style of yoga works subconsciously on your nervous system to give you rest and rejuvenation. During this workshop you will receive a theory and science presentation about Yoga Nidra, do some gentle movement to prepare yourself for your session, and close your session with 3 rounds of a beautiful blessing mantra sang by Hali Love. All participants receive access to the live yoga nidra recording.

**Admission £15****£12****17.00 - 18.00**

All Levels

**To book visit [omyogashow.com](https://omyogashow.com)**

STAND J4

## Menopause Chair Yoga with SueYen

Introducing Menopause Chair Yoga as a versatile and diverse alternative to address the 36 menopause symptoms without the repetitive up-and-down movements of a traditional mat practice, providing symptom relief and boosting energy levels.

**Admission £12**

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# SATURDAY 14<sup>TH</sup> OCTOBER

## Palace Workshop Room

Workshops cater for a range of abilities. Please check for class level. Tickets for workshops can be purchased online at [omyogashow.com](http://omyogashow.com) or from the Workshop/Information desk (stand M3) on the day (subject to availability). **Please ensure you bring your own mat, mats are not provided.**

**£15**

**10.45 - 12.15**

Teachers

**To book visit [omyogashow.com](http://omyogashow.com)**



STAND G22

### Teaching Chair Yoga with Maria Jones

This class will teach you about delivering chair-based yoga classes to the elderly and less able and help you gain a deeper understanding of how your chair yoga can positively impact the lives of both those you teach and the wider community. For yoga teachers ready to discover how to support older, less able and chronically ill students in the practice of yoga. Learn how to create accessible and welcoming spaces for people in the community who may not have been able to practice yoga otherwise. Make yoga a health intervention and promote connection, community, functional movement, symptom management and independence in later life.

**Admission £15**

**£15**

**12.30 - 14.00**

All Levels

**To book visit [omyogashow.com](http://omyogashow.com)**



### Uplift Your Soul with Anusara Yoga with Sally Talal and Sarah Powell

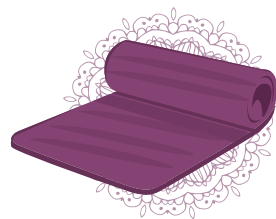
Hear the uplifting story of the day the monkey god, Hanuman, lost heart and confidence, but reframed his dilemma and rediscovered his courage. Sarah and Sally will weave this delightful story through a 90-minute class including chanting, pranayama and asana. Focusing on muscular and organic energy, they will guide you into more courage and heart to lift into handstands and skilfully leap into Hanumanasana (splits). Using the Anusara principles of alignment, a heartfelt theme and partner work, you'll discover that these poses and all areas of your practice can become even more joy-filled, spacious and attainable than you could ever have imagined! Come together as a community, listen to the story and allow the yoga to expand and uplift your heart.

**Admission £15**



## Don't forget your yoga mat

Mats are not provided.



£15

14.15 - 15.45

All Levels

To book visit [omyogashow.com](https://omyogashow.com)



### Hip Love and Hip Hate with Adam Husler

Instead of making pretty, dramatic shapes and following the route of least resistance, we'll be moving and exploring our hips with control, strength and integrity. Through a magic combination of dynamic movements, range-of-motion exploration, static poses and mobility theory, we will give the hips 90 minutes of the stuff they need, in all directions; not the stuff they necessarily want! There will be plenty of thoughts and considerations for you to take away to your regular practice.

**Admission £15**

£12

16.00 - 17.15

All Levels

To book visit [omyogashow.com](https://omyogashow.com)



### Sound Asleep - Sound Healing Experience with Holly Husler

After your busy week, this is your time to relax and receive. You'll enter a warm, candle-lit space with peaceful music playing, invited to choose a mat, lie down and get cosy with blankets and any props that maximise your comfort. After a brief hello and intro to sound healing, you'll close your eyes and allow your body to fully relax, your mind to quieten and your breath to slow, as you press pause on the world outside for the next hour or so. Holly Husler will guide you on a journey of healing sounds and vibrations, using her alchemy crystal bowls, other magical instruments, and her singing voice. Nothing to do but surrender and allow yourself to travel inwards, back home to your oasis of inner peace and calm, balance and harmony.

**Admission £12**



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# SATURDAY 14<sup>TH</sup> OCTOBER

## Virgin Active Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**



STAND A15

**10.30 - 11.00**

All Levels

### Detox Flow with Francesca Swinton

Twist and bend your way through a gentle detoxing flow, moving with the rhythm of your breath to invite a sense of calm into the body and mind.

**11.15 - 11.45**

All Levels

### Where's your reality? With David Sye

Raising the vibration through movement to make you float out of this world and question what reality is? A physical class for all abilities.



STAND A21

**12.00 - 12.30**

All Levels

### Yin Yang with Hali Love and Elizabeth Amuah

Experience the best of both worlds as you connect to your yang energy through strengthening and flowing postures, and release and heal with slow, long held yin postures.

**12.45 - 13.15**

All Levels

### Finding Freedom Through Movement with Christina Gill, Free Spirit

In this fun, freeing and dynamic Embodied Movement class for all ALL - Combining, Yoga, Dance, Body Isolation, Martial Arts & Animal Flow - Discover new ways of moving the body and unlocking stuck energy & emotion, help to heal trauma & repetitive pain/injury. Move in your way for YOUR body and find freedom through movement.



STAND C1

**13.30 - 14.00**

All Levels

### Yoga Flow with Vanessa Hatton Riveiro

Yoga Flow, similar to Vinyasa Yoga, is our most popular style that people find themselves returning to time and time again. It's dynamic and incredibly rewarding, encouraging strength, mindfulness and better fitness. Vanessa's classes have a deep focus on breath and alignment. Giving you space to open, reflect and absorb.



STAND C18

All Levels

**14.15 - 14.45**

### Yoga Flow with Anna Dziejulska

This fast-paced Vinyasa class invites you to move your body in time with your breath. Immerse yourself into a meditative state through repeated movements, making it easy for you to find your flow. Anna's creativity and passion for yoga shines through the energy of her flows.



**15.00 - 15.30**

All Levels

### Yoga Flow with Tal Zalel

Yoga Flow, similar to Vinyasa Yoga, is our most popular style that people find themselves returning to time and time again. It's dynamic and incredibly rewarding, encouraging strength, mindfulness and better fitness. Tal's teaching is infused with philosophical teachings made relevant to modern lives.

All Levels

**15.45 - 16.15**

### Feel Good Vinyasa Flow with Arianna Santucci

Take time to refresh with this revitalising Vinyasa flow, which focuses on engaging the core and opening the hips and front body. Arianna Santucci will guide you through this beginner to advanced friendly sequenced flow targeted at improving stamina, strength, and flexibility, while synchronising breath with movement.



**16.30 - 17.00**

All Levels

### 9D Transformational Breathwork with Scarlett Dee

Embark on a 9D Transformational Breathwork guided journey with 9D sound, vibration & frequencies designed to access the subconscious mind, release trapped emotions & process trauma. This practice stimulates and energizes on all levels to bring you to a state of clarity and focus, so you feel fresh, alert, centered, and empowered. All you need do is breathe and let the wisdom and intelligence of the body unfold. 9D Headsets are limited so arrive early.

All Levels

**17.15 - 17.45**

### Spicy Vinyasa Flow with Evie Wheeler

This spicy vinyasa flow is a deep core focused practice, holding postures for a little longer than a normal vinyasa class. Testing your balance and firing up that core leaving you feeling powerful and energised for the rest of the day.



Sponsored by Virgin Active



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# SATURDAY 14<sup>TH</sup> OCTOBER

## Sound Healing Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.30 - 11.00

### Sound Healing with Sacred Chants & Meditative Music with Sneha Arora



STAND F18

ALL LEVELS

Experience bliss with the vibrations of an uplifting musical sound healing session comprising of Divine & Sacred chants/ Mantras, led by Sneha Arora, a semi-classical vocalist & Yoga teacher spreading her works of spiritual upliftment over 17 years through Kirtans and Yoga Trainings in different parts of the world.

13.30 - 14.00

### Voice Yoga - Free Your Body, Find Your Voice with Katie Hockley



STAND A1

ALL LEVELS

Our voice is the perfect inbuilt sound healing tool. Come for a taster of how our own sound can be used to free tensions in the body, whilst simultaneously creating more space & freedom to find your true voice through this playful yet powerful class.

11.15 - 11.45

### Feel and Heal with Himalayan Singing Bowl with Dipesh Munakarmi



STAND G23

ALL LEVELS

Come join to learn, how to heal and feel with Himalayan Sound Bowls. This is an introduction to Himalayan bowl, how you could use for personal healing and professionally for yoga, meditation and therapy.

14.15 - 15.00

### The Kirtan Band with Sulekh Ruparell



ALL LEVELS

Offering a selection of authentic mantra, chants and kirtan with vocals, harmonium, tabla and guitar. The songs are sung in the ancient language of Sanskrit, are relaxing and uplifting and help draw us closer to the inner self.

12.00 - 12.30

### Shamanic Journey to Discover Your Spirit Animal with Fabian-Carlos Guhl



STAND A23

ALL LEVELS

This shamanic ceremony is a sound healing journey and guided meditation to help you identify your spirit animal. After the workshop you'll feel deeply relaxed and have access to shamanic guidance from your spiritual family. The workshop is being facilitated by "Fabian".

15.15 - 15.45

### Devotional Chanting with Siri Sadhana Kaur



ALL LEVELS

The power of sound and mantra elevates our consciousness, you are invited to join and express your unique sound whilst blending and being uplifted by the collective resonance and rhythm.

12.45 - 13.15

### Put Fire into Your Voice with Michael Hutchinson



STAND H15

ALL LEVELS

Each of us has a fire centre, known as Manipūṛaka Chakra. Awakening your fire centre, through work with breath, movement and mantra, will lend strength and conviction to your voice. People will listen and you'll be able to express both thoughts and feelings more positively. This class will include easy standing, kneeling and seated work, joining your voice with others.

16.00 - 16.30

### Soundscape of the Heart with Sandra & Sofia Barnes



STAND A10a

ALL LEVELS

Come rest and nest, landing into softness as you receive the medicine of frequencies and vibrations. Shared by an array of healing instruments that will be moving through the space, as you are taken on a journey of cosmic sound.

17.00 - 17.30

### Hapits® and Head Peace with Mary-Ellen and Anirban Saha



STAND P34

ALL LEVELS

Join us to learn how UR HAPPINESS is a habit you can create. We care so much about UR HAPPINESS we designed a 100 day video course that literally spells it out. It incorporates 12 happiness skills that we call Hapits®. Including skills like emotional flexibility, self-kindness, purposeful living and head peace. We'll end with a meditation using the soothing sounds of ancient Ireland.

“I am grateful for the day and look forward to tomorrow.”



# SATURDAY 14<sup>TH</sup> OCTOBER

## Hero Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.30 - 11.00

### Laughter Yoga with Happy Yoga Wales



STAND N7a

ALL LEVELS

A unique concept where anyone can learn to laugh intentionally without the need for humour. Instead, we use laughter exercises, eye contact and a sense of playfulness to reap the benefits of laughter. It is called Laughter 'Yoga' because the practice combines laughter with deep breathing and grounding exercises for a complete mind-body experience.

14.15 - 14.45

### Fierce Grace 30 with Michele Pernetta



ALL LEVELS

Fierce Grace 30 is a condensed snapshot of the central class of the revolutionary Fierce Grace Yoga method. Think everything you ever wanted in a yoga class. Multi-level, multi-style. Fluid and expansive. A whole body expression. Strength and power balanced by depth and relaxation. Balance your Fierce with your Grace.

11.15 - 11.45

### ROLLA VOGA with Joy Dean



ALL LEVELS

Introducing you to this new concept combining Skater skills and VOGA Style. Welcome to bring skates where possible (optional - and please note that you can not wear them outside of the class area) but expect an equal mix of leg & arm strengthening flows that homage both Methods.

15.00 - 15.30

### Guided Meditation with Life Purpose Shaman



STAND G15

ALL LEVELS

Join Life Purpose Shaman for a relaxing guided meditation to help you live your purpose by offering you knowledge, healing and love.

12.00 - 12.30

### AcuBall Self-Healing for Muscle & Joint Pain with Dr Michael A. Cohen



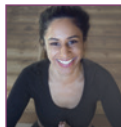
STAND H24

ALL LEVELS

Tight neck and back? You are in for a treat! Dr. Cohen will show you how to release tight areas using his acclaimed patented HEATABLE acuProducts. No effort is required - just lie on your HEATED acuProduct, find the tight spot and allow your bodyweight to do the work over 3 minutes.

15.45 - 16.15

### Ananda Yoga with Heemali Inamdar



ALL LEVELS

The Sanskrit word आनन्द translates to Ananda in English, meaning joy, bliss and the highest state of being. By practicing pranayama, a short gentle flow sequence followed by Yin holds, Heemali aims to leave you in a state of bliss after this practice.

12.45 - 13.15

### Mapping the Self Themes of Katonah Yoga™ with Selena Garefino



STAND K19

ALL LEVELS

We'll explore the fits and folds of the body as asana as origami for the body. Together we'll explore yoga practice and Katonah theory to help you frame your practice through defining and redefining your relationship to space and time. To better mediate polarity and to attune to the patterns in Great Nature all around you.

16.30 - 17.00

### Yoga Stops Traffick + OM & Bass Chakra Rave with Rach Cox



STAND N10

ALL LEVELS

The YST Chakra Rave is a highly inclusive, joyful journey through the elements and chakras using accessible asana, breath, mindfulness, mantra, visualisation and soulful music. We have babies, wheel chair users, athletes and grannies joining in. As an old school raver, no other dance offering has ever really touched the sides in terms of euphoria and connection.

13.30 - 14.00

### Embodied Vinyasa Flow with Isabel Lankester



SOME VINYASA EXPERIENCE

Enjoy nourishing practice to fill up your cup from within. Practice yoga with strength in a relaxed manner, linking breath with movement and aligning our mind with a softer, more compassionate heart. Expect to move creatively with a playful edge to enliven the connection with Body & Mind.

17.15 - 17.45

### Mandala with Nadeem Ahmad



INTERMEDIATE & ADVANCED

A dynamic flow utilising all sides of the mat, using our breath to focus on every Asana. See you on the mat!



/yogashow



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@omyogashow





# SATURDAY 14<sup>TH</sup> OCTOBER

## omyoga Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.45 - 11.15

### Standing Transitions with Yan Sophokelous



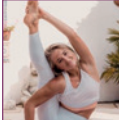
STAND A13

ALL LEVELS

Phase 2: Move - Hold - Release. This class will concentrate on linking standing postures. Expand and develop your natural flow, whilst transitioning from one posture to the next. A mindful moving meditation. Learn to feel your body's next move and unlock natural positions and postures. Immerse yourself, heighten your awareness, breathe deep and enjoy the transition, from structure to free-flow. Move Light!

11.30 - 12.00

### Thrive & Transform with Grace McGeehan



ALL LEVELS

A Vinyasa Flow based class, encouraging you to move with the breath to get out of your head and into the body. Working through limiting beliefs that are stopping you from becoming your highest self. Using Yoga, Breath Meditation & Visualisation to become the Thriving, Transforming version of yourself.

12.15 - 12.45

### Rocket Yoga with Zoe Porter



ALL LEVELS

Rocket is a fast paced, fun, and challenging class! You can expect a modified Ashtanga sequence practiced to music, with plenty of chances to play with arm balances and inversions! Open to all levels as modifications and progressions will be given to make this practice accessible to everyone who is up for a strong and sweaty practice.

13.00 - 13.30

### Breath Healing Prana Kriya Yoga with Yogi Ashokananda



ALL LEVELS

This class will be a taster to allow you to experience the essence and authenticity of true Kriya. Yoga with Yogi Ashokananda's signature style of Prana Kriya Yoga. Regardless of your physical strength and ability, Yogi will expertly guide you so that you can experience the layer of your highest consciousness by focusing on the fundamental principles of the practice.

13.45 - 14.15

### Teen Yoga with Charlotta Martinus



STAND K22

ALL LEVELS

Charlotta will lead a wonderfully playful and fun class, for all ages, but specifically designed to shake off the teenage blues and get some laughter in your life, with partner poses, pinnacle poses and general posing! There will be a luscious relaxation as well. Come on your own or bring a partner - Everyone is welcome!

14.30 - 15.00

### Sambaddha Yoga with Sara Fakh



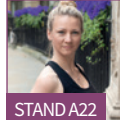
STAND D12

ALL LEVELS

This practice takes you on a journey through the elements. It contains Yin Yoga, Breath-work, Free Movement & Shaking, Mandala Vinyasa Yoga, Affirmation & Meditation & all to beautiful deeply connected soul-ful music that helps to assist you to feel all of the elements on that journey with an elemental sound journey to close if you're lucky.

15.15 - 15.45

### Vinyasa Flow Yoga All Levels with Alina Bialek



STAND A22

ALL LEVELS

Vinyasa Flow Yoga is all about meditation in the movement linked with the breath and can be seen as the most "cardio" of all the yoga styles. You will be "flowing" through the practice of Sun Salutations, inversions, and you'll also be introduced to more advanced poses with variations for all levels.

16.00 - 16.30

### Yoga For Calming the Mind with Mellara

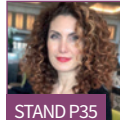


ALL LEVELS

We will be focusing on deepening our attention to our inner body awareness. Stepping down from the mind's energy and moving into the healing energy of the body and heart. Through some stillness, longer holds of postures and breathing our mind will be gently asked to settle into the body's intelligence.

16.45 - 17.15

### The Ultimate Self Mastery Method: Your Breath with Nevsah Karamahmet



STAND P35

BEGINNERS

Our breath is the fastest and the most effective method for self mastery. Learn how to use your breath to grow and expand in all areas of life.



# SATURDAY 14<sup>TH</sup> OCTOBER

## Lotus Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.45 - 11.15

### Chandra Namaskar & Surya Namaskar by Cat - Tru Dru Yoga & Meditation



STAND R2

ALL LEVELS

Balancing Yin & Yang with the Moon & the Sun sides. Aligning polar opposites through flowing yoga asanas with guided pranayama and visualisation. Yin is the inhale and Yang the exhale. Modifications make class suitable for all abilities - more suited towards intermediate than beginners.

14.30 - 15.00

### Root to Rise: Grounding Vinyasa Flow with Nicole Windle

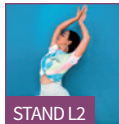


6 MONTHS+ EXPERIENCE

This is a dynamic vinyasa class that challenges the mind and body while emphasising breath to body connection. Expect a flowing sequence and an uplifting playlist, leaving you feeling centered.

11.30 - 12.00

### The Healthonaire Toolkit with Aya Aly



STAND L2

ALL LEVELS

This class is all about the tools & practices for a healthy life style crafted from ancient yoga philosophy for the super busy modern yogis. This session will bridge the gap between the ancient yogic philosophies & our modern world's needs; to come up with practical tips that would instantly improve the quality of your Life.

15.15 - 15.45

### Improve circulation, heal your heart, relieve anxiety using meridians with yoga with Janie Lamour



STAND K2

ALL LEVELS

Zen Ki Yoga® works energy meridians. Heart energy assists in better circulation, breast health, reproductive health (for men & women), alleviates broken veins, anxiety, over-thinking and worry. We will be using specific moves for the heart meridians to change our emotional state and leave us feeling centred and grounded.

12.15 - 12.45

### Vinyasa Yoga with Daniella Jackson



STAND E17

ALL LEVELS

Join Yoga with Daniella for a full body taster vinyasa session aiming to build your strength, toning and flexibility whilst practicing mindfulness and moving with your breath.

16.00 - 16.30

### Cacao Ceremony with Liam Browne



STAND H5

ALL LEVELS

Come and join me for a Full Power Cacao Ceremony of pure bliss, laughter and healing. Let Lady Cacao open your heart and allow the true you to blossom. If you are looking for a part of your life to shift, or a break through with anything that is holding you back then this is the journey for you. Why be half power when you can be FULL POWER!!

13.00 - 13.30

### Focus on Alignment with Mumtaz Yoga



ALL LEVELS

This class will focus on alignment in postures & the effective use of blocks to enhance muscle engagement & alignment. Designed for all levels of learners, so whether you're a beginner or an experienced practitioner, you'll find something valuable to deepen your practice. Yoga-Mad kindling providing blocks.

16.45 - 17.15

### The Path to Your Own Retreat with Elisa and Andrea Aja



STAND E6

ALL LEVELS

As we begin, we'll immerse ourselves in a series of Prana flows, letting our breath guide our movements. This heartwarming celebration is designed to create a sacred space where individuals can truly connect with themselves. After the invigorating flows, your body and mind will be primed to enter a state of profound relaxation and introspection. Meditation, a gem of ancient wisdom, offers a plethora of benefits.

13.45 - 14.15

### Movement is Medicine with Becki Marie of Big Love Movement



STAND P29

ALL LEVELS

Explore how movement and somatic practices help release tension, regulate your nervous system and reconnect you to your body. You'll learn somatic body-based practices to regulate your nervous system and ground you when life feels challenging, and explore movement to release physical and emotional discomfort from your body.

“ I am open to learning new things. ”



/yogashow



@yogashow #omyogashow



@omyogashow



# SATURDAY 14<sup>TH</sup> OCTOBER

## Chakra Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

**11.15 - 11.45**

### Embodiment Your Water Goddess with Donna Gerrard



STAND A6

ALL LEVELS

An accessible, flowing yoga class that connects and invokes the water element as goddess, and calls in your activism for the waters. Donna is a YAP SYT and a pagan priestess, dedicated to advocating for the divine feminine and for accessibility of yoga.

**12.00 - 12.30**

### New Moon Yoga - Let's manifest! With Emy Mendoza



STAND C17

ALL LEVELS

This class is open to everybody and we will be using the power of Yoga and the energy of the New Moon in Libra to embrace balance and self-love, set intentions and manifest all positive things. We'll move our body through a gentle and nurturing vinyasa flow while connecting to the New Moon energy.

**12.45 - 13.15**

### Traditional Yoga with Ravi Dixit



STAND H4

ALL LEVELS

A Hatha Yoga class, as taught in India. Reconnect with yourself through the practice of asana, pranayama and mantra. This authentic Yoga class by Ravi has a focus on improving flexibility and strength, connecting breath with movement to bring harmony to body and mind.

**13.30 - 14.00**

### Solar Plexus Flow with Natasha 'CocoRed' Lee



ALL LEVELS

Coco's passion for movement will form a baseline of what you can expect in her class, as she implements and weaves in her practice as a Professional Dancer with breath and sequence of movements, through a Chakra Led Flow focusing on the Solar Plexus.

**14.15 - 14.45**

### The Healing Power of Yoga with Liz Bylett



ALL LEVELS

Join Liz at the end of her 365 days of Yoga Journey that she embarked on 10 months post brain tumour surgery. As she shares the last days of her journey and practice with you in class, to share the incredible healing power of Yoga.

**15.00 - 15.30**

### RECONNECT - Menopause Partner Yoga with Triple Goddess Yoga



STAND J4

ALL LEVELS

In this specially curated practice you'll learn how to reconnect to your whole-self. By practicing partner yoga, women can cultivate a deeper sense of presence and mindfulness, leading to more fulfilment and acceptance to the changes experienced. Partners will be provided in the class!

**15.45 - 16.15**

### Loving Your Nervous System with Victoria Amore, KYTA teacher



STAND P22

ALL LEVELS

Victoria will lead you through a Kundalini yoga and Meditation class led from the heart, connecting you to your centre, calming down your nervous system to explore and reconnect you to true self love from within. Expect breathwork, movement, meditation, chanting, sound healing and feelings of bliss. Wahe guru.

**16.30 - 17.00**

### Journey into Chakras through Xtended Reality with Priyal Shah



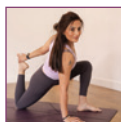
STAND D11

ALL LEVELS

With Breathitate, the aim is to introduce and explore immersive technologies like VR and XR to help facilitate yoga practitioners on ways to help overcome chakra blockages, heal through guided breathing, explore yoga anatomy, immerse themselves in fluid virtual experiences that can help varying states of consciousness and ultimately leads to a relaxed state of mind.

**17.15 - 17.45**

### Feel Good Flow with Rina Sodha



ALL LEVELS

This class will guide you through movement that develops strength, flexibility, and the connection between, body, mind and breath. This challenging but accessible class is open to anyone wanting to move their body, improve mobility, rebalance energies and work on their breath.

omyoga

Join us as we reveal the winners of the OM Yoga Awards 2023.

**Where? Life Purpose Shaman Lecture Area**

**When? Saturday 14<sup>th</sup> October at 4pm**

# SATURDAY 14<sup>TH</sup> OCTOBER

## Warrior Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.45 - 11.15

### Yinshtanga! With Will Lavin



STAND P23

ALL LEVELS

A combination of intermediate Ashtanga Yoga postures together with more relaxing and slower-paced Yin postures. Find your edge – and maybe go a bit further.

14.30 - 15.00

### Nourishing Slow Flow with Saskia Bolscher + Buddha Pants UK



STAND J7

ALL LEVELS

A beginner friendly, and inclusive practice focused on connecting movement to your breath. You will leave the class feeling calm and more balanced.

11.30 - 12.00

### Heart Opening Cacao Ceremony with Healing Whisperer



STAND A16

ALL LEVELS

\*25 SPACES\*

Join Healing Whisperer on a journey through the heart, weaving together ceremonial grade cacao and somatic meditation. You will be guided inwards with a focus on connecting to your inner wisdom and your heart's desires. Please ensure you bring something comfortable to sit on. A yoga mat, a cushion, or a scarf.

15.15 - 15.45

### Hatha Slow Flow with Jane Clifton



STAND H4

ALL LEVELS

A classical Hatha class with breathing, asana, mantra and meditation. This class is a slow flow, connecting movement and breath with an emphasis on alignment and sensation to bring mind and body to a place of inner peace.

12.15 - 12.45

### Classical Hatha Yoga with Parvati Chaitanya



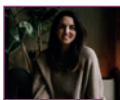
STAND L3

ALL LEVELS

A traditional hatha yoga class with asanas (postures), pranayama (breathing exercises) and relaxation. The final relaxation at the end of the yoga session will bring about physical, mental and spiritual relaxation – the key experience of yoga.

16.00 - 16.30

### Energise Hum with Oriana Shepherd



STAND F18

ALL LEVELS

Join us for an energising immersive experience. We will move to a combination of sound frequencies to get you deeper into your practice. Exploring the frequency of the earth's electromagnetic field, known as the Schumann Resonance, a sleepy dreamt state supporting body rejuvenation, balanced and improved stress tolerance along with gamma state, responsible for learning, memory and cognitive function, state of being 'in the zone'.

13.00 - 13.30

### Open Energising with Bhavisha



ALL LEVELS

This session has a theme close to our hearts, sharing the gifts we have gained from our own practices and trainings and include movement with breathing techniques. Get ready to go deep and empower yourself with knowledge from the ages that is still so relevant now. Suitable for everyone that is open to learning more and having had some vinyasa flow experience helps!

16.45 - 17.15

### Intuitive Flow with Jessica Noifeld



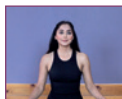
STAND J2a

ALL LEVELS

A gentle flow with alignment cues for all levels and abilities that will leave your body, mind and spirit feeling fresh, aligned and peaceful.

13.45 - 14.15

### Yoga for Health - Back Pain and Chronic Health Conditions with Dr Bhav Gami



ALL LEVELS

In the class, learn how to deal with clients who have medical ailments/ chronic conditions including various back pain pathologies.

## Don't forget your yoga mat

Mats are not provided.



/yogashow



@yogashow #omyogashow



@omyogashow



# SATURDAY 14<sup>TH</sup> OCTOBER

BWY

AT  
THE  
HEART  
OF YOGA

## BWY Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**



STAND P19

**10.30 - 11.00**

All Levels

### ALTR: Rite To Vibe & Connect with Michelle Christie

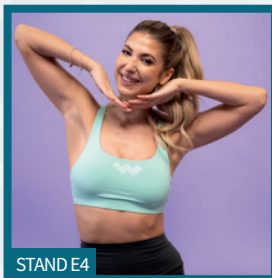
Worship yourself and create change in this short but powerful vinyasa class, using soulful and sacred sounds to connect deeper at a deeper and more primal layer to release stuck energy and raise vibration.

**11.15 - 11.45**

All Levels

### Power Yoga with Jo-Leigh Morris

A strong power yoga flow designed to realign the body and harmonise the mind. This is a strong class that is also suitable for all levels, looking to unlock your range, challenge your core, and improve flexibility.



STAND E4

**12.00 - 12.30**

Beginners

### Never Too Old For Yoga! With Jackie Dyson

Yoga is for everyone regardless of age. Join me in this Gentle Years Yoga session to explore how we can adapt yoga practice to support the body as it ages.



STAND P8

**12.45 - 13.15**

All Levels

### Partner Yoga with Sandra and Sofia Barnes

Find how by joyfully working together and sharing your space with others, you can feel your body stretching and opening so much more. A journey of giving and receiving whilst finding balance between two. A playful fun session that brings people together. No need to join with a partner - everyone welcome!



STAND A10a

**13.30 - 14.00**

Beginners

### Yoga for Menopause Rage (Menorage) and Irritability with Petra Coveney

Do you ever feel like you're going to 'flip your lid' with irritability? Join Petra for a 30-minute class designed to help you soothe menopause rage and irritability. Petra will explain why people experience 'menorage' during their perimenopause to menopause transition, and you'll learn simple breathing, movement and meditation techniques that you can practice at home. Wear comfortable clothing, bring water. This session may cause laughter.



STAND P8

All Levels

**14.15 - 14.45**

## Soul Purpose Vinyasa Flow with Heidi Pascual

Soul Purpose is creatively inspired Vinyasa Flow and Dharma Yoga. Moving through beautiful namaskars and creative sequencing, we explore the dharma (soul purpose) of the natural world as perceived by Native American communities. On this journey, your practice may reveal your unique soul purpose (dharma) and compel you to shine your light and grace in harmony with the world around you.



STAND K8



STAND P8

**15.00 - 15.30**

Beginners

## Journey to Peace with Dipika Jinabhai

Come and explore pranayama techniques to help you navigate anxiety, stress and many other health conditions. These vital practices create the link between the body and the mind and can support you through the twists and turns of daily life. Leave feeling calmer and more connected to inner peace.

All Levels

**15.45 - 16.15**

## WOMB: A yoga class for the menstrual phase with Sinnead Ali

Learn postures to best support yourself during your bleed. A gentle mat-based practise, ideal for people who experience PMS symptoms, cramps and tension around their period.



STAND D2



STAND C17

**16.30 - 17.00**

All Levels

## New Moon Yoga - Let's manifest! With Emy Mendoza

This class is open to everybody and we will be using the power of Yoga and the energy of the New Moon in Libra to embrace balance and self-love, set intentions and manifest all positive things. We'll move our body through a gentle and nurturing vinyasa flow while connecting to the New Moon energy.

All Levels

**17.15 - 17.45**

## Tantric Goddess Flow with Lisa Matthews Said

In this class our practice will be inspired by the Tantric Goddess, the Mahavidya, Kali. This powerful goddess will assist us in clearing negativity and attachments, tapping in to the source of all energy and standing strong in our power and truth.



STAND H11

Enriching lives through the practice, sharing and training in yoga.

**[bwy.org.uk](http://bwy.org.uk)**



/yogashow



@yogashow #omyogashow



@omyogashow



# SATURDAY 14<sup>TH</sup> OCTOBER

## Yoga Yurt

All Yurt Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**



STAND N9a

**11.00 - 12.00**

All Levels

### AndFlow! - Pregnancy Yoga Flow for Space & Strength with Kirsti Patterson of Forever Body Yoga

Learn about pelvic floor connection & ways to safely strengthen your body whilst also finding space to allow for your growing bump. There will be a focus on building strength & stability through your pelvis, glutes, centre & shoulders whilst finding space through your spine, chest & side body.

All Levels

**12.30 - 13.30**

### 9D Breathwork Journey with Scarlett Dee

The yurt gives us a private space and Scarlett will make sure you feel safe and supported because this 9D breathwork journey has power! You will be provided with 9D headsets and will embark on a journey into the recesses of the body and subconscious mind. This practice works deeply and invites you to face trauma, fears, and limiting beliefs head-on. You may want to cry, scream, and your body may want to move in ways you never thought possible. If you're ready to trust the wisdom of your body to guide you to surrender and let go this is for you.



STAND F3



STAND G9

**14.00 - 15.00**

All Levels

### Shamanic Drumming and Meditation with Gillian Turner

The Shamanic drum is one of the oldest and powerful healing instruments. Join me to discover the benefits of Shamanic drumming in this interactive workshop. Connect to the drum through collective playing and vocalise to raise your vibration. Experience the power of a drum meditation.

All Levels

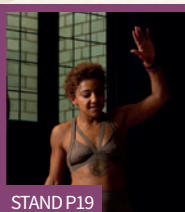
**15.30 - 16.30**

### Yoga Nidra for Stress Relief with Nadine Hummert

This guided meditation focuses on welcoming feelings and emotions and exploring their opposites to ease the pressures of life. Please bring your own yoga mat and perhaps a light blanket.



STAND A7a



STAND P19

**17.00 - 17.45**

All Levels

### ALTR Connection with Michelle Christie

Honour your body and swim within the deep reservoirs of your emotions by shifting your perspective in this class that focuses on ALTR Native alignment to enhance the innate connection between your body and nature.

Yurt provided by **yurtsforlife.com**







# SATURDAY 14<sup>TH</sup> OCTOBER

## Yogi Power Childrens Yoga Area

All childrens sessions are **FREE** to attend. Admission is on a first come first served basis. Please arrive at the class area 5-10 minutes prior to start time. **Children cannot be left unattended.** Please ensure you bring your own mat, mats are not provided

10.45 - 11.15



### Finding Focus Children's Yoga With Vic from Inner Child Yoga School 5 - 10 YEARS

Join Vic for a fun focus finding flow, yoga games, grounding breathing techniques and a calm relaxation. Be ready for plenty of movement – this class is perfect for even the busiest young yogis.

14.30 - 15.00



STAND A2

### YOGAMOVES4KIDS with Caroline Garland 7 - 11 YEARS

An interactive class creating a fun but grounding practice, bringing focus to our breath, moving the body and ending with a relaxation.

### Let's Go On An Adventure - Yoga for Children with Vanessa Page 4 - 7 YEARS

This is an age children need to be stimulated and engaged. Join us on a fun and imaginative story-led adventure combined with visualisation and breathing techniques designed to improve and develop children's emotional, social and physical well-being.

11.30 - 12.00



STAND G21

### Safari Adventure: Family Session with Divya Hindocha ALL AGES

Join us on our adventure as we travel to Africa and meet some of the biggest personalities in the animal kingdom. From games to poses to savasana under the tree, 30 minutes just won't seem enough. One of the animals we met, left a gift for you... who could it be?

15.15 - 15.45



STAND F12

12.15 - 12.45



STAND F12

### Do you want to become a superhero? With Divya Hindocha 4+ YEARS

We have been asked to recruit a new superhero team to help save the world! Could you be the superhero we are looking for? We will be going through all the traits of what it takes to be a superhero from speed, kindness, strength to good listening.

16.00 - 16.30



STAND A2

### YOGAMOVES4KIDS with Caroline Garland 7 - 11 YEARS

An interactive class creating a fun but grounding practice, bringing focus to our breath, moving the body and ending with a relaxation.

### Yoga For The Whole Family! With Sophie and YogaBeez 4-11 YEARS

Bring the family, move your bodies, learn some interesting facts, notice your emotions, breathe deeply, explore partner poses, quieten your mind and have some FUN! Educational, bonding and adventurous!

13.00 - 13.30



STAND G24

### Peace Begins With Me: Breathwork Session with Neha Swaminathan 5+ YEARS

Learn how to embrace the power of your breath, to soothe your mind and body. Discover simple, science-backed techniques to help you when you're feeling stressed or overwhelmed and tired. Together we can practise how to create a calming bedtime ritual for the family, that brings more harmony and connection.

16.45 - 17.15



STAND F12

13.45 - 14.15



### Finding Focus Children's Yoga With Vic from Inner Child Yoga School 5 - 10 YEARS

Join Vic for a fun focus finding flow, yoga games, grounding breathing techniques and a calm relaxation. Be ready for plenty of movement – this class is perfect for even the busiest young yogis.



/yogashow



@yogashow #omyogashow



@omyogashow





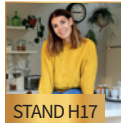
# SATURDAY 14<sup>TH</sup> OCTOBER

## Life Purpose Shaman Lecture Area

All lectures are **FREE** to attend. Admission is on a first come, first served basis. Please arrive at the area 5-10 minutes prior to start time

10.45 - 11.15

### Building a Successful Health Coaching Career with Izzy Walton



STAND H17

This lecture is for anyone contemplating adding Health Coaching services to their existing practice or building a Health Coaching career from scratch. Izzy will offer a glimpse of the life of a successful Health Coach, alongside all the steps she took to build her successful career.

11.30 - 12.30

### Love or Lies? What are Twin Flames and Soulmates? With Life Purpose Shaman



STAND G15

Investigate your romantic relationship and discover if you are with your Twin Flame or Soulmate! Which is better? Find out exclusively through my communication with Guardian Angels.

### Why Are We Here?

Life's purpose is the cornerstone of our existence so why are you not living it? Understand what "life purpose" is and what you can do to discover yours.

13.00 - 13.30

### Wisdom From Inside with Richard and Paul, The Prison Phoenix Trust

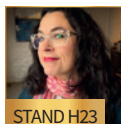


STAND A11

Two men talk about their experience learning yoga and meditation in prison and the power of yoga to help us overcome life's challenges.

13.45 - 14.15

### Marketing Mastery for Yoga Teachers: 7 Digital Marketing Trends To Be Aware Of with Louise Bartlett



STAND H23

Unlock your yoga business potential - Join me for a captivating 30-minute presentation where you'll discover practical strategies for building a profitable online business as a wellness expert.

From understanding chatGPT to social media mastery, this transformative session will highlight the top digital marketing updates and trends to be aware of. Learn tips and tricks you can implement today!

14.30 - 15.00

### Spontaneous Self-realisation for Everyone with Tim Bruce



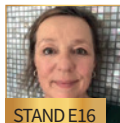
STAND M8

A deep-dive practical demonstration of how to achieve spontaneous Self-realisation while sitting in your chair, and sustain its multiple life benefits through the regular practice of Sahaja Yoga meditation. Within a busy environment,

we will also use some gentle live music to help establish participants in a state of Thoughtless Awareness: a blissful state of inner silence in which we become much more aware of our inner being and connect with our deeper purpose.

15.15 - 15.45

### The Beauty of Attuned Touch and Words with Annabelle Apson and guests



STAND E16

How to use touch that feels safe and supportive to listen to what the body is saying, and how to use words as a bridge to deeper awareness.

16.00 - 17.00

### OM Yoga Awards Winners Announced with Neil Patel



STAND M3

You, our loyal readers and visitors, have cast your votes and now is the time to reveal the winners of the OM Yoga Awards 2023. Neil Patel of Chi Kri Yoga will be hosting the awards ceremony with our editor, Martin Clark, who will be

handing out the awards to our deserving winners and also announcing our OM Yoga Good Karma Award 2023. Come down and join in the festivities!

17.15 - 17.45

### Why Cancer Can't Kill This Yogi With Neil Patel



Learn how a yoga teacher has lived with a 24 cm cancerous tumour for over twenty-three years without surgery, chemotherapy, radiotherapy or any other intervention. Listen to his story, and let him share 5 unique psychological and

spiritual methods he still uses to this day. Neil has not stopped teaching yoga for the last twenty years despite still being classed as a "cancer patient"; and he continues his yoga mission as passionately as ever to this day. Learn why cancer cannot touch this yogi!

Sponsored by [lifepurposeshaman.com](http://lifepurposeshaman.com)



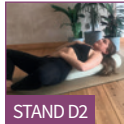
# SATURDAY 14<sup>TH</sup> OCTOBER

## Inspiration Zone

All lectures are **FREE** to attend. Admission is on a first come, first served basis. Please arrive at the area 5-10 minutes prior to start time

10.45 - 11.15

### Yoga as a Tool for Menstrual Cycle Awareness with Sinnead Ali



STAND D2

Sinnead of WOMB shares how different yoga practices can inform our approach to menstruation and menopause. Our 'inner-seasons' don't have to be a mystery and yoga can be a powerful tool for unlocking the wisdom of our cycles. In

this playful and interactive lecture Sinnead offers a yogic approach to 'biohacking' the female body.

11.30 - 12.00

### Your Crystal Healing Journey with Laura Konst



STAND B3

Learn how to start or upgrade your crystal journey! Everyone can benefit from working with crystals. In this 30 minute talk we will explore how to use crystals in your daily life and what can you do to upgrade your crystal journey. Laura will share some great tips on crystal grids and crystal gifting too.

12.15 - 12.45

### Building a Career in Yoga with Max Henderson and Sunita Devi



STAND K5

Whether you're looking to build your career as a yoga teacher or open a studio of your very own, hear from the experts on how to make it happen. With 50+ studios, Hotpod Yoga has a network of hundreds of teachers and franchise

owners, and will share their top tips on how to transform your love of yoga into a career.

13.00 - 13.30

### What is Family Constellation Therapy and Why Should I Use It To Heal My Life? With Zornitsa Maleva



STAND P12a

Zornitsa will start the talk by explaining what a constellation is. She will go on to explain about the orders of love and why they are so important for us as children to our parents. You will also

understand why you have problems in your personal or professional life and how you can fix them using the family constellation method. Zornitsa will also touch on her book Parental Blessing.

13.45 - 14.15

### Self-care Is Caring For Others with John McConnel

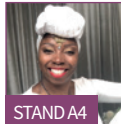


STAND M7

When I empower myself I have the power to care for others genuinely, it is not about pleasing others but accepting who I am.

14.30 - 15.00

### Rediscover Your Purpose Through Releasing Trauma with Spiritual Tiik



STAND A4

This lecture will educate individuals on the impact of trauma in the mind body and soul. Reviewing how the frequency of the word trauma can manifest into physical disease in the body, create limiting beliefs in the mind and disrupt

the soul purpose. Spiritual Tiik will support vessels with learning how to identify the trauma within their body and energy centres that have created stagnation.

15.15 - 16.00

### Paul's 30-Minute Headstand Challenge

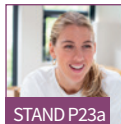


STAND A11

Paul's life was changed by yoga he learnt in prison. See him attempt a 30-minute headstand and raise funds for yoga in prisons.

16.15 - 16.45

### Overcoming weight loss barriers | The psychology of weight loss with Georgina Kerr



STAND P23a

Unravelling the psychological factors of motivation, resilience and self-esteem and it's role in weight loss and sustained weight loss.

17.00 - 17.30

### Unlocking the Brain, Breathe in Happiness with Dr Haridass



STAND H6

There are ancient techniques of breathing that access consciousness and unlock the brain. Experience a series of simple commands to induce relaxation that brings ultimate peace. Feel balanced and calm as you unleash your primal

creativity and authentic self.



/yogashow



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@omyogashow



# SATURDAY 14<sup>TH</sup> OCTOBER

## Knowledge Zone

All lectures are **FREE** to attend. Admission is on a first come, first served basis.  
Please arrive at the area 5-10 minutes prior to start time

11.00 - 11.30

### **A Brief Introduction to Six Tastes of Ayurveda with Lynne Ford**



STAND N9

In this talk, we will explore how ayurveda teaches us that the six elemental tastes of food are essential to maintain balance in the body and mind.

11.45 - 12.15

### **The Guidelines and Regulations of Attending or Hosting a Retreat with Samantha Bradbury and Adam Handy**



STAND R2

This 30 minute lecture will provide you with all of the important dos and don'ts when attending or hosting a Retreat, with expert advice from ABTOT membership Director Samantha Bradbury and CEO of Success Retreats, Adam Handy. If you

are considering attending or hosting a Retreat, you will get an insight into what is involved, how to spot a regulated Retreat package and the protection of your money.

12.30 - 13.00

### **The Healing Power of Yoga with Liz Bylett**



Join Liz at the end of her 365 days of Yoga Journey that she embarked on 10 months post brain tumour surgery. As she shares the last days of her personal challenge and shares the incredible healing power of Yoga and the transformative effect it has had.

13.15 - 13.45

### **Earthing with Jen Finlay**



STAND F17

Join this talk and Jen will walk you through an introduction to why it is crucial to connect with Mother Earth. The floor will then be opened up to any questions you may have on earthing.

14.00 - 14.30

### **The Pleasure Party Movement: Redefining Self Care & Embracing Sensuality with Symone Tucker**



STAND H9

Join the Pleasure Party to redefine what self care really is to you. If you're ready to embrace your unique sensuality and cultivate a life filled with pleasure, if you want to live this way every day, come and

join me and I'll show you, not just how I did it, but how you've also got everything you need, to do it to!

14.45 - 15.15

### **Seaweed: The Ultimate Superfood with Dr Craig Rose PhD**



STAND H7

Seaweed, the unparalleled yet forgotten superfood, is now being rediscovered for its sustainability and many health benefits. Dr Craig Rose, aka Doctor Seaweed, is a marine biologist dedicated to shedding light on the essential nutrition found in his sustainable Scottish seaweed - these nutrients combat deficiencies that affect a significant portion of the UK.

15.30 - 16.00

### **Home Yoga Practice for those too Tired and Busy to do Yoga at Home with Kat Farrants**



A sustainable, daily home yoga practice is something that so many of us aspire to, but can seem so hard to achieve. Life is just overwhelming, we all have things to do lists which are never done. So how on earth can we fit in a home yoga practice when life is so busy? And then there's procrastination! What practice to do, and when? So many choices. This lecture with Kat will tell you all you need to know for how to begin, maintain and sustain a daily home yoga practice. Particularly when life is busy.

16.15 - 16.45

### **(Re) awakening Aphrodite: nurturing sexuality with the Secret Sauce Angel**



STAND H22

Life changes and shifts in our bodies often make us disconnect from our sexuality. Sex and sensuality coach Inna Goncharenko - the Secret Sauce Angel - will share practical advice, tools and strategies on how to embrace, nurture and manifest your sexual (re)awakening.

17.00 - 17.30

### **Nurturing Body Acceptance and Self-Love through Chakra Power with Dr Helina Hookoomsing and Kali Rising**



Explore the profound journey of body acceptance and self-love through the lens of the chakras, the energy centers within our bodies. Using the chakras as an internal framework, they guide us to balance our physical and emotional energies, fostering self-compassion and acceptance. By aligning these energy centers, we unlock a deeper connection with our bodies, nurturing love and appreciation for the unique vessels that carry our essence. Helina and Kali will share experiences, movements, practices and affirmations to cultivate body acceptance and self-love, fostering your sense of confidence and appreciation.



**ACCESSORY ARCADE**

[www.yogasourcing.com](http://www.yogasourcing.com)

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SUNDAY 15<sup>TH</sup> OCTOBER

# Panorama Workshop Room

Workshops cater for a range of abilities. Please check for class level. Tickets for workshops can be purchased online at [omyogashow.com](http://omyogashow.com) or from the Workshop/Information desk (stand M3) on the day (subject to availability). **Please ensure you bring your own mat, mats are not provided.**

£12

10.30 - 11.30

Some Vinyasa  
Experience  
is advised

To book visit [omyogashow.com](http://omyogashow.com)



## An Elemental Flow - Finding Inner Alignment with Isabel Lankester

This will be a juicy dive through the elements where we will sink into theory-infused asana. We will explore how the elements are integrated into Chinese medicine, seasonal shifts and the cylindrical shifts within us! We'll begin with some light grounding theory to frame our time together, followed by movement to represent Earth, breath and pranayama to symbolise Water, readings and affirmations to Fire up our awareness. Finally, we shall begin to calm down the nervous system with some slower movements to give rise to our Air and Space element. This practice will be warm and enriching. Whether you're a teacher or student this workshop will fill your cup from within. We are all connected in the great web of elemental design.

**Admission £12**



## And the winner is...

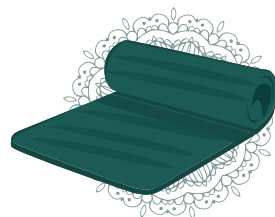
Join us on Saturday 14<sup>th</sup> October as we reveal the winners of the OM Yoga Awards 2023.

**Where? Life Purpose Shaman Lecture Area**

**When? Saturday 14<sup>th</sup> October at 4pm**

# Don't forget your yoga mat

Mats are not provided.



£15

11.45 - 13.15

All Levels

To book visit [omyogashow.com](https://omyogashow.com)



## Power Yoga Masterclass with Joaquin Gomez

The Power Yoga Masterclass by Joa Gomez encourages you to go deeper into your yoga practice. This practice embraces the powers of change, exploration and adaptation that come through intense but accessible practice. This class will help you build a strong foundation, give you the tools to move forward in your yoga journey, and the inspiration to try new things.

**Admission £15**

£12

13.30 - 14.30

All Levels

To book visit [omyogashow.com](https://omyogashow.com)



## Getting High on Meditation with Life Purpose Shaman

Journey with me as I take your meditation to the next level! Learn how to become more fluid with your movement, making it easier as your chakras become aligned.

**Admission £12**

STAND G15



/yogashow



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@omyogashow



# SUNDAY 15<sup>TH</sup> OCTOBER

## Palace Workshop Room

Workshops cater for a range of abilities. Please check for class level. Tickets for workshops can be purchased online at [omyogashow.com](https://omyogashow.com) or from the Workshop/Information desk (stand M3) on the day (subject to availability). **Please ensure you bring your own mat, mats are not provided.**

£12

10.45 - 11.45

All Levels

To book visit [omyogashow.com](https://omyogashow.com)



### Power & Peace Vinyasa Flow with Esther Marie

This is Esther's signature class - the perfect blend of yang and yin energy. The first half of the workshop will include standing postures, creative transitions and strength to power up body and mind. The latter half is about slowing down, finding peace and connecting to oneself. Esther will lead a Savasana with one of her infamous soulful readings to you. This is an improvers' class suitable for people familiar with vinyasa flow and enjoy a challenge. There will be no inversions or arm balances in the class.

**Admission £12**

£15

12.00 - 13.30

All Levels

To book visit [omyogashow.com](https://omyogashow.com)



### The Power Of The Heart: a slow deep and mindful flow with Mellara

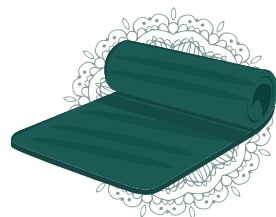
Since ancient times, great masters and sacred traditions have given voice to the power of our human heart. As we drop down and into the centre of our being we will also come together as a community. In this session, you'll learn how to tap into the energy of the heart through yoga asanas, mantra and breathing techniques. Let's tap into the energy of the heart for greater health, balance in life and inner peace. You will be encouraged to explore all the benefits of each posture while finding equanimity between challenge and release. See you on the mat! To deepen this practice please feel free to bring along 2 blocks, a strap and blanket (optional).

**Admission £15**



## Don't forget your yoga mat

Mats are not provided.



£15

13.45 - 15.15

All Levels

To book visit [omyogashow.com](https://omyogashow.com)



STAND H4

### Authentic Indian Yoga, Pranayama & Mantra with Ravi Dixit

What is yoga? What is the real meaning of the word and how does it fit into your daily life? Please feel welcome to join this workshop on traditional yoga, where we'll go back to its roots as taught in India. Learn about connecting with yourself through the practice of pranayama breath, asana and mantra. We'll explore how to honour the traditions of yoga and the historic origins of our yoga practice in a modern world. There is an opportunity for questions after the session.

**Admission £15**

£15

15.30 - 16.45

All Levels

To book visit [omyogashow.com](https://omyogashow.com)



STAND K2

### Vagus Nerve, Psoas and Anxiety Connection with Janie Larmour

The vagus nerve connects the brain to the gut, regulating our digestion and digestive enzyme secretion. Poor gut health influences inflammation, mood and anxiety levels. The psoas also has a strong connection to our experience of anxiety and the diaphragm influences both the vagus nerve and psoas. Learn how easy it is to release the psoas and calm the nervous system, moving from 'fight/flight' to 'relax' or 'rest/digest' mode with movement and breath.

**Admission £15**



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# SUNDAY 15<sup>TH</sup> OCTOBER

## Virgin Active Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**



**10.30 - 11.00**

Not for Complete Beginners

### Power Yoga with Mumtaz Yoga

Get ready to be awakened and embark on a fun, explosive journey through a Power Yoga practice. Mumtaz will guide you through a dynamic flow that will challenge your strength and flexibility, leaving you feeling invigorated and stretched in a way that is unique to this class.

All Levels

**11.15 - 11.45**

### 5 ELEMENTS FLOW with Christina Gill, Free Spirit

Working through the 5 elements & corresponding chakras with this dynamic combination of Mindful Movements from Animalistic to Sensual to Childlike & Playful. Conscious Connection exercises, expanding our own body awareness and diving into our intuition and creative expression - a wonderful mix of exploring masculine and feminine energies within ourselves and how we relate to others - a work out (and work in!) for body mind and soul.



STAND C18



STAND A21

**12.00 - 12.30**

All Levels

### Self-Love Gentle Yoga with Hali Love

Take the time to slow down and connect to your body, mind and soul through a heart centred gentle yoga class.

All Levels

**12.45 - 13.15**

### Yoga Flow with Vanessa Hatton Riviero

Yoga Flow, similar to Vinyasa Yoga, is our most popular style that people find themselves returning to time and time again. It's dynamic and incredibly rewarding, encouraging strength, mindfulness and better fitness.

Vanessa's classes have a deep focus on breath and alignment. Giving you space to open, reflect and absorb.



STAND C18





STAND C18

**13.30 - 14.00**

All Levels

### Yoga Flow with Sharia Johnson

This fast-paced Vinyasa class invites you to move your body in time with your breath. Immerse yourself into a meditative state through repeated movements, making it easy for you to find your flow. Sharia teaches with a loving, dynamic but light-hearted energy.

All Levels

**14.15 - 14.45**

### Yoga Flow with Vanessa Hatton Riviero

Yoga Flow, similar to Vinyasa Yoga, is our most popular style that people find themselves returning to time and time again. It's dynamic and incredibly rewarding, encouraging strength, mindfulness and better fitness.

Vanessa's classes have a deep focus on breath and alignment. Giving you space to open, reflect and absorb.



STAND C18



STAND P20

**15.00 - 15.30**

All Levels

### Flow and Glow and with Arianna Santucci

This class with Arianna Santucci will combine mobility, flexibility, and strength in a Vinyasa fluid format. In this class you will be challenged to work with your own body to find fluidity while moving through postures learning simple drills that will enhance your mobility. Come to reconnect to your breath and movement and leave the practice feeling your most grounded and radiant self.

All Levels

**15.45 - 16.15**

### Hibernation Mode with Becki Marie of Big Love Movement

As the seasons shift and the nights get darker, create space for yourself to slow down, tune in. If life is so full-on you've forgotten how to switch-off, this is an invitation to fully embrace the hibernation vibes as you explore new ways of reconnecting and being through movement breath and visualisation.



STAND P29

Sponsored by Virgin Active



/yogashow



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# SUNDAY 15<sup>TH</sup> OCTOBER

## Sound Healing Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.45 - 11.15

### Shamanic Journey to Discover Your Spirit Animal with Fabian-Carlos Guhl



STAND A23

ALL LEVELS

This shamanic ceremony is a sound healing journey and guided meditation to help you identify your spirit animal. After the workshop you'll feel deeply relaxed and have access to shamanic guidance from your spiritual family. The workshop is being facilitated by "Fabian".

14.00 - 14.30

### Voice Yoga - Free Your Body, Find Your Voice with Katie Hockley



STAND A1

ALL LEVELS

Our voice is the perfect inbuilt sound healing tool. Come for a taster of how our own sound can be used to free tensions in the body, whilst simultaneously creating more space & freedom to find your true voice through this playful yet powerful class.

11.30 - 12.00

### Feel and Heal with Himalayan Singing Bowl with Dipesh Munakarmi



STAND G23

ALL LEVELS

Come join to learn, how to heal and feel with Himalayan Sound Bowls. This is an introduction to Himalayan bowl, how you could use for personal healing and professionally for yoga, meditation and therapy.

14.45 - 15.15

### Tibetan Sound Bowl Meditation Circle with Spiritual Tiik



STAND A4

ALL LEVELS

This meditation class will promote beautiful souls to dive deeper into a sense of calm through the use of Tibetan Sound Bowls which promotes healing through sound waves. The use of the Tibetan Singing bowls have reported to reduce stress, lower anger and blood pressure, improve circulation, pain relief, increase mental and emotional clarity, balance the chakras and promote stillness and happiness.

12.15 - 12.45

### Yoga Nidra and Sound Journey with Sandra and Sofia Barnes



STAND A10a

ALL LEVELS

Release & receive. Nurture & nourish. Welcome the body to simply be, as your senses guide you, with awareness through the vessel that is you. With yoga nidra as an offering of love creating a sacred pause to tune in & tune up. Soothing sounds from an array of healing instruments twinkling all around, frequencies & vibrations shared as medicine as they welcome you to rest.

15.30 - 16.00

### Chants for Peace at Heart with Michael Hutchinson



STAND H15

ALL LEVELS

This session will begin with Michael's special way of opening a sense of space around your heart. Then you'll join in some heart-opening, gentle movements and gestures and in chanting some memorable mantras that evoke this sense of ātma-tuṣṭi – being settled at heart. Once you have felt this heart-contentment, you can return to some of this subtle breath- and voice-work, whenever you need to pause for reflection. Yoga blocks will be useful but not essential.

13.00 - 13.30

### Sound Medicine with Sophie Russell



STAND M1

ALL LEVELS

Sophie will take you through an immersive journey of sound, giving your body and mind a chance to really let go and unwind and maybe even expand to new levels. There will also be a breathing practice you can focus on throughout, for those extra busy minds who are newer to meditation or find it extra challenging.

16.15 - 16.45

### Hapits® and Head Peace with Mary-Ellen and Anirban Saha



STAND P34

ALL LEVELS

Join us to learn how UR HAPPINESS is a habit you can create. We care so much about UR HAPPINESS we designed a 100 day video course that literally spells it out. It incorporates 12 happiness skills that we call Hapits®. Including skills like emotional flexibility, self-kindness, purposeful living and head peace. We'll end with a meditation using the soothing sounds of ancient Ireland.

“Creativity flows through me.”



# SUNDAY 15<sup>TH</sup> OCTOBER

## Hero Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.30 - 11.00

### Discover Chair Based Yoga with Maria Jones



STAND G22

ALL LEVELS

Chair Yoga is not less, is not more, it is still yoga. Adapted to meet the needs of those who can't or won't get to the floor. A convenient way to practice where you sit. So pull up an chair and join us to discover how complete and versatile the practice of chair based yoga is.

13.30 - 14.00

### Yoga Stops Traffick + OM & Bass Chakra Shakedown with Rach Cox



STAND N10

ALL LEVELS

Exploring the magical and traditional precepts of chakra yoga, delightfully fused with modern dance, we take the practitioner on a deep and uplifting journey through the chakras into a connected and meditative, healing and euphoric state. For all ages and abilities and is highly accessible.

11.15 - 11.45

### Vinyasa Flow Yoga All Levels with Alina Bialek



STAND A22

ALL LEVELS

Vinyasa Flow Yoga is all about meditation in the movement linked with the breath and can be seen as the most "cardio" of all the yoga styles where you get the heart pumping and the body sweating. You will be "flowing" through the practice of Sun Salutations, inversions, and you'll also be introduced to more advanced poses with variations for all levels.

14.15 - 14.45

### AcuBall Self-Healing for Muscle & Joint Pain with Dr Michael A. Cohen



STAND H24

ALL LEVELS

Tight neck and back? You are in for a treat! Dr. Cohen will show you how to release tight areas using his acclaimed patented HEATABLE acuProducts. No effort is required - just lie on your HEATED acuProduct, find the tight spot and allow your bodyweight to do the work over 3 minutes.

12.00 - 12.30

### Yoga and the 36 Menopause Symptoms - MenoBelly! With Triple Goddess Yoga



STAND J4

ALL LEVELS

Bloating, weight gain and digestive problems can all feel a bit too inflated as we embark on our Menopause phase. In our MenoBelly Yoga practice, we will help deflate, soothe and nurture your tummy and tuck these puffy symptoms under your belt!

15.00 - 15.30

### Chakra Balancing Yoga for Anxiety Relief with Urvara Retreats



STAND H3

ALL LEVELS

Come and experience our soothing class crafted to help you let go of anxiety and stress. Immerse yourself in a slower, more mindful yoga practice, where we'll harness the transformative power of colour and sound to balance your chakras. Leaving you feeling revitalised.

12.45 - 13.15

### Face Yoga For Glowing Skin Naturally with Danielle Collins



ALL LEVELS

Join World leading Face Yoga expert and best selling Author, Danielle Collins for an uplifting and inspiring Face Yoga class focused on facial exercise, facial massage, acupressure and wellbeing techniques. Suitable for all levels as we will focus on the face and wellness.

15.45 - 16.15

### Radiant Heart with Lisa Matthews Said



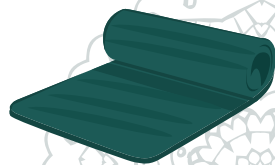
STAND H11

ALL LEVELS

Inspired by the hero of the Ramayana, Hanuman, this vinyasa flow class will explore heart based practices so we can live intentionally to heal and cherish relationships and rest in the light of unconditional universal love.

## Don't forget your yoga mat

Mats are not provided.



/yogashow



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# SUNDAY 15<sup>TH</sup> OCTOBER

## omyoga Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.45 - 11.15

### Standing To Ground Transitions with Yan Sophokleous



STAND A13

ALL LEVELS

Phase 3: Move - Hold - Release. This class will involve linking the ground and standing postures from Friday's & Saturday's class. This class progresses onto the level changing flows, helping to deepen the understanding of how and when to flow, according to your body's structure and breathing patterns.

13.45 - 14.15

### Yoga with Circé with Katerina Vachova



STAND J13

ALL LEVELS

This class is designed to help you find inner balance and mobility in your hips. We will focus on poses that gently stretch and strengthen the hips, such as pigeon pose, seated forward bend, and warrior II. We will also incorporate breathwork and meditation to help you connect to your inner peace.

11.30 - 12.00

### Classical Hatha Yoga with Parvati Chaitanya



STAND L3

ALL LEVELS

A traditional hatha yoga class with asanas (postures), pranayama (breathing exercises) and relaxation. The final relaxation at the end of the yoga session will bring about physical, mental and spiritual relaxation – the key experience of yoga.

14.30 - 15.00

### Family Yoga with Caroline Garland



STAND A2

ALL LEVELS

Family yoga class, a fun yoga class with the family. Lets connect and have some family time through yoga.

12.15 - 12.45

### Flow to Front Splits with Katarina Hromnikova



STAND D12

INTERMEDIATES AND ADVANCED

Are you working to perfect your Split? It's so important to add mobility and active flexibility into your routine! This 30min class includes exercises working on leg extensions, quads and hamstrings strength and flexibility needed for Standing Splits and Front Splits shapes. Be ready to work and stretch deeply!

15.15 - 15.45

### Guided Meditation with Life Purpose Shaman



STAND G15

ALL LEVELS

Join Life Purpose Shaman for a relaxing guided meditation to help you live your purpose by offering you knowledge, healing and love.

13.00 - 13.30

### Teen Yoga with Charlotta Martinus



STAND K22

ALL LEVELS

Charlotta will lead a wonderfully playful and fun class, for all ages, but specifically designed to shake off the teenage blues and get some laughter in your life, with partner poses, pinnacle poses and general posing! There will be a luscious relaxation as well. Come on your own or bring a partner - Everyone is welcome!

16.00 - 16.30

### Dynamic Vinyasa Flow with Evie Wheeler



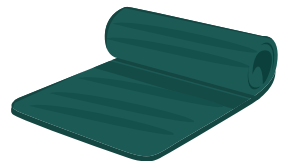
STAND N1

ALL LEVELS

Building on the concepts of intuitive movement to allow you to understand your uniquely wonderful body, nurturing it while building strength and stability in order to enhance the body mind connection.

## Don't forget your yoga mat

Mats are not provided.





# SUNDAY 15<sup>TH</sup> OCTOBER

## Lotus Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.45 - 11.15

### Reiki-Infused Yoga for Stressed Out Yogis with Michelle Maslin-Taylor



ALL LEVELS

Join Michelle for this unique reiki-infused yoga class where reiki energy healing is interwoven with a gentle yin yoga practice to facilitate deep healing for energetic and emotional balance.

13.45 - 14.15

### Twisting Vinyasa with Daniella Jackson



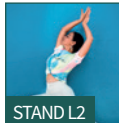
STAND E17

ALL LEVELS

Join Daniella for a twisting Vinyasa class focusing on stretching and strengthening the spine and body through twisted postures.

11.30 - 12.00

### The Healthionaire Toolkit with Aya Aly



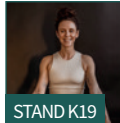
STAND L2

ALL LEVELS

This class is all about the tools and practices for a healthy life style crafted from ancient yoga philosophy for the super busy modern yogis. This session will bridge the gap between the ancient yogic philosophies and our modern world's needs; to come up with practical tips that would instantly improve the quality of your life.

14.30 - 15.00

### Mapping the Self Themes of Katonah Yoga™ with Selena Garefino



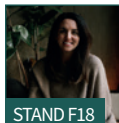
STAND K19

ALL LEVELS

In this class we'll explore the fits and folds of the body as asana as origami for the body. Together we'll explore yoga practice and Katonah theory to help you frame your practice through defining and redefining your relationship to space and time. To better mediate polarity and to attune to the patterns in Great Nature all around you.

12.15 - 12.45

### Energise Hum with Oriana Shepherd



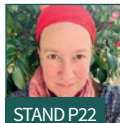
STAND F18

ALL LEVELS

Join us for an energising immersive experience. We will move to a combination of sound frequencies to get you deeper into your practice. Exploring the frequency of the earth's electromagnetic field, known as the Schumann Resonance, a sleepy dreamt state supporting body rejuvenation, balanced and improved stress tolerance along with gamma state, responsible for learning, memory and cognitive function, state of being 'in the zone'.

15.15 - 15.45

### Living Your Wounds with Kundalini Yoga with Siri Sant Kaur



STAND P22

ALL LEVELS

An approach to loving who we have become. Through self sensory techniques and kriya let's explore how to die to live again.

13.00 - 13.30

### Laughter Yoga with Happy Yoga Wales



STAND N7a

ALL LEVELS

Laughter Yoga is a unique concept where anyone can learn to laugh intentionally without the need for humour. Instead, we use laughter exercises, eye contact and a sense of playfulness to reap the benefits of laughter. It is called Laughter 'Yoga' because the practice combines laughter with deep breathing and grounding exercises for a complete mind-body experience.

16.00 - 16.30

### Samasthala Dynamic Vinyasa with Richard-Hubert Clarke



STAND D23

INTERMEDIATES  
AND ADVANCED

This is a traditional ashtanga adjacent dynamic vinyasa practice that co-ordinates breath and movement, whilst aiding in the improvement of fitness, strength, flexibility, and well-being. A somewhat challenging yet rewarding sequence (with the inclusion of an inversion or arm balance) that is suitable for those which possess asana experience.

“ I am choosing to be kind to myself today. ”



/yogashow



@yogashow #omyogashow



@omyogashow



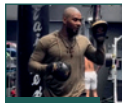
# SUNDAY 15<sup>TH</sup> OCTOBER

## Chakra Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.30 - 11.00

### MMA Flow Movement with Mitchell Tait



STAND J2a

ALL LEVELS

A combination flow of mixed martial arts and body weight training inviting a balanced connection to the spiritual self and the physical body.

11.15 - 11.45

### Wild Yoga with Paloma Ivanova



ALL LEVELS

Wild Yoga is a practice of self-exploration. Drawing inspiration from animal movement and non-traditional yogic practice, wild yoga calls you to experience your own intuitive freedom of movement. A more adventurous and free-spirited approach to yoga, allowing for a deeper connection with oneself and with nature.

12.00 - 12.30

### Embody Your Fire Goddess with Donna Gerrard



STAND A6

ALL LEVELS

An accessible, activating yoga class that connects and invokes the fire element as goddess, and calls in your activism for the wildfires of the earth. Donna is a YAP SYT and a pagan priestess, dedicated to advocating for the divine feminine and for accessibility of yoga.

12.45 - 13.15

### Rebirth into Your Truth with Kundalini Yoga with Izza Mahly, KYTA Teacher



STAND P22

ALL LEVELS

Come and join me for this class that holds the potential to connect you with your authentic essence and embrace a life guided by your soul's wisdom. This is an opportunity to embark on an inner journey of rebirth, where you can discover the path to living a life that aligns with your deepest truth and soul's purpose. Prepare to dive deep, embrace the inner alchemy, and step into a life that aligns with your highest potential.

13.30 - 14.00

### Heart Opening Cacao Ceremony with Healing Whisperer



STAND A16

ALL LEVELS

\*25 SPACES\*

Join Healing Whisperer on a journey through the heart, weaving together ceremonial grade cacao and somatic meditation. You will be guided inwards with a focus on connecting to your inner wisdom and your heart's desires. Please ensure you bring something comfortable to sit on. A yoga mat, a cushion, or a scarf.

14.15 - 14.45

### Invite Your Inner Child Out To Play with Bryony Duckitt



STAND G24

ALL LEVELS

Want to share your practice with the family or teach yoga to children? Perhaps just looking for a more playful way to explore your own poses. Coax out your own inner child ... no comparisons, no competition, no specific shape to make! Just come and be free and have some fun as we explore ways to make traditional yoga practices available to ALL ages and abilities.

15.00 - 15.30

### The Ultimate Self Mastery Method: Your Breath with Nevsah Karamehmet



STAND P35

BEGINNERS

Our breath is the fastest and the most effective method for self mastery. Learn how to use your breath to grow and expand in all areas of life.

15.45 - 16.15

### Vinyasa Flow - Balancing Each Side with Bryony Cain



ALL LEVELS

A fun, dynamic flow linking breath and movement to create heat, energy and balance. Blending strength and flexibility, using poses that compliment each other to bring awareness to differences in each side of our bodies. We are all very individual and this beautiful flow will ensure everyone leaves feeling successful and balanced.

## Don't forget your yoga mat

Mats are not provided.



/yogashow



@yogashow #omyogashow



@omyogashow

# SUNDAY 15<sup>TH</sup> OCTOBER

## Warrior Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**

10.45 - 11.15

### Hapits® and Head Peace with Mary-Ellen and Anirban Saha



STAND P34

ALL LEVELS

Join us to learn how UR HAPPINESS is a habit you can create. We care so much about UR HAPPINESS we designed a 100 day video course that literally spells it out. It incorporates 12 happiness skills that we call Hapits®. Including skills like emotional flexibility, self-kindness, purposeful living and head peace. We'll end with a meditation using the soothing sounds of ancient Ireland.

13.45 - 14.15

### Power + Poetry Flow with Emmy Smith



ALL LEVELS

Passionate about soul-searching, movement & music, Emmy's classes combine creative flowing sequences with strength-building poses, relaxing stretches & authentic poetry. Join her 30min vinyasa yoga class to tune in & let go. Inclusive for all levels (newbies to experienced practitioners). Check her out at: @yogabyemmy

11.30 - 12.00

### Embodied Yin with Sophie Jade Cole



ALL LEVELS

Embodied Yin is a nourishing yoga practise where longer-held postures are interwoven with space for intuitive movement. This yin flow blends traditional yin and a fluid flow. Move in a way that feels intuitive, natural and organic, tuning into your body's intelligence, synched with a relaxing soundtrack featuring ambient, ethereal beats.

14.30 - 15.00

### AndFlow! - A Mindful Backbend with Luisa Zamboni



STAND N9a

BEGINNERS

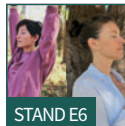
AND

INTERMEDIATES

Join us for a creative and mindful journey through backbends. A mandala-inspired flow where we will move around the mat with the intention of tapping into the Air Element. Prepare to focus on your breath and link it to every move. An invigorating practice that will be challenging and fun and will leave you feeling like you are floating on clouds!

12.15 - 12.45

### The Path to Your Own Retreat with Elisa and Andrea Aja



STAND E6

ALL LEVELS

We'll immerse ourselves in a series of Prana flows, letting our breath guide our movements. This is designed to create a sacred space where individuals can truly connect with themselves. After the invigorating flows, your body and mind will be primed to enter a state of profound relaxation and introspection. Meditation, a gem of ancient wisdom, offers a plethora of benefits. It reduces stress, enhances self-awareness, and fosters a deep sense of inner peace.

15.15 - 15.45

### Heart Coherence Breathwork with Joely Franklin



STAND J2a

ALL LEVELS

Join Joely for a powerful class to help you recenter, regroup, and reconnect back to your body's wisdom. This all levels class will hold the space for you to go on your own powerful journey of the heart space and aims to guide you back home to yourself and breathe your nervous system back to a state of embodied presence and connection. No experience is needed, just you and your breath!

13.00 - 13.30

### 9D Transformational Breathwork with Scarlett Dee



STAND F3

ALL LEVELS

Embark on a 9D Transformational Breathwork guided journey with 9D sound, vibration & frequencies designed to access the subconscious mind, release trapped emotions & process trauma. This practice stimulates and energizes on all levels to bring you to a state of clarity and focus, so you feel fresh, alert, centered & empowered. All you need do is breathe & let the wisdom and intelligence of the body unfold. 9D Headsets are limited-arrive early.

16.00 - 16.30

### Skybliss Evolutionary Sound Bath with Alchemy Sound Healing



STAND B1

ALL LEVELS

During a gong bath we can have a chance to look inwards to have a different perspective on problems and issues that we may have been struggling with: being in an altered state of consciousness allows us to see reality from a different perspective, and this may bring insight into our problems.



/yogashow



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# SUNDAY 15<sup>TH</sup> OCTOBER

## BWY Open Class

All Yoga Open Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**



**10.30 - 11.00**

All Levels

### Qi Yoga Embodied Flow with Harriet MacMasters-Green

Join Harriet for a nurturing qi gong infused yoga session. Throughout the class, we will be drawing on the energy of the natural earth and tuning into our own deeper spirit. Combining embodied movement and meditation, you will be both supported and strengthened from within.

All Levels

**11.15 - 11.45**

### ALTR: Rite To Vibe & Connect with Michelle Christie

Worship yourself and create change in this short but powerful vinyasa class, using soulful and sacred sounds to connect deeper at a deeper and more primal layer to release stuck energy and raise vibration.



**12.00 - 12.30**

All Levels

### Ashtanga Yoga for Beginners with Will Lavin

An introduction to the sun salutations, standing and seated sequences of Ashtanga Yoga

Intermediates

**12.45 - 13.15**

### Dance Your Vinyassa with Adriana Maldonado

In this session Adriana will guide you through a dynamic yet meditative session where movement leads the experience. Expect flowy and creative sequences linked with breath that are accompanied by acoustic music.





STAND A7a

**13.30 - 14.00**

All Levels

## Yoga Nidra for Happiness with Nadine Hummert

This guided meditation helps you to connect with feelings of joy & wellbeing and includes body and breath sensing.

Please bring your own yoga mat and perhaps a light blanket.

Intermediates

**14.15 - 14.45**

## Sound It Out with Tamsin Kelly

A practice combining Bhramari and Surya Bija Mantras with asana and sun salutations to bring awareness to the breath (length and smoothness) and help focus.



STAND P8

BWY  
BODI  
WISDOM  
YOGA  
Teacher

BWY  
BODI  
WISDOM  
YOGA  
Teacher



STAND P8

**15.00 - 15.30**

All Levels

## Flying Free with Judy Sampath

Trauma sensitive somatic movement and embodied mindfulness to shift from correction to celebration through breath, movement and listening to the body.

All Levels

**15.45 - 16.15**

## Elemental Dance Journey with Sandra and Sofia Barnes

Journey through the elements as music guides our body to move, feel and express. Celebrating the life force that we hold & anchoring us into the magic & miracles of life through ceremony, freedom of movement & a sound bath to culminate the experience.



STAND A10a

Enriching lives through the practice, sharing and training in yoga.

**[bwy.org.uk](http://bwy.org.uk)**



/yogashow



@yogashow #omyogashow



@omyogashow

BWY  
BODI  
WISDOM  
YOGA

AT THE  
HEART  
OF YOGA



# SUNDAY 15<sup>TH</sup> OCTOBER

## Yoga Yurt

All Yurt Classes are **FREE** to attend. Classes cater for a range of abilities. Please check for class level. Admission is on a first come first served basis, please arrive at the yoga open class area 5-10 minutes prior to start time. **Please ensure you bring your own mat, mats are not provided.**



STAND G9

**11.00 - 12.00**

All Levels

### Shamanic Drumming and Meditation with Gillian Turner

The Shamanic drum is one of the oldest and powerful healing instruments. Join me to discover the benefits of Shamanic drumming in this interactive workshop. Connect to the drum through collective playing and vocalise to raise your vibration. Experience the power of a drum meditation.

All Levels

**12.30 - 13.30**

### Cultivating Self Love and Positivity with Chloe Bridges

A rich and meaningful practice to restore harmony to every layer of the self; Physical; Mental; Emotional; Energetic; Spiritual. With a focus on cultivating self-love and mental wellbeing, this workshop aims to bring you back to your true nature; Joyful, playful and free! As we move through all the elements of yoga, we begin to create a deeper wellbeing



STAND P22

**14.00 - 15.00**

All Levels

### Gong Meditation with Preetam Kaur, KYTA Teacher

Kundalini Meditation utilises silence, mantra and rhythm to allow the mind and the intellect to surrender to the soul. This can lead to deep inner transformation and a clearing of the subconscious stories that we tend to store. The Gong is an ancient vibrational healing tool. The rhythmic overtones impact the body and its meridians, release blocks, reduce tension, and stimulate circulation. The result is a reorganisation of the emotional energy that is tied into the body structure.

All Levels

**15.30 - 16.30**

### Cacao Ceremony with Liam Browne

Come and join me for a Full Power Cacao Ceremony of pure bliss, laughter and healing. Let Lady Cacao open your heart and allow the true you to blossom. If you are looking for a part of your life to shift, or a break through with anything that is holding you back then this is the journey for you. Why be half power when you can be FULL POWER!!



STAND H5

Yurt provided by **yurtsforlife.com**







# SUNDAY 15<sup>TH</sup> OCTOBER

## Yogi Power Childrens Yoga Area

All childrens sessions are **FREE** to attend. Admission is on a first come first served basis. Please arrive at the class area 5-10 minutes prior to start time. **Children cannot be left unattended.** Please ensure you bring your own mat, mats are not provided

11.30 - 12.00



STAND G24

### Yoga For The Whole Family! With Bryony and YogaBeez 4 - 11 YEARS

Bring the family, move your bodies, learn some interesting facts, notice your emotions, breathe deeply, explore partner poses, quieten your mind and have some FUN! Educational, bonding and adventurous!

14.30 - 15.00



STAND F12

### Do you think you can become a superhero? With Divya Hindocha 4 + YEARS

We have been asked to recruit a new superhero crew to help save the world! Could you be the superhero we are looking for? We will be going through all the traits of what it takes to be a superhero from speed, kindness, strength to good listening.

### Let's Travel Into Space: Family Yoga Session with Divya Hindocha ALL AGES

Let's take a rocket ship to space and befriend a sweet little alien who helps us find our way home in this heartwarming yoga class.

There are partner poses, challenges and dancing our way to a peaceful rest!

12.15 - 12.45



STAND F12

### Family Yoga Fun with Hayley Graves 4 - 16 YEARS

Life can be super busy and stressful. Lets take some time to flow together, laugh and relax. The session will consist of a simple yoga flow, poses for the adults and child to try together, ending with a relaxation. No pressure, no experience required, just a willingness to have some fun.

15.15 - 15.45



13.00 - 13.30



STAND A2

### YOGAMOVES4KIDS with Caroline Garland 7 - 11 YEARS

An interactive class creating a fun but grounding practice, bringing focus to our breath, moving the body and ending with a relaxation.

16.00 - 16.30



STAND F12

### Family mindfulness & breathwork - what can I do with funky feelings? With Neha Swaminathan 3 - 9 YEARS

Let's explore the mind - body - breath connection, and what we can do when big feelings take over... Discover fun, easy, mindful breathing techniques for you and your little ones to feel more calm and connected....your breath is your superpower!

### Partner Work with Francesca Kastelanides and Tereza Gancheva 8 - 12 YEARS

Join us for a fun Partner yoga workshop. In Partner work we use each others body weight to increase the pressure on our partner and this helps deepen the impact of a yoga posture, it improves alignment, balance and posture. Your partner serves you like a mirror and working together also teaches us respect for each other, listening and communication skills but most of all it's really fun.

13.45 - 14.15



STAND G21

“ I am full of great ideas and thoughts. ”



/yogashow



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# SUNDAY 15<sup>TH</sup> OCTOBER



## Life Purpose Shaman Lecture Area

All lectures are **FREE** to attend. Admission is on a first come, first served basis. Please arrive at the area 5-10 minutes prior to start time

11.00 - 11.30

### **Our Greatest Healing Power - Our Gut & Core with Janie Larmour**



STAND K2

Most of us have too much energy in our upper body & not enough where it should be: the deep core - our belly/gut. Changing this equation eliminates anxiety, back pain, digestive and reproductive issues and more.

11.45 - 12.45

### **Breaking the Chains of Pain with Life Purpose Shaman**



STAND G15

Let's talk about trauma. Learn how to release deep-rooted pain that has created a negative frequency in your spirit and has held you back from living your life in your truth and power. Let me help you heal.

13.00 - 13.30

### **Conflict Resolution: Using Yoga for Peace in Conflict Areas with David Sye**



In this talk David will talk about his experiences in Palestines West Bank and in other areas of the world where he has used yoga as a tool for peace.

13.45 - 14.15

### **Aromatherapy for Yoga and Self-Care with Karena Rathbone Ariel**



STAND H26

Join internationally accredited aromatherapist and massage practitioner Karena to learn the incredible benefits of using essential oils with your yoga practice and to tune into self care. Essential oils are an integral

part of ancient wellbeing practices and connect you on an emotional, spiritual and physical journey. This interactive session will help you recognise the natural power and support available to you through aromatherapy, helping you tune in and practice self love.

14.30 - 15.00

### **Unveiling Your True Self: Cracking The Code to a Fulfilling Life with Lydia Kimmerling**



If you've ever felt like there's more out there for you, that's because there is. Master life coach Lydia Kimmerling (aka The Happiness Explorer) invites you to a powerful talk that will create an energetic earthquake. The ripples will awaken your inner knowing and set you on a path towards your fullest potential and your greater self. Lydia's super power is the ability to get straight to the source of what is holding you back; to unlock unshakable self belief, confidence and courage.

15.15 - 15.45

### **Learn How ChatGPT Can be a Versatile Tool for Your Wellness Business with Louise Bartlett**



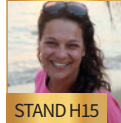
STAND H23

In today's fast-paced digital world, technology plays a crucial role in shaping business strategies and enhancing customer experiences. Join Louise for a 30-minute talk and learn five practical

ways to seamlessly integrate ChatGPT into your yoga or wellness business. Elevate client engagement, spark content ideas, and navigate the dynamic world of wellness with confidence.

16.00 - 16.30

### **Align to Balance with Silence of Space**



STAND H15

Interpreting Yoga as a philosophical way of life we get to integrate the mind, the body and our spirit to discover harmony and develop a quiet relationship with our daily practices - Yogis and spiritual philosophers call this dharma, our personal responsibility towards the life we have.

“ I can achieve anything  
I put my mind to.  
I strive to do my best.  
The more I learn, the  
more I can accomplish.”

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# SUNDAY 15<sup>TH</sup> OCTOBER

## Inspiration Zone

All lectures are **FREE** to attend. Admission is on a first come, first served basis. Please arrive at the area 5-10 minutes prior to start time

10.45 - 11.15

### Home Yoga Practice for those too Tired and Busy to do Yoga at Home with Kat Farrants



A sustainable, daily home yoga practice is something that so many of us aspire to, but can seem so hard to achieve. Life is just overwhelming, we all have things to do lists which are never done. So how on earth can we fit in a

home yoga practice when life is so busy? And then there's procrastination! What practice to do, and when? So many choices. This lecture with Kat will tell you all you need to know for how to begin, maintain and sustain a daily home yoga practice. Particularly when life is busy.

11.30 - 12.00

### Healing Your Chakras with Crystals with Emy Mendoza



This session will give you insights about how you can use the magic of crystals to support your energy and bring healing to your life. I am going to talk you through the meaning of the Chakras in the emotional and physical body and which crystals you

can use to balance and restore the energy of your centres of energy. Expect lots of knowledge and good vibes only!

12.15 - 12.45

### Sareen Sacred Unions: Unveiling the Magic of Bespoke Spiritual Weddings with Anusha Sareen



Have you ever envisioned a wedding that mirrors the depth of your journey? Walk alongside me as we uncover the enchanting world of Bespoke Ceremonies. Together, we'll weave the

divine connection between tradition and contemporary elements into a tapestry of spiritual union. This journey will craft a memorable day, reflecting your authentic selves, inviting your loved ones to intimately share and comprehend the profound love you both cherish.

13.00 - 13.30

### From Self Doubt to Self Love - Cultivating Confidence & Embracing Your Authenticity with Simone Tucker



Tired of feeling weighed down by all of your nagging self doubts? Fancy swapping them for genuine self love and living your life fuelled with happiness and fulfilment? Great, then come and join me

and together let's relieve ourselves of those heavy burdens of self doubt and uncover the sparkly authentic, confident, magic of YOU!

13.45 - 14.15

### Breaking Bad Habits with Nina Buchanan



Find out how to transform your habits by understanding the subconscious power you have and use that to create good ones.

14.30 - 15.00

### Connecting to Your Inner Light with Alicia Morton



Join Alicia for her signature talk on stepping into the most aligned & vibrant version of yourself. When you vibrate at a higher frequency it just hits differently. This lecture combines the magic of law

of attraction, spirituality and connecting to your true gifts and talents. It's your time to shine and magnetise every area of your life as you embrace your unshakeable confidence & unstoppable light!

15.15 - 15.45

### Seaweed: The Ultimate Superfood with Dr Craig Rose PhD



Seaweed, the unparalleled yet forgotten superfood, is now being rediscovered for its sustainability and many health benefits. Dr Craig Rose, aka Doctor Seaweed, is a marine biologist dedicated to shedding light on the essential

nutrition found in his sustainable Scottish seaweed - these nutrients combat deficiencies that affect a significant portion of the UK.



Join us as we reveal the winners of the OM Yoga Awards 2023.

**Where?** Life Purpose Shaman Lecture Area  
**When?** Saturday 14<sup>th</sup> October  
at 4pm



/yogashow



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# SUNDAY 15<sup>TH</sup> OCTOBER

## Knowledge Zone

All lectures are **FREE** to attend. Admission is on a first come, first served basis.  
Please arrive at the area 5-10 minutes prior to start time

11.00 - 11.30

### **Nurturing Natural Healers: The Profound Benefits of Studying Ayurveda in an Increasingly Modernised World with Ajanta Kaza**



STAND P15

In a world characterised by technological advancements and fast-paced living, the ancient science of Ayurveda offers a timeless path to self-discovery, well-being, and healing. Join us for an illuminating seminar where the Course Director of Ayurveda Institute UK, Ajanta Kaza sheds light on the invaluable benefits of studying Ayurveda in the context of our modernised society.

11.45 - 12.15

### **Yoga off the Mat with Mahesh Hayward**



This talk is all about how we bring the meaning of a yoga practice into our workplace, home and day to day lives. What a mindful approach to everyday looks like, including the five cups of Selfcare (the five elements of Selfcare we need to check in with each day).

12.30 - 13.00

### **Manage Stress Through Movement and Breath with Vanessa Michielon**



Do you feel like your mind is constantly racing, like you can never truly relax or switch off, even when you are not at work? Then join this transformational talk combining Yoga Therapy for Anxiety and Somatic Movement, and learn the science behind your nervous system regulation and how to balance and calm your mind through movement and Breathwork.

13.15 - 13.45

### **Unlocking the Brain, Breathe in Happiness with Dr Haridass**



STAND H6

There are ancient techniques of breathing that access consciousness and unlock the brain. Experience a series of simple commands to induce relaxation that brings ultimate peace. Feel balanced and calm as you unleash your primal creativity and authentic self.

14.00 - 14.30

### **Yoga and Children's Mental Health with Ishwar Vishwanath Sharma**



Ishwar Vishwanath Sharma is a 13 year old yoga prodigy. He has won 6 World championships and 35 International medals apart from Point of Light award by UK Prime minister, British youth citizen award and British Indian of the year award for contribution to yoga. He has passion to spread the message of yogic life style around the world.

14.45 - 15.15

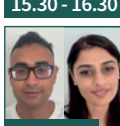
### **(Re) awakening Aphrodite: nurturing sexuality with the Secret Sauce Angel**



Life changes and shifts in our bodies often make us disconnect from our sexuality. Sex and sensuality coach Inna Goncharenko – the Secret Sauce Angel – will share practical advice, tools and strategies on how to embrace, nurture and manifest your sexual (re)awakening.

15.30 - 16.30

### **Conscious Living with Avi and Ami**



STAND M7

How aware are we really of every act we do in life? We live our lives out of conditioned habit and impulses which may or may not serve our highest potential and happiness. There is so much to pay attention to in life, it is easy to go on "autopilot," to go unconscious. The more "consciousness" I bring to any aspect of life, the greater power there is. Power to make a positive change or influence an outcome.



Join us as we reveal the winners of the OM Yoga Awards 2023.

**Where? Life Purpose Shaman Lecture Area**

**When? Saturday 14<sup>th</sup> October at 4pm**

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