

World Yoga Festival



www.yogafestival.world

29th-31st July 2016
Official Programme

@WorldYogaFest
#WorldYogaFest

Save the date! World Yoga Festival UK, 7th-9th July 2017
Special priced super-early bird tickets on sale now www.yogafestival.world

Welcome



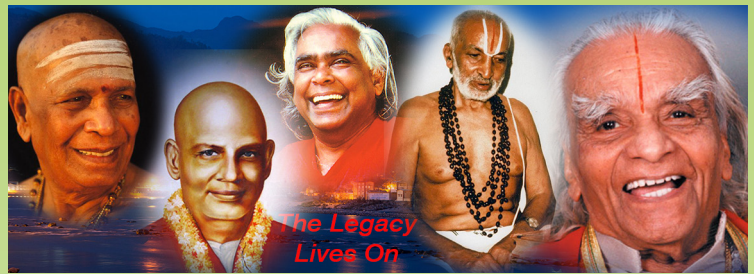
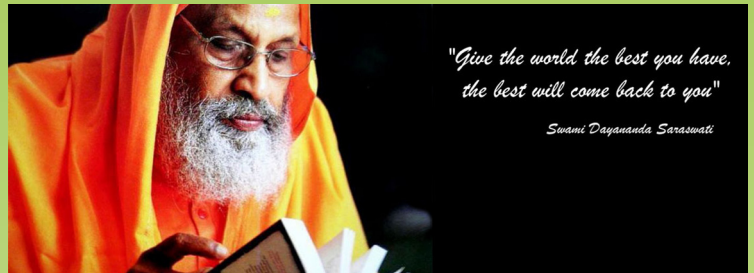
Dear friends,

The World Yoga Festival takes its inspiration and direction from Puja Swami Dayananda Saraswati and the other great masters of the authentic Yoga traditions. We seek the blessing of the great masters to perpetuate the priceless knowledge they showered on us all.

The Festival is designed to be a wonderful long weekend of meditation, yoga, ayurveda, astrology and knowledge. An opportunity to connect with our true selves through an authentic exploration into the eight aspects of yoga.

Everything you need to rejuvenate your life both at the physical and spiritual level is offered as a platter of delicious food. Some known favourites and others that are completely new. All guaranteed to be authentic and of great flavour. So come and taste. See what tickles your taste buds and discover a taste for freedom from the rat race we call life.

Yoga brings about an awakening. Through mindfully moving, breathing and monitoring our thoughts we reap all the benefits of stress-free, successful living. We don't fall under the trance of day-to-day activity. Whatever we do, whatever we say, whatever we think becomes more meaningful, more in harmony with our natural state of being. This is how we learn to live fully.



After a day of learning and contemplation, the evening is the time to let your hair down. Sit back, relax and watch how good dance performers and musicians can take you into a different realm of experience. Give your mind a chance to rest and be with the moment again

One of the key objectives of the World Yoga Festival is for everyone to bring all that they are to the event. What does this mean? It means be curious, inquisitive and keen to learn and develop. Whatever your level of understanding and ability, knowledge has no limit. The World Yoga Festival has the capability to open your mind!

So, welcome! Without judgment, immerse yourself in the teachings and then contemplate all that you learn and transform it into your truth.

With love and blessings,

Ram & Sonali

Ram & Sonali Banerjee

The Masters



Advaita Zen master **Sri Mooji** is unlike anyone else you are likely to meet, for his presence shines with an immediate and undeniable light of clarity, wisdom and profound love. It is a presence which radiates such warmth and true authority that it spontaneously awakens a direct recognition in those who are open to experiencing the love and impersonal awareness that they themselves are and he is. Hearing of his spiritual light, people from various parts of the world began seeking him out in order to have the authentic experience of Truth that he so generously and lovingly imparts.



Ananta is a long time disciple of Swami Vishnudevananda. He is an enthusiastic and joyful yoga teacher with a great love for asanas and a rich experience in sharing his knowledge with precision, humour and dynamism. He has been teaching hatha yoga in the Sivananda Yoga teachers' training course for over 15 years.



Birjoo H. Mehta is one of the very senior teachers of Iyengar Yoga from Mumbai, India. He started learning yoga directly under BKS Iyengar in 1974 and travelled extensively with him during many tours to Europe, the United States and Australia. Gurujii used Birjoo as a model to demonstrate poses and the finer points of practice. As well as being the guest leader for the 2013 Iyengar Yoga Teachers' Convention in San Diego, Birjoo has led national Iyengar Yoga conventions and workshops across the globe. In the 2011 China-India yoga summit, Birjoo led the evening session while Gurujii taught the morning session.



Mary Niker is a highly experienced and committed international yoga teacher based in the Thames Valley. She has over 20 years experience studying the Iyengar method of yoga with regular visits to India, including studying with the Iyengar family and BKS Iyengar himself. Through this and her teaching both in the UK and abroad, she has established herself as a vibrant, enthusiastic and inspiring teacher to the many yoga students she has taught.



Sri Nanda Kumar is a certified senior Iyengar Yoga teacher and has been regularly studying with Sri BKS Iyengar, Sri Geetaji and Sri Prashanthiji. He initiated his studies in yoga in the early 1990s at the Sky Yoga Centre and at the Krishnamacharya Yoga Mandiram in Tamil Nadu, South India. He received his foundation in Iyengar Yoga methodology under the tutelage of Br. Rudradevaji in Rishikesh, at the foothills of the Himalayas and on the banks of the river Ganga. He further deepened his knowledge of Iyengar Yoga under Senior Iyengar Yoga master Sri Ramananand Patel at the Iyengar Yoga Institute in Pune. Nanda is not only a student of yoga but one of Vedanta as taught by Pujya Swami Dayananda Saraswati and has lived and studied at the ashram for many years.



Swami Jyothirmayah is one of the senior disciples of the world renowned spiritual leader His Holiness Sri Sri Ravishankar. Being an international faculty for the Art of Living Foundation, he travels across the globe in his efforts to build a stress-free society and to spread Sri Sri's message of love, peace and universal brotherhood. Being a confidante of His Holiness, he very often represents Sri Sri at many international events. With a deep-rooted sense of devotion, great love and compassion to those around him and a strong commitment to the noble cause of serving mankind, he shares and serves Sri Sri's vision of bringing an unwavering smile on every face in this planet.



Swami Kailasananda, Yoga Acharya, is a long time disciple of Swami Vishnudevananda and director of Sivananda Ashram and Centres in France, the UK and Australia. She studied Sanskrit at the Sorbonne in Paris. She has been teaching at yoga teachers' training courses around the world for many years. She is the author of 'The Sivananda Book of Meditation'.



Sri Louise began her yoga practice at the Jivamukti Center in NYC in 1993, where she sites Allison West as her first and most inspiring Asana Teacher. Influenced by her own life as a Contemporary Dancer and specifically the field of Somatics, Sri teaches an integrative approach to Asana. Teaching for 20 years, she has developed a unique pedagogical process for understanding Asana within the larger philosophical framework of Advaita Vedanta, which she refers to as Embodied Cognition. Sri has conducted six yoga teacher training programmes on three different continents and is esteemed as a teacher's teacher.



Miriam Kretzschmar leads a yoga school in Berlin and has guided hundreds of student in her teacher trainings over the last eleven years. She has organised the Berlin Yoga Festival with more than 10,000 guests and 70 speakers and teachers.

The Masters



Nataraj was previously an allopathic doctor, joined International Sivananda Yoga Vedanta Centre (SYVC) in 1997, and is now co-director of Sivananda Yoga Vedanta Dhanwanthari Ashram, Neyyar Dam, Kerala. Since joining SYVC he has been able to dedicate his life to the service of his Guru, Swami Vishnudevananda, for his own spiritual upliftment and the benefit of mankind. Nataraj has extensive experience in teaching hatha yoga, Raja Yoga meditation and Vedanta as propounded by Swami Sivananda. He also represented the Sivananda Yoga Vedanta Centre at the 1st India-China (Chengdu) International Yoga Festival, 2015.



Uday Bhosale has been a resident teacher at RIMYI for over a decade. He has recently moved to the UK and is based in Reading. A former Taekwondo enthusiast, Uday was introduced to the Iyengar method by his martial arts teacher. He began learning directly with Gururji, Geetaji and Prashantji in 1999 and continues to do so to date.



Sri Subodh Tiwari was born in the yogic atmosphere at Kaivalyadhama Lonavla where he is now CEO. At a young age he received spiritual initiation from Swami Digambarji, the director and spiritual head of Kaivalyadhama Yoga Institute. In 1997 he decided to devote his life to the Kaivalyadhama Yoga Institute and to serve it. Being a nature lover at heart, he has implemented many environmentally-friendly practices. His goal is to qualitatively enhance the life of an individual through the practice of yoga and to enhance the quality of environment through human efforts.



Vidhi Sohdi is founder of mi-yoga; Hon Research Assistant with the NHS to conduct yoga therapy research; certified and registered with CNHC as a yoga therapist and yoga teacher by the BWY (accredited), published writer for Diabetes UK; BWY's Spectrum magazine and Times of Malta. Vidhi specialises in offering therapeutic aspects of yoga in individualised settings to manage acute and chronic ailments through appropriate utilization of yoga tools, respecting individuals' needs and abilities. Movement, postures (asana), breathing (pranayama), sound (mantra), visualization (bhavana), and meditation, are applied to support healing process in an individualized way.



Neema Majmudar was born in Bombay and has completed a Masters in International Affairs from Columbia University and an MBA. She worked at the United Nations in New-York, Fiji and Bangkok. She also worked for Aim for Seva, a movement and NGO launched by Swami Dayananda in 2000 in the field of providing education for unprivileged children in tribal areas of India.



Dr. Latha Satish is a long-time student of veteran yoga master Sri TKV Desikachar. Her initial training as a child was under Yogacharya Shri BKS Iyengar and she also has the distinction of studying under Sri TKV Desikachar for over 30 years and is a faithful torchbearer of his teaching tradition.



Senthil Kumar has been with Krishnamacharya Yoga Mandiram for more than five years and is an expert in Yogasana Classical Techniques. An expert teacher, he has been part of all teacher trainings at KYM and trained many budding teachers in Asana techniques. Strong in Classical Vinyasa, he has been a faculty for many Indian and international groups at KYM.



Sri S Sridharan is a Trustee and senior yoga expert at Krishnamacharya Yoga Mandiram (KYM). His learning was under Sri TKV Desikachar for more than thirty years and he also had the privilege of learning under Yogacharya T Krishnamacharya. He is well recognized within yoga society in India and abroad. An expert consultant on yoga therapy with over forty years' experience, he has taught therapeutic yoga to many important personalities including bureaucrats, artistes, judges and media personalities. He is an expert teacher on all concepts of yoga like asana, pranayama and dhyana.



Stefan Datt leads a yoga school in Berlin and guides hundreds of student in his teacher trainings over the last eleven years. He has organised the Berlin Yoga Festival with more than 10,000 guests and 70 speakers and teachers. Stefan works in his physiotherapy centre with eight physiotherapists and ten yoga teachers.



Mike Sarson is founding director of local charity East West Organization. Introduced to meditation in the East over 40 years ago, he has now been teaching children's and adults' meditation and mindfulness for many years. Mike's passion is to get this simple and effective practice on the National Curriculum to benefit all young people and families in the UK.



Puja Swami Parmatmananda Saraswati is a senior disciple of Param Puja Swami Dayananda Saraswati, who is an embodiment of knowledge and boundless compassion. Puja Swami Parmatmanadaji, founder Acharya of Arsha Vidya Mandir, has fervour & commitment towards Vedic view and way of life. Puja Swamiji's personal life reflects simplicity and love for every one.

The Masters



Peter Russell weaves a unique blend of scientific rationale, global vision, and intuitive wisdom, bringing a sharp, critical mind to contemporary spirituality and the challenge of self-awakening. He distills the essential wisdom found in the world's various spiritual traditions, revealing the limitations of the materialist worldview and why the essential nature of the cosmos must be more like mind than matter.



Angela Hope-Murray has been in practice for over 40 years and has trained as a podiatrist and osteopath and holds masters degrees in both nutrition and ayurveda. She began training in ayurveda with Dr Vasant Lad in 1986 and continued her education in India and at Middlesex University. She has written 'Healing and Ayurveda' and 'Ayurveda For Dummies'. She lectures around the world on ayurveda and continues in private practice.



Surya Tahora met Swami Dayananda Saraswati, a contemporary teacher of Non Duality (Advaita Vedanta) in the tradition of the Indian philosopher Shankaracarya, in 1995. For the last seventeen years, Surya has been studying the main ancient texts of the Indian philosophical tradition in their original Sanskrit version with him. He attended several short term and long term courses conducted by Swamiji at Coimbatore and Rishikesh, which are two of his major institutions of learning.



Ram Banerjee is a student of Pujya Swami Dayananda Saraswati and has been running a meditation and Vedanta class in West Berkshire, UK for five years during which he has developed the knowledge and a style of being able to introduce the complexity of the Indian Wisdom teachings to a western audience.



Swami Santatmananda is resident acharya at the Rishikesh ashram of Swami Dayananda and is currently conducting a three-year residential course on Sanskrit and Vedanta. His association and learning with Swami Paramarthananda early in his life sowed the seed and nurtured his interest in spirituality all along. He has further undergone intensive training in Vedanta and Sanskrit at the Arsha Vidya Pitham, Rishikesh for a period of three years (2003 - 2006) under the tutelage of Swami Dayananda Saraswati.



Ananya Chatterjee is professionally trained in Indian classical dance (Bharatanatyam) under the guidance of Guru Dr. Thankamani Kutty. Winning multiple awards, she has been a regular performer and teacher of Bharatanatyam at Kalamandalam, a reputed centre for performing arts in the city of Kolkata, India. Ananya completed her 'Arangetram' (first solo public performance) at the young age of fourteen under the guidance of her Guru and since then has been pursuing this beautiful art form with passion and devotion.



Sheila Whittaker is a sound healer, musician, gong master and teacher with a background in classical music. As a professional violinist having studied at the Royal College of Music, she had a thriving career in the mainstream classical music world for many years, both playing and teaching. Some 18 years ago she became a sound healer, obeying the call to use her musical abilities in a more focused, holistic way. During the last 12 years she has specialised in using large, high quality gongs for her sound healing work.



Rupert Spira was deeply interested in the nature of reality from an early age. At the age of seventeen he learnt to meditate, and began studying and practicing the teachings of the classical Advaita Vedanta tradition under the guidance of Dr. Francis Roles and Shantananda Saraswati, the Shankaracharya of the north of India, which he continued for the next twenty years.



Jim Santi Owen is an American percussionist, educator, producer, and performer based in the San Francisco Bay area. Drumming since the age of eight, Owen began an intensive training in the North Indian percussion instrument tabla in 1991, studying under the great tabla maestro, Pandit Swapan Chaudhuri, at the Ali Akbar College of Music, the California Institute of the Arts, and in India.



Swami Svatmananda Saraswati has been a disciple of Pujya Swami Dayananda Saraswati since 2003, and completed an intense study of Vedanta in a traditional three-year course in 2007. Swami Svatmananda has devoted his life to Vedic knowledge. He has travelled great distances in order to learn from the foremost experts in many Vedic disciplines. He counsels individually and lectures to groups worldwide on hatha yoga, meditation, Jyotisha (Vedic astrology), ayurveda (Vedic medicine), Vastu (Vedic architecture), Sanskrit language and Vedanta.



Joe Hoare runs the Bristol Laughter Club, which is over thirteen years old and is the longest-running series of laughter yoga workshops outside India. Sessions are dynamic, energising and life-enhancing. His own life changed when he 'woke up' about 25 years ago. He is the co-author (with the Barefoot Doctor) of 'Awakening the Laughing Buddha Within'.

Friday Timetable

Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent (Chai Tent)
6.00 – 6.30	YOGA: End or Path for Self Discovery Swami Paramatmananda #1	Svadhyaya Power of Chanting #1 (Lata Satish & Senthil Kumar) KYM	Sun Salutation and Deep Relaxation #1 (Nataraj - Sivananda)		Opens at 7.00am
6.30 – 7.00				Havan	
7.00 – 7.30					
7.30 – 8.00					
8.00 – 8.30				Festival Inauguration	
8.30 – 9.00	Five Elements (Introduction) (Birjoo Mehta - Iyengar)				
9.00 – 9.30					
9.30 – 10.00					
10.00 – 10.30					
10.30 – 11.00					
11.00 – 11.30	Satsang #1 (Sri Mooji)	Iyengar Childrens Yoga	Astrology #1 (Swami Svatmananda)	Beginners Yoga #1 (Nanda Kumar - Iyengar)	Meet a Master (Q&A Lounge)
11.30 – 12.00		Family Yoga and activities			
12.00 – 12.30		Family Meditation (Mike Sarson)	Wisdom of Aurveda #1 (Angela Hope-Murray)	Iyengar Teen Yoga #1 (Uday Bhosale & Mary Niker)	
12.30 – 13.00					
13.00 – 13.30					
13.30 – 14.00			Laughing Yoga #1 (Joe Hoare)		
14.00 – 14.30					
14.30 – 15.00	Essence of Non-Duality #1 (Rupert Spira))	Rythm & Percussion #1 (Jim Santi Owen)	Yoga and the NHS (Vidhi Sodhi)		
15.00 – 15.30		Yoga as a Life Style #1 (Nataraj - Sivananda)	Pranyama #1 (Subodh Tiwari - Kdhama)	Gong for Healing (Sheila Whittaker)	
15.30 – 16.00					
16.00 – 16.30					
16.30 – 17.00	Sound Check	Pranayama: Param Tapas #1 (Sridharan - KYM)	Health & Happiness Workshop #1 (Swami Jyothirmayah - AOL)	Five Elements #1 (Birjoo Meheta - Iyengar)	Meet a Master (Q&A Lounge)
17.00 – 17.30					
17.30 – 18.00					
18.00 – 18.30					
18.30 – 19.00					
19.00 – 19.30	Classical Dance				
19.30 – 20.00	Sam Garrett				
20.00 – 20.30					
20.30 – 21.00	Prem Joshua and Band				
21.00 – 21.30					
21.30 – 22.00					

Saturday Timetable

Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent (Chai Tent)
6.00 – 6.30	YOGA: End or Path for Self Discovery Swami Paramatmananda #2	Svadhyya Power of Chanting #2 (Lata Satish & Senthil Kumar) KYM	Fusion Workshop #2 (Sri Louise) Firm and Relaxed - The asanas according to Patanjali (Swami Kailashananda)	Five Elements #2 (Birjoo Mehta - Iyengar)	Opens at 7.00am
6.30 – 7.00					
7.00 – 7.30					
7.30 – 8.00				Beginners Yoga #2 (Nanda Kumar - Iyengar)	
8.00 – 8.30					
8.30 – 9.00					
9.00 – 9.30	Satsang #2 (Sri Mooji)	Iyengar Childrens Yoga	Astrology #2 (Swami Svatmananda)	Gong for Meditation (Sheila Whittaker)	Meet a Master (Q&A Lounge)
9.30 – 10.00					
10.00 – 10.30					
10.30 – 11.00		Family Yoga and activities	Wisdom of Aurveda #2 (Angela Hope-Murray)		
11.00 – 11.30					
11.30 – 12.00					
12.00 – 12.30		Family Meditation (Mike Sarson)	Karma Yoga #2 (Neema and Suriya)		
12.30 – 13.00					
13.00 – 13.30					
13.30 – 14.00		Essence of Non-Duality #1 (Rupert Spira)	Dance Workshop (Annana Chatterjee)	The Goals of Life #1 (Ram Banerjee)	Rythm & Percussion #2 (Jim Santi Owen)
14.00 – 14.30					
14.30 – 15.00					
15.00 – 15.30	Pranayama: Param Tapas #2 (Sridharan - KYM)		Health & Happiness Workshop #2 (Swami Jyothirmayah - AOL)	Laughing Yoga #2 (Joe Hoare)	
15.30 – 16.00					
16.00 – 16.30					
16.30 – 17.00	Sound Check		Path to Happiness #1 (Swami Santatmananda)	Five Elements #3 (Birjoo Meheta - Iyengar)	Meet a Master (Q&A Lounge)
17.00 – 17.30					
17.30 – 18.00					
18.00 – 18.30		Inverted poses & balancing (Ananta - Sivananda)	Mystery of Consciousnes and nature of awakening #2 (Peter Russell)		
18.30 – 19.00					
19.00 – 19.30					
19.30 – 20.00	Sika Deer				
20.00 – 20.30					
20.30 – 21.00	Shammi Pithia and Band				
21.00 – 21.30					
21.30 – 22.00					

Sunday Timetable

Time	Space Tent	Air Tent	Fire Tent	Water Tent	Earth Tent (Chai Tent)
6.00 – 6.30	YOGA: End or Path for Self Discovery Swami Paramatmananda #3				Opens at 7.00am
6.30 – 7.00					
7.00 – 7.30					
7.30 – 8.00		Svadhyaya Power of Chanting #3 (Lata Satish & Senthil Kumar) KYM	Shakti Mantras (Stefan Datt)	Five Elements #4 (Birjoo Mehta - Iyengar)	
8.00 – 8.30	Satsang #3 (Sri Mooji)	Breath Extension in the asanas (Ananta - Sivananda)	Path to Happiness #2 (Swami Santatmananda)	Beginners Yoga #3 (Nanda Kumar - Iyengar)	Meet a Master (Q&A Lounge)
8.30 – 9.00					
9.00 – 9.30					
9.30 – 10.00					
10.00 – 10.30	Essence of Non-Duality #3 Followed by Book Signing (Rupert Spira)	Iyengar Childrens Yoga			
10.30 – 11.00					
11.00 – 11.30		Family Yoga and activities	Mystery of Consciousness and nature of awakening #3 (Peter Russell)	Gong for Meditation (Sheila Whittaker)	
11.30 – 12.00					
12.00 – 12.30	Sound Check	Family Meditation (Mike Sarson)	Pranyama #3 (Subodh Tiwari - Kdhama)		
12.30 – 13.00					
13.00 – 13.30			Inner Resolution #2 (Ram Banerjee)	Meditation for Recovery (Mike Sarson)	
13.30 – 14.00					
14.00 – 14.30	Valedictory	Rythm & Percussion #3 (Jim Santi Owen)	Energy and Mind Control #3 (Nataraj - Sivananda)	Somata Workshop (Sri Louise)	
14.30 – 15.00		Laughing Yoga #3 (Joe Hoare)	Wisdom of Aurveda #3 (Angela Hope-Murray)	Iyengar Teen Yoga #3 (Uday Bhosale & Mary Niker)	
15.00 – 15.30					
15.30 – 16.00					
16.00 – 16.30	Closing Concert				
16.30 – 17.00		Spirituality Q&A	Health & Happiness Workshop #3 (Swami Jyothirmayah - AOL)	Five Elements #5 (Birjoo Meheta - Iyengar)	
17.00 – 17.30		Pranayama: Param Tapas #3 (Sridharan - KYM)			
17.30 – 18.00					
18.00 – 18.30					
18.30 – 19.00					
19.00 – 19.30					
19.30 – 20.00					
20.00 – 20.30					
20.30 – 21.00					
21.00 – 21.30					

Useful Information

Mooji

In order to avoid queuing for Mooji, please take a numbered ticket from any of the food tills - these will be allocated on a first come, first served basis. Numbers will then be called in batches for seating.

Medical & Welfare

Please find a steward for help or visit the Site Office.

Stewards

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

Clothing

The Chai Tent has a stall selling a small range of clothing including yoga leggings and T-shirts.

Food & Drink

World Yoga Festival does not sell alcohol anywhere on-site. All food is vegetarian and there are vegan and gluten-free options also available. Please inform the servers if you have any food allergies. The Food Tent serves hot food, drinks, salads and snacks. The Chai Tent also serves chai, tea, coffee, cakes and sweet treats. Please ensure you keep hydrated!

Lost Property

Please visit the Site Office for lost property.

Toilets & Showers

Toilets are situated in the main arena near the Space and Food Tents, and near the Air Tent, as well as in the Camping and Glamping areas. Shower facilities are situated in the Camping and Glamping areas. Disabled toilets are situated in the main arena near the Space and Food Tents and in the Camping area.

Cash

Cashback is available at the Site Office, Food Tent and Chai Tent when buying other items.

Dogs/Pets

With the exception of assistance dogs, no animals are allowed to be brought on-site.

Recycling

Please help us recycle by putting waste into the correctly labelled bins.

Leaving The Site

Please leave no trace when vacating the campsite.

Train Times

The nearest train station is Pangbourne, and the last train for London leaves at 23.28 on Friday, 23.48 on Saturday and 22.42 on Sunday.

Festival Map

Beale Park, Lower Basildon, Reading, Berkshire RG8 9NW



Food tents open from 7am - 10pm