



om  
yoga show

Mind Body Soul  
experience

VeganLife  
Live

17<sup>TH</sup> | 18<sup>TH</sup> | 19<sup>TH</sup> OCTOBER

ALEXANDRA PALACE, LONDON N22 7AY

1 TICKET. 3 EXTRAORDINARY SHOWS.

Join a GLOBAL online gathering  
using ancient wisdom to help  
restore harmony in the world.

# Heal the Earth

**"May peace flow from me."**

Yajur Veda

Over these 3 evenings, learn the core techniques of yoga, ayurveda and meditation used for thousands of years to access your soulforce and support planetary wellbeing.

## 3 FREE ONLINE TRAINING SESSIONS

Wednesday 22 Oct

**Yoga:** Salutation to the Five Elements

Thursday 23 Oct

**Practical Ayurveda:** Quick Rituals  
to Reconnect & Rebalance

Friday 24 Oct

**Meditation:** Spinal Breathing & Mudra



Scan to Join

Yoga.  
Ayurveda.  
Meditation.





# WELCOME!

**to the OM Yoga Show, Mind Body Soul Experience,  
and Vegan Life Live**

**Alexandra Palace, London N22 7AY  
17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> October 2025**

We're thrilled to welcome you to the **OM Yoga Show, Mind Body Soul Experience, and Vegan Life Live** — three incredible events coming together under one roof. Whether you're a dedicated yogi, a holistic health enthusiast, or passionate about plant-based living, there's something here for everyone.

The **OM Yoga Show** provides a space to deepen your practice, explore new techniques, and connect with a vibrant community. Meanwhile, the **Mind Body Soul Experience** introduces innovative wellness practices, holistic therapies, and spiritual guidance to nourish your entire being. At **Vegan Life Live**, celebrate the dynamic world of veganism with mouth-watering food, insightful talks, and eco-friendly products.

Together, these shows create a **harmonious environment** where you can explore the interconnectedness of **body, mind, and spirit**. Meet like-minded individuals, discover new inspirations, and leave feeling refreshed and rejuvenated.

**Welcome to a transformative experience!**

**THANK YOU TO OUR SPONSORS**

**V=GAN**  
ACCOUNTANTS



*Viva!*

BWY  
AT  
THE  
HEART  
OF YOGA

omyoga  
by mindy



OM Yoga Show



Mind Body Soul Experience



Vegan Life Live



# About The Shows

17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> October 2025

Alexandra Palace, London N22 7AY (sat nav)

## Information

A ticket to one of the shows entitles entrance to the other two shows at no additional cost.

17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup> October 2025

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

Children under 16 are free and don't need a ticket but must be accompanied by a paying adult.

## Catering

OM Yoga Show and Mind Body Soul Experience: A selection of vegetarian and vegan hot and cold food snacks and beverages will be available throughout the event

Vegan Life Live: Enjoy a wide range of vegan foods in the Vegan Food Court within Vegan Life Live. Please note that if you venture into OM Yoga Show and Mind Body Soul Experience there will be non-vegan food available so please ask if uncertain.

## Cloakroom

There is a cloakroom based in Palm Court Entrance. There is a charge to use the cloakroom.

## Water Refill Point

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

## All shows

All presenters and exhibitors are correct at the time of going to press. Prime Impact accepts no liability for programme changes beyond our control. Audio and visual recordings of the workshops, lectures and classes are strictly

prohibited and subject to copyright. Admission to free sessions, talks, demos and classes do not require a ticket. These free sessions operate on a first come, first serve basis so please arrive at the designated room/area approximately 5-10 minutes prior to the start time.

## For physical 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 to not 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 class.

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

## Organisers

Prime Impact Events & Media Ltd.  
Unit 6 Nags Corner, Wiston Road, Nayland,  
Colchester, CO6 4LT  
Tel: 01787 224040  
Email: [info@primeimpact.co.uk](mailto:info@primeimpact.co.uk)

The shows are intended as a source of information only. Prime Impact cannot be held responsible for the conduct of their exhibitors/instructors or the advice offered by them.

## DATE FOR YOUR DIARY

16<sup>th</sup>, 17<sup>th</sup> and 18<sup>th</sup> October 2026

- OM Yoga Show, Mind Body Soul Experience and Vegan Life Live.



Front Cover:  
Andrew Prod  
[@andrewprodphotography](mailto:@andrewprodphotography)  
[andrewprod.com](http://andrewprod.com)

## THANK YOU TO OUR SPONSORS

**V=GAN**  
ACCOUNTANTS



BWY  
BY THE HEART OF YOGA

**Viva!** omyoga





# 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 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. There are geo-fenced areas, marked in green, in Grove and East Court car park for Lime bikes.

# FREE SHUTTLE BUS

Friday 17<sup>th</sup>, Saturday 18<sup>th</sup> and Sunday 19<sup>th</sup> October

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

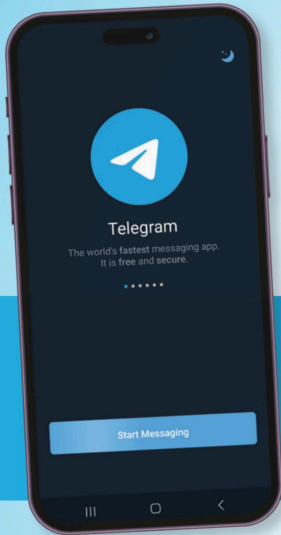
**Starts** 10am Friday  
9am Saturday and Sunday  
(Approx. every 20 mins)

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





## TELEGRAM APP



We will be using **Telegram** for important visitor show updates, such as schedule changes and FAQs so please **join our channel** below either by the QR code or link:

[https://t.me/+qEF\\_lAf6Juk5NDJk](https://t.me/+qEF_lAf6Juk5NDJk)

**First you will need to download the app if you do not already have it. Simply search 'Telegram Messenger' wherever you get your apps.**

**USE THIS QR CODE TO JOIN OUR CHANNEL FOR IMPORTANT SHOW UPDATES**



# V=EGAN

## ACCOUNTANTS

Helping your **Vegan & Ethical** Business with  
its **Accounts & Tax Compliance**

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 @veganaccountantsuk  
[veganaccountants.co.uk](http://veganaccountants.co.uk)

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# OM Yoga Competition



**WIN!**

## WIN A VEDIC: A WELLNESS DEVICE

designed to support body, mind and the environment – worth £820+

One lucky person will win Somavedic's most popular wellness device, the Vedic. This innovative device blends ancient healing principles with modern technology to create a powerful energy field that:

- Mitigates the negative effects of EMFs (electromagnetic frequencies)
- Improves sleep quality and supports deep rest
- Boosts energy, focus and emotional balance
- Promotes natural cellular regeneration
- Structures drinking water and harmonises your space

Used in homes, offices, and healing spaces worldwide, the Vedic covers up to 100 feet in all directions and is backed by independent lab testing showing benefits to heart rate variability, circulation and nervous system function. Whether you're looking to feel more grounded, sleep better, or simply upgrade your space, Vedic is a powerful, plug-and-play solution designed for holistic wellbeing.



For more information visit:  
[somavedic.uk/products/somavedic-vedic](https://somavedic.uk/products/somavedic-vedic)

To enter visit: [ommagazine.com/Somavedic](https://ommagazine.com/Somavedic)

### TERMS & CONDITIONS

Single prize to be won by one winner only. Closing date for entries: 31<sup>st</sup> October 2025



OM Yoga Show



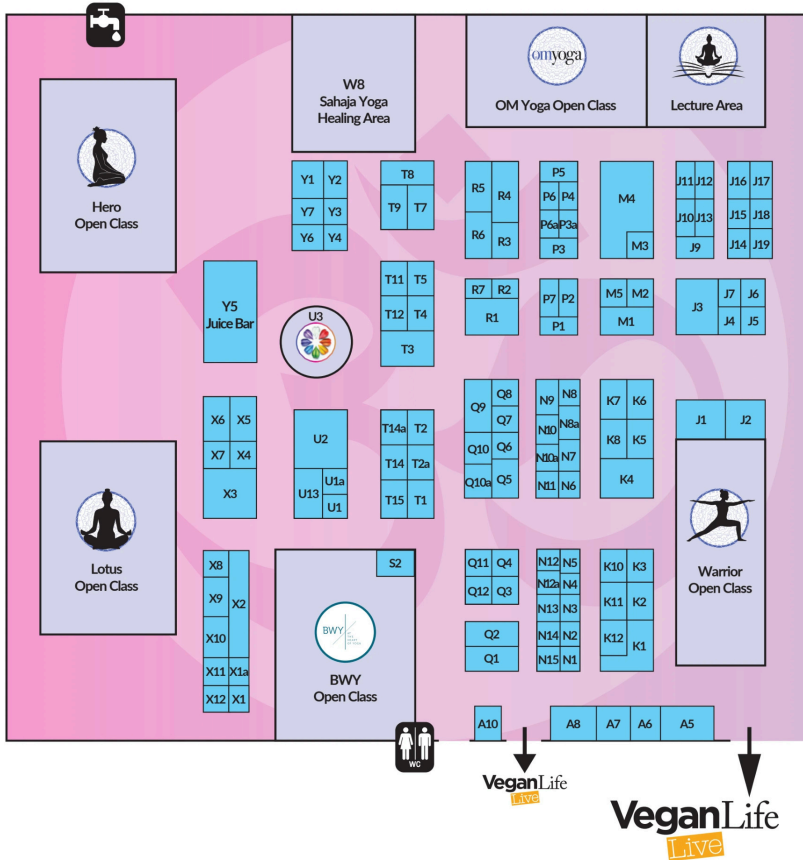
Mind Body Soul Experience



Vegan Life Live



# Floor Plan for OM Yoga Show &



Key:



Water Refill Point



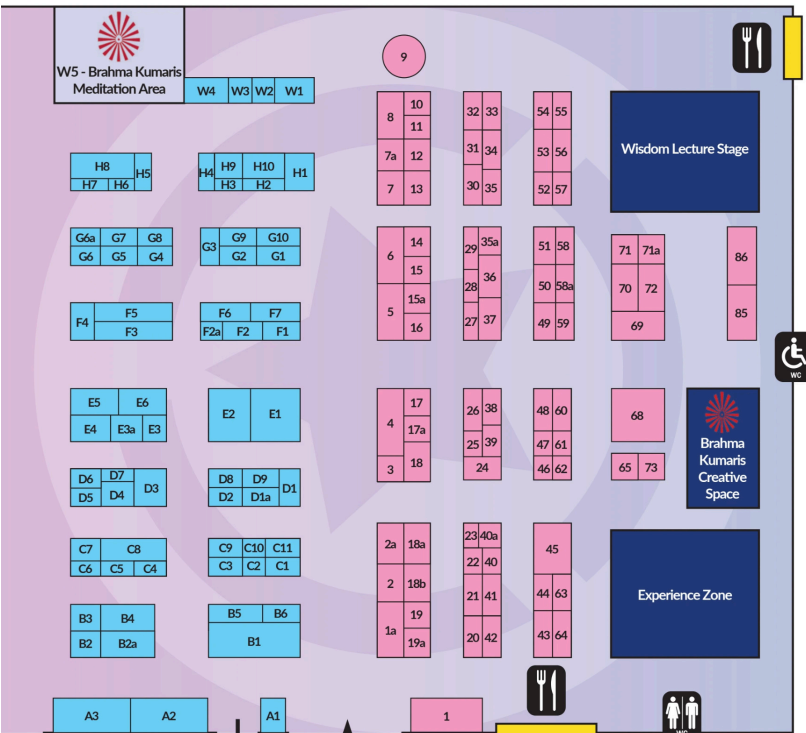
Catering Outlet



Toilets



# Mind Body Soul Experience



VeganLife  
LIVE

Main Entrance

THANK YOU TO OUR SPONSORS



Om  
yoga travel

BWY

ALL THE  
HEART OF YOGA

omyoga



OM Yoga Show



Mind Body Soul Experience



Vegan Life Live



# OM Yoga Show Stand Listings

## Om yoga show

K1	<b>A Vida Brazil Gemstones</b> <a href="http://avidashop.com">avidashop.com</a>	Y2	<b>Celebration Day for Girls</b> <a href="http://celebrationdayforgirls.com">celebrationdayforgirls.com</a>
U1	<b>AcuPips</b> <a href="http://acupips.com">acupips.com</a>	C7	<b>Centre for Spirituality, Ecology and Mental Health</b> <a href="http://thissacredpath.com">thissacredpath.com</a>
C1	<b>Adventure Yogi - Yoga Holidays</b> <a href="http://adventureyogi.com">adventureyogi.com</a>	N10	<b>Chakra-Mat</b> <a href="http://chakra-mat.com">chakra-mat.com</a>
K10	<b>Alicia Ray Wellbeing</b> <a href="http://aliciaray.uk">aliciaray.uk</a>	R7	<b>Chantic</b> <a href="http://chantic.co.uk">chantic.co.uk</a>
A3	<b>ALLTRUEistic</b> <a href="http://alltrueistic.com">alltrueistic.com</a>	A6	<b>Charlotte Atkinson</b> <a href="http://charlotteatkinsonart.com">charlotteatkinsonart.com</a>
N10a	<b>Ambitiously Unapologetic</b> <a href="http://ambitiouslyunapologetic.com">ambitiouslyunapologetic.com</a>	Q10	<b>Chloe Ward Holistic Guide</b> <a href="http://chloeward.yoga">chloeward.yoga</a>
N2	<b>Aroma Theory</b> <a href="http://aromatheory.co.uk">aromatheory.co.uk</a>	Q11	<b>ChokuReiki Healing</b> <a href="http://chokureikihealing.com">chokureikihealing.com</a>
M3	<b>Aromachology Studios</b> <a href="http://aromachologystudios.com">aromachologystudios.com</a>	Q8	<b>College of Naturopathic Medicine</b> <a href="http://naturopathy-uk.com">naturopathy-uk.com</a>
U2	<b>Avaja Singing Bowls and Gongs</b> <a href="http://avaja.co.uk">avaja.co.uk</a>	Q9	<b>Colour Flow Active</b> <a href="http://colourflowactive.com">colourflowactive.com</a>
C4	<b>Ayurveda Yoga Energy Healing</b> <a href="http://ajna-ayurveda.co.uk">ajna-ayurveda.co.uk</a>	J14	<b>Danielle Dragonheart</b> <a href="http://danielledragonheart.com">danielledragonheart.com</a>
Y4	<b>B Calm</b> <a href="http://bcalm.co.uk">bcalm.co.uk</a>	K4	<b>Deeply Foods</b> <a href="http://deeplyfoods.com">deeplyfoods.com</a>
R5	<b>Balens Ltd</b> <a href="http://balens.co.uk">balens.co.uk</a>	C11	<b>dōTERRA Essential Oils</b> <a href="http://mydoterra.com/karenarathbone">mydoterra.com/karenarathbone</a>
Y5	<b>Big Juice</b> <a href="http://bigjuiceltd.com">bigjuiceltd.com</a>	E5	<b>Earthtones</b> <a href="http://earthtonesyes.co.uk">earthtonesyes.co.uk</a>
H6	<b>BOOD UK</b> <a href="http://booduk.com">booduk.com</a>	N8	<b>ebo</b> <a href="http://ebobeauty.com">ebobeauty.com</a>
W5	<b>Brahma Kumaris</b> <a href="http://brahmakumaris.uk">brahmakumaris.uk</a>	H2	<b>Ethereal Warrior</b> <a href="http://etherealwarrior.co.uk">etherealwarrior.co.uk</a>
E4	<b>Butternut Box</b> <a href="http://butternutbox.com">butternutbox.com</a>	U2	<b>Fiore di Loto Jewellery</b> <a href="http://etsy.com/shop/DesignFioreDiLoto">etsy.com/shop/DesignFioreDiLoto</a>
S2	<b>BWY - At The Heart Of Yoga</b> <a href="http://bwy.org.uk">bwy.org.uk</a>	N13	<b>FitAccounts - Nathalie Asmar Services</b> <a href="http://fitaccounts.co.uk">fitaccounts.co.uk</a>
Q4	<b>Cats Protection</b> <a href="http://cats.org.uk">cats.org.uk</a>	A5	<b>FÖLD Reformer</b> <a href="http://foldreformer.com">foldreformer.com</a>
		A1	<b>Forever Living Products</b> <a href="http://foreverliving.com">foreverliving.com</a>
		T15	<b>Free Spirit</b> <a href="http://freespirit.co/uk/">freespirit.co/uk/</a>
		R3	<b>Free Your Spine Yoga Therapy</b> <a href="http://freeyourspine.co.uk">freeyourspine.co.uk</a>



E1	<b>Full Power Cacao</b> fullpowercacao.com	X2	<b>Lumina Jewellery</b> luminajewellery.etsy.com
C10	<b>Fungi Biotics</b> fungibiomics.com	D3	<b>MACMILLAN CANCER SUPPORT</b> macmillan.org.uk
J11	<b>Gladwell School of Massage</b> gladwellmassage.com	J2	<b>Magical Medicine</b> magicalmedicine.com
H4	<b>Gongfree</b> gongfree.com	D7	<b>Mahuika Flame Candles</b> instagram.com/mahuika_flame_candles
K10	<b>Gwithian Beach Yoga</b> gwithianbeachyoga.co.uk	G6	<b>Manav Yoga</b> manavyoga.co.uk
N6	<b>Hello Fresh</b> hellofresh.co.uk	T7	<b>Massage World</b> massageworld.co.uk
J1	<b>Hot Yoga 4 You Rockville Centre</b> bikramyogarvc.com	J4	<b>MDTea</b> mdteashop.co.uk
N12	<b>INDI SUPPLEMENTS</b> indisupplements.com	T4	<b>Melisoles Grip Socks</b> melisoles.com
P6	<b>Inside Flow</b> aminorton.yoga/en/insideflowuk	N15	<b>MENOPAUSE YOGA / PETRA COVENEY</b> menopause-yoga.com/forwomen
H8	<b>Inspired Stillness – Books</b> inspiredstillness.com	K3	<b>Moon Karma - Authentic Singing Bowls from Nepal</b> moonkarma.com
X10	<b>Iris &amp; Me</b> irisandme.co.uk	H5	<b>Moonlight Chakras</b> moonlightchakras.com
T14a	<b>Juliette's Kitchen/All You Need Superfoods</b> juliettebryant.com	G2	<b>Nicki's Aromatics</b> nickisaromatics.com
N12a	<b>Kairos Valley Nature and Health Resort</b> kairosvalley.com	R4	<b>Noble Yoga</b> noble-yoga.com
W4	<b>Kállos</b> instagram.com/kallos_bath	F4	<b>Norah Perfumes - Pure, Natural, Divine</b> norahperfumes.com
W1	<b>Kath Dare Jewellery</b> kathdarejewellery.com	N3	<b>Oasis of Sound</b> oasisofsound.com
C9	<b>KatKin</b> katkin.com	C2	<b>OLLE Activewear</b> olleactivewear.com
Q10a	<b>Kedgere Design</b> kedgereedesign.com	X5	<b>OM &amp; Bass</b> omandbass.co.uk
K2	<b>KundaDance with Maya Fiennes</b> mayafiennes.com	P5	<b>OmLife</b> omlife.co.uk
D6	<b>Lava Artworks</b> lavaartworks.co.uk	F2a	<b>Organic Land Company Ltd</b> organiclandhk.com
J12	<b>Lign</b> lign.store	K7	<b>PAANI</b> paanibottles.com
C5	<b>Little Shanti Gifts</b> littleshantigifts.co.uk	Y3	<b>PEARL &amp; PARIS GROUP</b> pearlandparis.com
A10	<b>Love Batana</b> lovebatana.com	Y2	<b>Positive Puberty for Girls</b> elenariu.co.uk
F1	<b>Lovegrass Ethiopia</b> thelovegrass.com	H3	<b>Pranayama Lost in Translation</b> angela-ashwin.co.uk



# OM Yoga Show Stand Listings

X4	<b>Psychic Artist Denise Marie Walker &amp; Daily Sunrise Paintings</b> <a href="http://denisemariewalker.co.uk">denisemariewalker.co.uk</a>	W2	<b>SRMD Yoga - Holistic Wellness</b> <a href="http://srmdyoga.org">srmdyoga.org</a>
X1a	<b>Quills by G</b> <a href="http://quillsbyg.com">quillsbyg.com</a>	F2	<b>Stephotix</b> <a href="http://stephotix.com">stephotix.com</a>
J5	<b>Ravi Yoga Goa</b> <a href="http://ravi.yoga">ravi.yoga</a>	N7	<b>Studio 108 Yoga &amp; Teacher Training Center</b> <a href="http://studio108tampa.com">studio108tampa.com</a>
B3	<b>Redwood Crystals UK</b> <a href="http://redwoodcrystalsuk.com">redwoodcrystalsuk.com</a>	J18	<b>Sunrider Europe</b> <a href="http://uk.sunrider.com">uk.sunrider.com</a>
P2	<b>Reiki with Kiran</b> <a href="http://kiran sidhu.com">kiran sidhu.com</a>	B4	<b>SuperFoodLx Hair &amp; Skin Wellness</b> <a href="http://superfoodlx.com">superfoodlx.com</a>
J13	<b>RINGANA Partner</b> <a href="http://jegger.ringana.com">jegger.ringana.com</a>	N9	<b>Sustainable Style Boutique</b> <a href="http://sustainablestyleboutique.co.uk">sustainablestyleboutique.co.uk</a>
K5	<b>Riverford Organic Farmers</b> <a href="http://riverford.co.uk">riverford.co.uk</a>	G8	<b>Synergisingh</b> <a href="http://instagram.com/synergisingh_maalish">instagram.com/synergisingh_maalish</a>
E2	<b>Rosen Method UK</b> <a href="http://rosenmethod.co.uk">rosenmethod.co.uk</a>	J9	<b>TantricBeads</b> <a href="http://tantricleads.com">tantricleads.com</a>
C3	<b>RSPB</b> <a href="http://rspb.org.uk">rspb.org.uk</a>	E6	<b>TEEN YOGA</b> <a href="http://teenyoga.com">teenyoga.com</a>
P3	<b>Sacred Sister</b> <a href="http://sacred-sister.co.uk">sacred-sister.co.uk</a>	T3	<b>Temple of Incense</b> <a href="http://templeofincense.com">templeofincense.com</a>
W8	<b>SAHAJA YOGA MEDITATION</b> <a href="http://sahajayoga.org.uk">sahajayoga.org.uk</a>	X7	<b>Tera Kaur Yoga</b> <a href="http://terakauryoga.com">terakauryoga.com</a>
D8	<b>Senses Mind &amp; Body</b> <a href="http://sensesmindandbody.com">sensesmindandbody.com</a>	N5	<b>The Frog Project</b> <a href="http://frogproject.yoga">frogproject.yoga</a>
N4	<b>Shala Women</b> <a href="http://shalawomen.co.uk/womens-circle-training">shalawomen.co.uk/womens-circle-training</a>	P4	<b>The Journey Yoga Studio</b> <a href="http://thejourneyyogastudio.com">thejourneyyogastudio.com</a>
G9	<b>Shiranee Murugason Ayurveda</b> <a href="http://shiraneemurugasonayurveda.com">shiraneemurugasonayurveda.com</a>	J6	<b>The Pachamama Collective</b> <a href="http://thepachamamacollective.co">thepachamamacollective.co</a>
G4	<b>Shree Yoga Art</b> <a href="http://shreeyogaart.com">shreeyogaart.com</a>	A8	<b>The Vedanta</b> <a href="http://thevedanta.org">thevedanta.org</a>
R2	<b>Simply Sacred Blends</b> <a href="http://simplysacredblends.com">simplysacredblends.com</a>	B6	<b>Think Gita</b> <a href="http://thinkgita.org">thinkgita.org</a>
M2	<b>Sivananda Yoga Vedanta Centre</b> <a href="http://sivananda.org/london">sivananda.org/london</a>	J19	<b>Triple Goddess Yoga</b> <a href="http://triplegoddessyoga.com">triplegoddessyoga.com</a>
D5	<b>Sophos Training Systems</b> <a href="http://yansophokleous.com">yansophokleous.com</a>	G6a	<b>TRRYA</b> <a href="http://trrya.com">trrya.com</a>
Q12	<b>Soul Tribe Travel Jordan</b> <a href="http://soul-tribe-travel.com">soul-tribe-travel.com</a>	W3	<b>True Wellbeing</b> <a href="http://truewellbeing.life">truewellbeing.life</a>
A10	<b>SoulBeat Yoga</b> <a href="http://soulbeatyogaandfitness.com">soulbeatyogaandfitness.com</a>	P1	<b>Tulasi Maharani Jewellery</b> <a href="http://tulasimaharani.com">tulasimaharani.com</a>
X8	<b>Spiritual Tiik</b> <a href="http://spiritualtiik.com">spiritualtiik.com</a>	B2	<b>TYNA ACTIVEWEAR</b> <a href="http://tyna.co.uk">tyna.co.uk</a>



T1	<b>UK Pilates Reformers</b> pilatesreformers.co.uk	N8a	<b>Yoga Holiday Turkey</b> yogaholidayturkey.com
N1	<b>uUniverse</b> thisisuuniverse.com	P7	<b>Yoga in Salento</b> yogainsalento.com
B1	<b>VEDIC COSMOS</b> vedicosmos.com	G5	<b>Yoga with Claire - Crystal Chakra Mat</b> clairerawdenyoga.co.uk
R1	<b>Viridian Nutrition</b> viridian-nutrition.com	M4	<b>YogaMad</b> yogamad.com
A7	<b>Vital-Fizz</b> vital-fizz.com	M1	<b>Yogamasti - Clothing for Men and Women</b> yogamasti.co.uk
D1	<b>Water-to-Go</b> watertogo.eu	N11	<b>Yogamenda</b> yogamenda.com
H7	<b>Wellness Parlour Ltd</b> wellnessparlour.com	X1	<b>YOGAMOVES4KIDS</b> carolinegarlandyoga.co.uk
A2	<b>White &amp; Co</b> whiteandcouk.com	K6	<b>Youth &amp; Earth</b> youthandearth.com
T2	<b>Wild Chai</b> wildchai.co.uk	J10	<b>Zen Ki Yoga</b> thecentreofyoga.com
N14	<b>Viola Diamondheart Yoga &amp; Travel</b> diamondheart.co.uk	C6	<b>Zenzimat - Travel &amp; Grippy Mats</b> zenzimat.com
U3	<b>WORLD PEACE YURT</b> worldhealingproject.com	F3	<b>ZSASTYLE by Zsa Zsa B.</b> zsastyle.com
E3	<b>Worldly Aromas London</b> worldlyaromas.com		

VISIT  
V93



## MADE IN HACKNEY: COME AND MEET US!

Come and meet the team behind the UK's first vegan community cookery school and charity, Made In Hackney. Learn about our community work. Meet our founder, team and volunteers. And pick up a copy of our debut book - WE COOK PLANTS.



AVAILABLE  
NOW



Charity number 1176690





# Mind Body Soul Stand Listings

## Mind Body Soul experience

28 **108 Ways to be Happier - AKA Life's Gems**  
picturelifelimited.com/book

57 **Andrew Laycock**  
wisdomguides.co.uk

30 **Anji Main - Artist Messenger**  
anjimain.co.uk

71a **AROMATANTRA.COM**  
aromatantra.com

17a **Artist Of the Angels - Iaysha Art Studio**  
iaysha-art.com

13 **Capricorn Crystals**  
capricorn-crystals.sumupstore.com

27 **Chaos to Calm**  
divya-chandegra.com

16 **Cosmoenergy World**  
cosmoenergyworld.co.uk

37 **Dragon on Sea Ltd**  
dragononsea.com

21 **Ejay SoulGuide Psychic Reader**  
instagram.com/ejaysoulguide

4 **Enchanted Sparkles**  
enchanted-sparkles.com

38 **EsQue Parfum**  
esqueparfum.com

19 **Findhorn Essences & Sacred Mists**  
naturespiritltd.com

49 **Fiona Radman: Intuition & Colour**  
fionaradman.com

44 **Forever Gifted**  
forevergifted.co.uk

85 **Gamma Fire Hoo Healing**  
gfh.energy

2a **Happy Science UK**  
happy-science.org

11 **HARMONYU - London Holistic Clinic**  
harmonyuhmu.com

73 **Healing Animals Organisation**  
healinganimals.org

19a **Henna by Alpa**  
hennabyalpa.uk

71 **HERBALVEDA**  
herbalveda.co.uk

24 **Highlandoak**  
highlandoak.shop

59 **Hotel Korinjak - Veggie Hotel & Retreat Venue in Croatia**  
korinjak.com/en/home-en

1 **Hush Hush Chefs**  
hushhushchefs.co.uk

43 **Intuitive Consult**  
instagram.com/intuitiveconsult

45 **Ions Therapy**  
ionstherapy.com

26 **iUVO Skincare**  
iuvoskincare.com

54 **Jo Wesch, the Aura Healer**  
jowesch.com

50 **Jyorei - Japanese Energy Healing Art**  
shumei.uk

46 **Kangen Water - Enagic**  
enagic.eu.com



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- 48 **Karmic Psychic**  
karmicpsychic.co.uk
- 14 **Leaves Institute**  
leavesinstitute.com
- 1a **Life Alignment**  
life-alignment.com
- 69 **Manipurity**  
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- 65 **Mother Earths Magic**  
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- 18 **RTT by Marisa Peer**  
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- Brahma Kumaris  
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- 35 **WWF**  
wwf.org.uk





# Stand Listings

- V19 **Africas Pride - Harbourview Island Bar and Grill**
- V14 **Ariela's Gelato** [arielaselato.com](http://arielaselato.com)
- V30 **Aunt Cats Kitchen**  
[cestcheeseco.com/general-7](http://cestcheeseco.com/general-7)
- V71 **AvaCare** [avacare.co.uk](http://avacare.co.uk)
- V64 **Beckford's** [beckfordsrums.com](http://beckfordsrums.com)
- V69 **Ben Ellis Chocolatier**  
[benellischocolatier.co.uk](http://benellischocolatier.co.uk)
- V84 **Bennetto** [bennetto.co.uk](http://bennetto.co.uk)
- V89 **Bonsoy** [communityfoods.co.uk](http://communityfoods.co.uk)
- V54 **Borneo Orangutan Survival UK**  
[borneoorangutansurvival.org](http://borneoorangutansurvival.org)
- V22 **Britt's Superfoods** [brittsuperfoods.co.uk](http://brittsuperfoods.co.uk)
- V27 **Brownin's Food** [browninsfood.com](http://browninsfood.com)
- V22a **Captain Paul Watson Foundation UK**  
[paulwatsonfoundation.uk](http://paulwatsonfoundation.uk)
- V73 **CasseNoisettes** [cassenoisettes.fr](http://cassenoisettes.fr)
- V28 **Chappers Cheesecake**  
[chapperscheesecake.com](http://chapperscheesecake.com)
- V62 **Claire The Dog Nutritionist**  
[clairethedognutritionist.com](http://clairethedognutritionist.com)
- V12 **Cone & Co.** [coneandco.co.uk](http://coneandco.co.uk)
- V12a **Crisps But Better by VBG**  
[instagram.com/vegetarianbrownngirls](http://instagram.com/vegetarianbrownngirls)
- V66 **Desi Indian Street Food**
- V34 **Doh** [doh-kitchen.co.uk](http://doh-kitchen.co.uk)
- V5 **Dr. Bronner's** [drbronner.co.uk](http://drbronner.co.uk)
- V24 **Red Tent Ethiopia**  
[instagram.com/redtentethiopia](http://instagram.com/redtentethiopia)
- V10 **Farm Animal Rescue Sanctuary**  
[farmanimalrescuesanctuary.co.uk](http://farmanimalrescuesanctuary.co.uk)
- V65 **Fauna & Flora** [wildlondon.org.uk](http://wildlondon.org.uk)
- V60 **For the Love of Earth**  
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- V7 **Giving Tree Ventures**  
[givingtreesnacks.com](http://givingtreesnacks.com)
- V31 **Gourmet Lotus** [gourmetlotus.com](http://gourmetlotus.com)
- V61 **Grassoff Beverages (Dosha)**  
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- V68 **Greenpeace** [greenpeace.org.uk](http://greenpeace.org.uk)
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[instagram.com/happysproutkitchen](http://instagram.com/happysproutkitchen)
- V8 **Health & Holistics**  
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- V0 **Hugletts Wood Farm Animal Sanctuary**  
[huglettswoodfarm.org](http://huglettswoodfarm.org)
- V20 **Jeco Bowl: Coffee, Pancakes & Smoothies**  
[jacobowl.co.uk](http://jacobowl.co.uk)
- V17 **Jeco Bowl: Pasta Bowls** [jacobowl.co.uk](http://jacobowl.co.uk)
- V90 **Jinger Drinks** [jingerdrinks.com](http://jingerdrinks.com)
- V21 **Joy's Caribbean Fusion**  
[joyscaribbean.square.site](http://joyscaribbean.square.site)
- V37 **Just Be Kind Dog Food** [justbekind.co.uk](http://justbekind.co.uk)
- V77 **Kotinos** [kotinosfoods.co.uk](http://kotinosfoods.co.uk)
- V11 **Leafology** [leafology.co.uk](http://leafology.co.uk)
- V93 **Made in Hackney** [madeinhackney.org](http://madeinhackney.org)
- V6 **Massage World** [massageworld.co.uk](http://massageworld.co.uk)
- V67 **My Skin Feels** [myskinfeels.com](http://myskinfeels.com)
- V56 **Naturelle Juices**  
[instagram.com/naturelle.juices](http://instagram.com/naturelle.juices)
- V80 **Nature's Charm**  
[naturescharmmarket.com](http://naturescharmmarket.com)
- V16 **Nectar Foods** [bhaktiyogainstitute.com](http://bhaktiyogainstitute.com)
- V88 **Nuoceans** [nuoceans.co.uk](http://nuoceans.co.uk)
- V26 **Organic Land - Hong Kong**  
[organiclandhk.com](http://organiclandhk.com)
- V58 **Organically Epic** [organicallyepic.uk](http://organicallyepic.uk)
- V16a **Pickle Pockle Vegan Cuisine**  
[instagram.com/picklepocklevegancuisine](http://instagram.com/picklepocklevegancuisine)
- V94 **Planty** [planty.uk/](http://planty.uk/)
- V63 **Raw Organic Planet**  
[instagram.com/raworganicplanet](http://instagram.com/raworganicplanet)
- V55 **Slow Sauce** [thekojikitchen.com](http://thekojikitchen.com)
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[sourceoflifefoods.com](http://sourceoflifefoods.com)
- V25 **The Jasper Cacao Project**  
[jaspercacao.com](http://jaspercacao.com)
- V59 **The London Vegan Bakery**  
[thelondonveganbakery.co.uk](http://thelondonveganbakery.co.uk)
- V4 **The Vegan Society** [vegansociety.com](http://vegansociety.com)
- V36 **Vegan Accountants UK**  
[veganaccountants.co.uk](http://veganaccountants.co.uk)
- V57 **Vegan Land Movement**  
[veganlandmovement.com](http://veganlandmovement.com)
- V70 **Vegan Tequila Cream** [cremaura.com](http://cremaura.com)
- V1 **Virun Nutrabiosciences Inc** [virun.com](http://virun.com)
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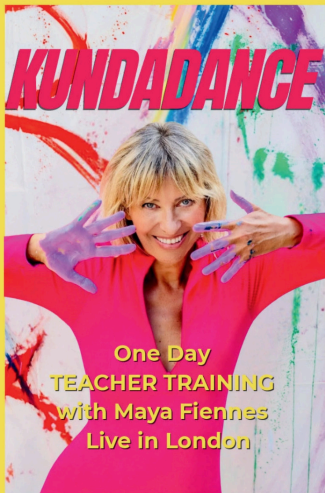
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OM Yoga Show



Mind Body Soul Experience



Vegan Life Live

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We're proud to have **Vegan Accountants** as this year's official food court sponsor. Learn more about them at [veganaccountants.co.uk](http://veganaccountants.co.uk).

## **V12 - Cone and Co**

Premium vegan chocolate-drizzled fruits

## **V12a - Crisps But Better**

Serving chaat inside popular crisp packets

## **V13 - Gillie Foods**

Gourmet Asian vegan dishes

## **V14 - Ariela's Gelato**

Artisan Italian Gelato

## **V15 - Happy Sprout Kitchen**

Delicious vegan quiches



Om Yoga Studio



Mind Body Soul Food



Vegan Life Live



**V16 – Nectar Foods**

Cakes and chai tea (GF options)

**V16a – Pickle Pockle  
Vegan Cuisine**

British cuisine with a fusion twist

**V17 – Jeco Bowl**

Pasta Bowls

**V19 – Harbourview Island  
Bar & Grill**

Authentic Jamaican cuisine

**V20 – Jeco Bowl**

Pancakes, Smoothies and Coffee

**V21 – Joy’s Caribbean Fusion**

Authentic Caribbean flavours

**V24 – Red Tent Ethiopia  
Vegan Food**

Authentic Ethiopian cuisine

**V25 – The Jasper Cacao Project**

Ceremonial Cacao

**V26 – Organic Land Company**

Burgers, Noodles and Tofu in Mala

**V27 – Brownins Food**

Delicious Caribbean food

**V28 – Chappers Cheesecake**

Indulgent vegan cheesecake

**V29 – Source of Life**

Alkaline foods

**V30 – Aunt Cats Kitchen**

Delicious vegan wraps and rice bowls



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OM Yoga Show



Mind Body Soul Experience



Vegan Life Live

# BRAHMA KUMARIS MEDITATION AREA

Presenter: Brahma Kumaris World Spiritual University  
20-minute guided meditations • Suitable for all • Free to attend  
**FRIDAY, SATURDAY & SUNDAY**

TIME SLOT	TOPIC	DESCRIPTION
10.30 to 10.50 am (Sat & Sun Only)	<b>MOMENTS OF PEACE</b>	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.
11.00 to 11.20 am	<b>MASTER YOUR THOUGHTS &amp; FEELINGS</b>	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.
11.30 to 11.50 am	<b>FEELING GREAT – NO MATTER WHAT!</b>	Energise yourself with the power of a positive attitude. Learn how to feel fantastic no matter what!
12.00 to 12.20 pm	<b>CONNECTING WITH GOD</b>	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.
12.30 to 12.50 pm	<b>LETTING GO</b>	Gently let go of past hurts by generating good feelings in the present. Learn how to forgive, become free and move on.
1.00 to 1.20 pm	<b>NATURAL RELAXATION</b>	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.
1.30 to 1.50 pm	<b>GARDEN OF INNER LIGHT</b>	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.
2.00 to 2.20 pm	<b>UNCONDITIONAL GIVING</b>	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.
2.30 to 2.50 pm	<b>EXPERIENCING A HIGHER POWER</b>	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.
3.00 to 3.20 pm	<b>HEALING RELATIONSHIPS</b>	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.
3.30 to 3.50 pm	<b>BEING BEFORE DOING</b>	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.
4.00 to 4.20 pm	<b>LETTING GO</b>	Gently let go of past hurts by generating good feelings in the present. Learn how to forgive, become free and move on.
4.30 to 4.50 pm	<b>FEELING GREAT – NO MATTER WHAT!</b>	Energise yourself with the power of a positive attitude. Learn how to feel fantastic no matter what!
5.00 to 5.20 pm (Fri & Sat Only)	<b>SIMPLE STEPS TO CHANGE OLD HABITS</b>	They say old habits die hard... Understand the process and transform old ways of coping with life.



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## The Self Realisation Area

17<sup>th</sup>, 18<sup>th</sup> & 19<sup>th</sup> October

Achieve Yoga! True union with your spirit.

Shri Mataji Nirmala Devi was 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 W8, 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 W8**



OM Yoga Show



Mind Body Soul Experience



Vegan Life Live

FRIDAY 17<sup>TH</sup> | SATURDAY 18<sup>TH</sup> | SUNDAY 19<sup>TH</sup> OCTOBER



## Silent Meditations Free Sessions

All Silent Meditation Sessions are **FREE** to attend on each day of the event.  
The World Peace Yurt can be located in the Main Hall, Stand U3

**FREE sessions all day**



## WORLD PEACE YURT

**STAND U3**

The World Peace Yurt is a space for silent meditation and prayer for world peace and harmony.

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



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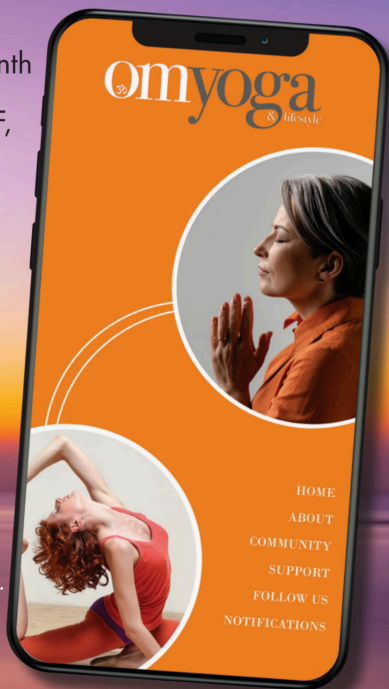
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# FRIDAY 17<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are **FREE**

BWY  
AT  
THE  
HEART  
OF  
YOGA

## BWY Open Class

All Yoga Open Classes are **FREE** to attend. Not all teachers on this stage are BWY Teachers. BWY Teachers are marked below with the BWY logo on their photo. 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 S2



BWY Teacher

12.15 - 12.45

All Levels

### The Meaning Of OM And Its Role In Yoga with Lucie Landau

This talk details three different practices - splitting OM into its inherent components (A-U-M) and using long exhale, visualisation and sound to ground, expand and connect, long, continuous OMmm - tapping into universal potential using inner silence, and as part of Pavamana mantra that directs us from darkness to light.

BWY  
AT  
THE  
HEART  
OF  
YOGA

All Levels

13.00 - 13.30

### Family Yoga Massage with Caroline Garland

Join Caroline for a fun 30 mins of family massage yoga class. Let's explore yoga massage to help with balance and relaxation. The class includes massage techniques and massage stories that can be shared with family and friends.



STAND X1

STAND S2



BWY Teacher

13.45 - 14.15

All Levels

### Growing Your Tree with Alex Yates

Journey through the stages to Vrksasana (Tree Pose) so that you can learn how to root yourself and grow your tree as you explore Vrksasana and its many variations in this engaging class led by London Regional Officer for British Wheel of Yoga - Alex Yates.

BWY  
AT  
THE  
HEART  
OF  
YOGA



STAND T15

14.30 - 15.00

All Levels

## EMBODIED UNION - A Dance of Duality with Christina Gill & Jijo Maantra

A journey of somatic and embodied movement to identify and understand our masculine and feminine energies within, how we can connect more deeply with ourselves leading to a more balanced life, body and mind and opening ourselves to a deeper connection with others for authentic honest relationships.

All Levels

15.15 - 15.45

## Awakening the Chakras with Janet Long

A playful exploration of how we can work with the energy that flows through the Chakra system in order to promote balance and feel good.



STAND S2



BWY Teacher

STAND E5



16.00 - 16.30

All Levels

## Relaxing Gong Bath with Earthtones Yoga\*Energy\*Sound

Join us for a relaxing sound bath including gongs, crystal singing bowls, drums, flutes, mantra and more. Take half an hour out of your busy schedule to let the sounds wash over you, taking you into a state of deep relaxation.

All Levels

16.45 - 17.15

## Pilates Burn with Sophie Jane

This dynamic class will ignite a refreshing burn through a simple, layered-style series of exercises that encourage mind - body connection. It is suitable for beginners. You will leave feeling invigorated and reset.



STAND T4

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# FRIDAY 17<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are **FREE**

## 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.**

12.00 - 12.30

All Levels

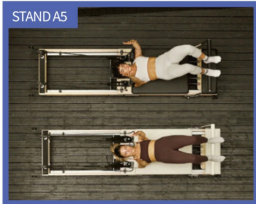
### Funky Flow with Missy White

WOW yourself during this dynamic and creative Funky Flow class! Missy White has been teaching and leading classes for 25 years - with her encouragement and guidance you will do more and take yourself further than you ever thought was possible.

STAND N7



STAND A5



12.45 - 13.15

All Levels

### Reformer Pilates with FOLD Reformer

Experience Reformer Pilates, reimagined. FOLD brings the benefits of studio-quality Pilates into your home - and now, to the heart of the OM Yoga Show. Led by our expert coaches, each session is designed to strengthen, lengthen and leave you feeling grounded yet energised.

13.30 - 14.00

All Levels

### KundaDance® with Maya Fiennes

Join us for an exhilarating journey to transform your life through movement, breathwork, mantras, and music with KundaDance®. Renowned yogi and musician Maya Fiennes crafted this unique fusion of techniques to enhance energy flow, relieve stress and promote emotional harmony. Regardless of dance/yoga experience, everyone can benefit from KundaDance®.

STAND K2



STAND J1



14.15 - 14.45

All Levels

### Partner Yoga: Move In Harmony with Karina Blackstone & Marci Catala

Connect and move in harmony with a partner through fun and supportive yoga poses. Karina and Marci are experienced yoga instructors passionate about fostering connection and trust through their dynamic and playful Partner Yoga classes. This class focuses on trust, communication, and shared balance while deepening your practice together.

15.00 - 15.30

All Levels

## Full Power Cacao Ceremony with Liam Browne

It looks like cacao — it feels like a lightning bolt. Liam Browne's FULL POWER CACAO Ceremony is a full-body activation for your heart, mind and mission. Energise your spirit and feel clearer, stronger, and more connected to your truth by discovering pure presence, authenticity and the power to shift everything.

STAND E1



STAND M2



15.45 - 16.15

All Levels

## Recharge & Relax - Classical Hatha Yoga with Shanti

Experience a practical and down to earth class that will help you to recharge and deeply relax with Sivananda yoga teacher Shanti. With a slow but dynamic meditative pace, students of all levels are encouraged to join Shanti as she shares her over 30 years of passion, commitment and love for the practice of yoga.

16.30 - 17.00

All Levels

## Energy Healing Guided Meditation with Pauline Carpino and Dr Reena Sohal

Experience the magic of energy healing whilst being guided through your own sacred space to the sound of the elements.

STAND C4



17.15 - 17.45

All Levels

## Yogabeats with David Sye

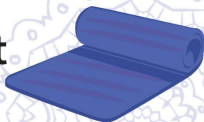
In 2006, David Sye was labelled by the British Press as 'The Bad Boy of Yoga', and became the teacher of the first mixed class of Arabs and Israelis in the history of the Middle East. He combines club music with yoga to create an energetic class like no other. This is an event you don't want to miss!

Photo: Ally Pally and Sophie Harbinson



# Don't forget your yoga mat

Mats are not provided.





# FRIDAY 17<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are **FREE**

## 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.**

12.00 - 12.30

All Levels

### Strength and Softness Flow with Tina Gill

Tina Gill leads this gentle and dynamic Vinyasa Flow class where you will flow to the sound of music, experiencing both the strength of holding postures with guided breath work and the softness of relaxing with restorative poses.

STAND A10



STAND J5



12.45 - 13.15

All Levels

### Authentic & Traditional Yoga with Ravi Dixit

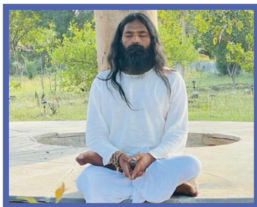
Reconnect with yourself through the Indian practices of asana, pranayama and mantra. This authentic Hatha Yoga class taught by Ravi will focus on improving flexibility and strength, connecting breath with movement to bring harmony to your body and mind.

13.30 - 14.00

All Levels

### The Foundation of Yoga Mastery with Yogi Ashokananda

Experience a powerful introduction to Himalayan Hatha Yoga in this energizing 30-minute taster led by Yogi Ashokananda. This condensed session offers a glimpse into the full Foundation of Mastery practice—focusing on breath-body alignment, subtle awareness, and mindful movement.



STAND Q12



BRING AN EYE MASK OR SIMILAR

14.15 - 14.45

All Levels

### Past Life Meditation with the Angels with Laura Di Salvo

This powerful guided meditation will give you the opportunity to open the door to the higher realms, learn how Karma works and experience the feeling of leaving this world. **Bring an eye mask or similar** (like a scarf) and get ready for an unforgettable journey to discover your purpose and your soul mission!

15.00 - 15.30

All Levels

## Oasis Sound Bath & Mantra Magic with Anne Malone

Relax and let your busy mind be soothed as Anne takes you on a journey into the heart of sound. This Sound Bath will feature everything from Tibetan Bowls to Peace Bells and instill happiness and harmony as you sing your heart home on the wings of Mantra Magic.

STAND N3



STAND J19



15.45 - 16.15

All Levels

## Head Space - Tension Release with MyoYin with Sue Yen Wan

A deeply soothing MyoYin session combining gentle movements and targeted myofascial release to clear brain fog, ease headaches, and release tension in the neck, jaw, and scalp. We'll use our fingers and peanut rollers to explore self-release techniques, paired with conscious breathwork to create space, calm, and clarity in your head. Ideal for anyone experiencing overwhelm, tension, or looking to reconnect with a sense of ease.

16.30 - 17.00

All Levels

## Teachers' Introduction to Coherent Breathing with Elena Riu

Explore the benefits of Trauma-Informed Coherent Breathing in nervous system regulation and learn how it can help reduce stress and anxiety, as well as how it can be applied in a Yoga Class setting.

STAND Y2



STAND K10



17.15 - 17.45

All Levels

## Silent Disco Yoga - Uplift, Flow & Feel the Music with Alicia Ray

Step into a world of rhythm, breath, and movement. This immersive Vinyasa flow combines powerful beats and soulful sequencing delivered through wireless headphones. Alicia curates a unique soundscape to elevate your flow, syncing breath with music and movement in perfect harmony. Expect good vibes, energising transitions, and a fully connected experience that will move your body and shift your mindset. Headphones provided.

“ As I inhale, I am filled with love and light.  
As I exhale, I make room for more good. ”



/yogashow



@yogashow #omyogashow



@omyogashow



# FRIDAY 17<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are **FREE**

## 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.**

**12.15 - 12.45**

Beginners

### Flexibility for Tight Bodies with Janie Larmour

Take your flexibility further as Janie combines 25 years of experience with a variety of techniques that will help you see fast improvements in the flexibility of 7 different areas of your body. If you have a tight body or just want to improve, this class is perfect for you!

STAND J10



STAND P4



**13.00 - 13.30**

All Levels

### Yoga Flow for Intention Setting with Danielle Frake

A gentle hatha yoga flow for setting and planting your intentions. Danielle Frake is an experienced hatha yoga teacher specialising in bringing mindfulness into movement. She also teaches Yin, Restorative and Teen Yoga.

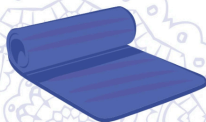
**13.45 - 14.15**

All Levels

### Inside Flow – Feel the Beat with Ami Norton

Get ready to move with the music as Inside Flow Pro Teacher Ami Norton guides you through a flow that connects your breath and body as meditation in movement. Whether you're new to Inside Flow or looking to deepen your practice, join us to experience the powerful connection between movement, music, and intention.

STAND P6



## Don't forget your yoga mat

Mats are not provided.

**14.30 - 15.00**

All Levels

## Get High On Your Own Supply - Breathwork & Deep Stretch with Rach Cox & Michele Pernetta

Get high on your own supply with this powerful fusion of breathwork and deep stretching. We'll explore radical access to your greatest life-givers — that's right, your lungs. Breathwork is the gateway to your mind, mood, and magic. We will then create space in your body with profound stretching sequence. You'll journey through five transformative breathwork techniques led by Rach Cox, followed by grounding deep stretches from the Fierce Grace yoga method, expertly delivered by FG Founder Michele Pernetta. Expect to leave buzzed, balanced, and blissed out.



STAND Q9

**15.15 - 15.45**

All Levels

## Feel Good Heart Opening Flow with Katarina Hromnikova

Join Katarina for this 30-minute heart opening flow. Expect to move fluidly through variations of spinal waves, open up your heart space, and strengthen the backside body through backbends like cobra, dancer pose, camel and wheel pose. You'll finish this class feeling open, strong and rejuvenated.

**16.00 - 16.30**

Advanced

## Dynamic Mandala Flow with Nadeem

Let International Yoga Teacher Nadeem guide you through a dynamic mandala flow suitable for advanced and teacher level practitioners only. Nadeem is passionate about shaping his students into stronger and more focused yogis - he believes that when a student is ready, the right teacher will appear... are you ready?



STAND W3

**16.45 - 17.15**

All Levels

## Embrace the Hero Within with Anna Easton

This dynamic, all-levels session will enliven your inner strength and resilience by making your movement mindful and relatable to your daily life. You'll build flexibility, focus, and calm. Embrace the hero within as you flow, ground and connect in this empowering and revitalising yoga experience.

“ I can release tension, repetitive thoughts,  
and all else that is not serving me right now. ”

# FRIDAY 17<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are **FREE**



## 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.**

**12.15 - 12.45**

All Levels

### Thai Yoga Massage with Daniel Gladwell

If you like the sound of "Lazy Person's Yoga", this combination of massage, stretches, acu points and more is for you! Learn simple but effective techniques to help relieve back, neck and shoulder pain, and prepare to pair up to practice guided sequences with Daniel who has been teaching Thai Yoga massage for the past 10 years. Bring a yoga mat and get involved!

STAND J11



STAND G6



**13.00 - 13.30**

All Levels

### Chakra Yoga Flow with Mantra Chanting with Sumit Manav

Awaken your body's energy centres and discover a deeper sense of balance in this uplifting journey through the seven chakras. Guided by breath, movement, and the ancient vibration of 'beej' mantras, we move from the root to the crown, inviting grounding, creativity, strength, love, expression, clarity, and connection. Leave feeling lighter, more open, and deeply aligned — ready to carry this sense of harmony into every aspect of your day.

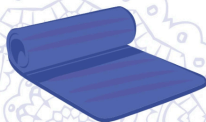
**13.45 - 14.15**

All Levels

### Body & Mind Detox with Namrata Virani

This detoxing yoga flow is perfect for those needing a body reset or experiencing high stress levels. The "squeeze-and-soak" twists push out toxin-filled blood and allowing fresh, oxygenated blood to take its place, helping to heal and cleanse your body, leaving you feeling refreshed and recharged.

STAND W2



**Don't forget your yoga mat**  
Mats are not provided.

14.30 - 15.00

All Levels

## Warrior Breath with Claire Cordell - Ethereal Warrior

A powerful 30-minute taster of Warrior Breath. A condensed, powerful experience designed to ignite your inner fire, awaken your senses, and drop you into deep, soul-stirring stillness. Consult your medical professional with any health concerns prior to joining. Lying down is advisable and an eye mask is recommended.

STAND H2



STAND J6



15.15 - 15.45

All Levels

## Returning to Pachamama: A Breathwork Journey with Molly Elsdon

A 30-minute breathwork and meditation journey to return to our roots — grounding ourselves in the present moment and our connection to Earth. Inspired by Pachamama, this practice invites you to slow down, release tension, and tune in to the rhythm of the breath — the sacred life force that flows through everything.

16.00 - 16.30

All Levels

## Shamanic Journey Meditation with Chloe Ward

Step beyond the veil and into the heart of your soul's wisdom in this powerful guided meditation. Lie down, let go, and journey into a liminal space between worlds where healing, clarity, and deep remembrance reside. Feel grounded, connected, and empowered, with your inner compass recalibrated and your spirit reawakened.

STAND Q10



STAND H4



16.45 - 17.15

All Levels

## Cosmic Manifestation Gong Bath with Joanna Bilik (Gongfree)

Joanna Bilik will lead you on a transformative journey that delves into sound therapy, gong mastery and holistic health, featuring a 60-inch Gong bath that will help to release energy blocks. Explore how you can use ancient wisdom and modern healing modalities for self-discovery and growth.

“ I honour my body today and practice listening and responding to what it needs. ”



## Lecture Area

Located in the Great Hall. 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

### Unlocking Health & Vitality with Organic Superfoods with Dr Britt Cordi PhD

Delve into the science behind plant-based nutrition and the benefits of organic, traditionally-grown superfoods with Dr. Britt Cordi, PhD. Learn how to make plant-based living easy and enjoyable, and harness the power of nature to improve your health and wellbeing, whether you're a committed vegan or just beginning your journey.

STAND V22 - Vegan Life Live



STAND E6



12.45 - 13.15

### Practical Applications of Yoga for Mental Health in Young People with Charlotta Martinus

Join Charlotta for an engaging and practical session exploring how yoga can support the mental, emotional, and physical wellbeing of young people. This session offers fresh perspectives and actionable ideas to help young people navigate stress, anxiety, and life's challenges.

13.30 - 14.00

### Launching a Yoga or Pilates Reformer Studio: Practical Strategies for Success with Rudolf Hever

Dream of opening a Yoga or Pilates Reformer studio and wondering where to start? Then don't miss this talk by UK Pilates Reformers for practical strategies to launch successfully and avoid the pitfalls. We'll cover business setup essentials, financing, leases, location, reformer layout considerations and a lot more. Get the knowledge you need to launch with confidence.

STAND T1



STAND N15



14.15 - 14.45

### Calming Anxiety and Overwhelm with Petra Coveney

Join Petra, a senior yoga therapist, teacher and trainer, as she explores how yoga and lifestyle can calm anxiety and overwhelm during, and in the lead up to, menopause. The techniques you discover will also help alleviate brain fog and fatigue, which are common during this time. This informative talk will also include some breath work and a meditation practice.

15.00 - 15.30

All Levels

## Essential Oils to Revive Your Mind, Body & Spirit with Karena Rathbone Ariel

Join Karena to learn the transformative role of essential oils and ancient plant wisdom. Shift from hurt and a troubled mind to self-love and peaceful energy during this class that will connect with you on an emotional, spiritual and physical level. Natural, potent, effective and empowering.

STAND C11



STAND N13



15.45 - 16.15

## Top Tax Tips for UK Fitness Studios & Teachers with Nathalie Asmar

Perfect for UK studio owners and teachers, this lecture is a health check for your business taxes and accounting. With advice available to suit several business structures, Nathalie discusses UK tax laws, how to prepare your annual accounts and reporting your corporation, VAT and income taxes to HMRC.

16.30 - 17.00

## The Butterfly Effect of Yoga with Carrie Froggett

Feeling like you're running on empty? This talk explores the impact of giving your body the space and time it needs to re-energise in a busy modern world, and examines what sustainable self-care really looks like. Learn how making space for yourself can help energise your relationships, work and community.

STAND N5



STAND H8



17.15 - 17.45

## The Inner Reset: How Meditation Transforms Your Inner World with Jaymini Patel

In a world overflowing with distractions and demands, meditation acts as an inner reset, quieting the noise of the mind, releasing emotional tension, and reconnecting us to our deeper self. Cultivating a state of inner stillness radiates into every area of life, letting us rise above the chaos by creating an unshakeable wellspring of peace.

“ I am listening and open to the messages the universe has to offer today. ”

# FRIDAY 17<sup>TH</sup> OCTOBER

# WISDOM LECTURE STAGE

Located in the Main Hall. Please arrive 5 - 10 minutes prior to the start time.  
These are Free talks and are available on a first come first serve basis.

## 12.00 - 13.00 Boost Your Energy Dimension: For Abundance, Aspiration and Wisdom with Michael Chung

Learn how HMU Wellbeing Energy Management Practice can boost your energy dimension for abundance, aspiration and wisdom. Our energy sensor identifies the root cause of your body's energy imbalance and Michael Chung will demonstrate bio-energy frequency therapy in order to quantify health index improvement and improve holistic wellbeing. **STAND 11**



## 13.15 - 13.45 Kinesiology: Unlocking the Body's Innate Intelligence with Morgana Aiyer

Join experienced holistic practitioner and kinesiology specialist, Morgana, for an enlightened session about how your body's innate intelligence guides healing and achieving goals. If you are passionate about learning how to reconnect with your body wisdom, Morgana brings a practical overview of kinesiology and simple techniques you can use today. **STAND 43**

## 14.00 - 14.30 Know Your Inner Voice with Fiona Radman

Learn how to tune into that quiet yet potent inner voice and intuitive guidance that gives you the power to transform your life into one of flow, joy, self-belief and surprising ease and abundance. Be delighted by inspiring stories and learn three powerful tools in this interactive talk by spiritual teacher, colour therapist, author and coach: Fiona Radman. **STAND 49**



/mbsexperience



@mbsexp #mbs2024



@mbs\_experience



FREE

### 14.45 - 15.45 Chakras, Numbers & Planets with Dr. Ravi Ratan Sharma

Discover the hidden numerological pattern that serves as a key for unlocking the secrets of the Psyche. Dr. Ratan will explain and explore how each number is associated with a particular planet that in turn influences our life, temperament and Chakras during this enlightening lecture.  
STAND 71a

### 16.00 - 17.00 The Medicine of Self-Expression through Fairy Magik with Lola Charles Wolff

Lola Charles Wolff (they/them) shares the Magik of Fairies, the medicine of Merlin and the realms of Avalons in this playful lecture for those feeling burned out or lost, or those seeking answers. Step into unapologetic self-expression and invite the modern day fool back into your life today!



FREE

### 17.15 - 17.45 From Overwhelmed to Aligned: How Life Alignment Can Mitigate Emotional and Environmental Stress with Jane Turney

Life Alignment is a powerful energy healing modality that bypasses the rational mind and dives straight to the energetic root of what's holding you back - often behind what you're consciously aware of. Life Alignment helps release years of limiting beliefs, emotional baggage and internalised self-doubt, helping you to reclaim your personal power and step into a more authentic, confident version of yourself.

STAND 1A



FREE

# FRIDAY 17<sup>TH</sup> OCTOBER EXPERIENCE ZONE

Located in the Main Hall. Please arrive 5 - 10 minutes prior to the start time. These are **FREE** to attend and are available on a first come first serve basis. Please ensure you bring your own exercise mat if required, they will not be provided.

## 12.00 - 12.30 Harmonic Aura Experience with Jo Wesch

Experience your aura's energy field transformation as we channel positive vibrations to liberate stuck negativity.

Experience a unique "wandering" technique, instantly refreshing your energy, followed by a guided heart-throat chakra meditation, where healing dissolves emotional wounds, releasing trauma and restoring balance. **STAND 54**



## 12.45 - 13.15 Wisdom of the Vedas with Gadadhara Pandit Das

An overview of the origin and purpose of the ancient Vedic texts. From broad teachings of harmony with nature and god, to esoteric secrets of what the ultimate reality looks like at its deepest level - discover how the Vedic wisdom can guide and invigorate your life. **STAND V16 at Vegan Life Live**

## 13.30 - 14.00 Meinel Sonic Energy: Welcome to your Sound Journey

A journey to find more calmness, focus and relaxation. The discovery of fresh, energizing sounds through instruments designed for anyone to explore, create and feel. **STAND 68**



## 14.15 - 14.45 Practical Mindfulness Techniques with Maria Afentakis

Embark on a profound learning experience in the world of mindfulness by connecting the dots with the science of the brain taught by Maria who is the Spiritual Scientist. This will provide you a greater understanding of developing your own ways to bring relaxation, calmness and tranquility to your daily life. The practical session will include breathing, stretching, movement, sound, grounding, chakra alignment and guided meditation. **STAND 40**

### 15.00 - 15.30 Chakra Dancing with Lizzie

Let's Dance! Spontaneous free form movement that energises and balances the body. You'll be guided through the 7 chakras from the root to the crown with music that corresponds to each fascinating energy centre, stimulating your natural energy flow. **STAND 73**

FREE



FREE



### 15.45 - 16.15 Sacred Chants For Healing & World Peace with Giles Bryant

Join Giles and friends for uplifting songs and music of peace and healing from the songbook of The Perpetual Choirs. This session will get you dancing and singing along - to connect to the joy, love and healing within you. **STAND U3 in the OM Yoga Show**

### 16.30 - 17.00 Kirtan: Mantra Meditation with Think Gita

This kirtan session will be led by our talented singers and musicians, and will focus on the chanting of a mantra. Mantra, in Sanskrit, literally meaning "that which frees the mind".

**STAND B6 in the OM Yoga Show**

FREE



FREE



### 17.15 - 17.45 Qigong Mindful Movement with Elizabeth Whiter

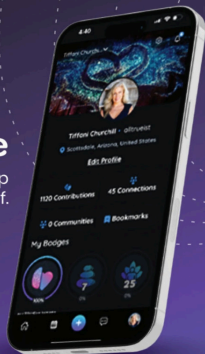
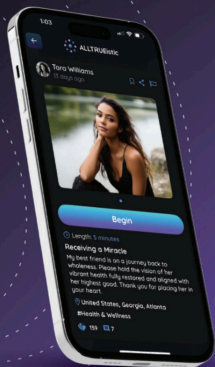
Elizabeth invites you to join her in a series of gentle coordinated body, posture and movement connected to breath work and meditation suitable for all levels of ability. Focusing on the 5 Element Qigong practice and the beautiful seasons that make up our calendar year. **STAND 73**



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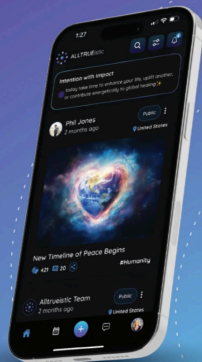


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OM Yoga Show



Mind Body Soul Experience



Vegan Life Live

# Vegan Lecture Area



## FRIDAY 17<sup>TH</sup> OCTOBER

Located in the West Hall. Please arrive 5 - 10 minutes prior to the start time. These are FREE demonstrations and are available on a first come first serve basis.

### Changing Society For The Better Through Volunteering with Sukhin Tye | Made in Hackney

During this panel discussion led by Made In Hackney volunteer manager Sukhin Tye, you'll hear moving stories from community volunteers. They'll discuss what inspired them to become involved with volunteering, why volunteering makes a difference to their community, and the joys of being of service.

STAND V93

12.00 - 12.45



FREE

13.00 - 13.45



FREE

### The Power Of Medicinal Mushrooms with Juliette Bryant

Discover the ancient wisdom & modern science behind the world's most powerful fungi! Juliette Bryant will explore how medicinal mushrooms can support immunity, brain health and energy during this eye-opening talk.

STAND T14a



Photo Credit:  
@asher\_vegan\_photographer



14.00 - 14.45



FREE

### Smart Ageing: A 15-minute Guide to Science-Backed Longevity with Fouzhan Shadidi

Discover the V14 dietary supplement, alongside science-backed longevity hacks that are proven to reverse your biological age, boost energy levels, support cellular health, and improve overall vitality.

STAND K6

### Magnesium: Boost Energy, Better Sleep with Phil Beard, Viridian

If you're looking to improve sleep, support digestion, reduce stress, or enhance overall well-being, this seminar will provide science-backed insights to help you choose the right magnesium supplement for your needs. In this talk, we'll break down the different forms of magnesium, highlighting their unique benefits and best uses. We'll also dispel common myths, discuss absorption, and explore the most effective ways to get the most out of magnesium for you.

STAND R1 IN OM YOGA SHOW

15.00 - 15.45



FREE

### The Vegan Cheese Revolution: Process, Benefits, and Health with Rama Rigolot

Discover Cassenoisettes' French vegan cheese revolution—process, health benefits, and impact. Learn why we're leading the change in plant-based cheese!

STAND V73

16.00 - 16.45



FREE

### Defending the Rights of Vegans with Dr Jeanette Rowley (The Vegan Society)

Dr Jeanette Rowley has spearheaded the campaign for vegan rights for over a decade. In this talk you will hear about the basic areas of law that are relevant to the lives of all vegans and learn about successful cases in education, employment, and the provision of services.

STAND V4

17.00 - 17.45



FREE



/veganlifefive



@veganlifefive #veganlifefive



@veganlife\_live



West Hall • FRIDAY



# SUBSCRIBE

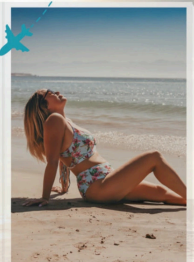
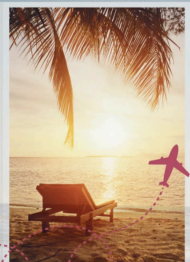
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HEART  
OF  
YOGA

# BWY Open Class

All Yoga Open Classes are **FREE** to attend. Not all teachers on this stage are BWY Teachers. BWY Teachers are marked below with the BWY logo on their photo. 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 H3

11.15 - 11.45

All Levels

## Pranayama: Lost in Translation with Angela Ashwin

Author of Pranayama: Lost in Translation, Angela Ashwin, will discuss how the modern teaching of Pranayama has deviated from the original Sanskrit texts by demonstrating and instructing the original Pranayama. Experience and learn how to work with the movement of life force (the Vayu) in the panic body, a practice crucial to our transformation.

All Levels

12.00 - 12.30

## Get Your Mind in the Right Place with Perry Lewis

This class is all about finding the mindset to make your practice a truly integrated and joyful experience. Learn how you can transform your practice into something that will help ground you so that you can face the challenges of life with a calm determination.

STAND S2

BWY  
AT  
THE  
HEART  
OF  
YOGA

BWY Teacher

STAND X1



12.45 - 13.15

All Levels

## Family Fun! - Partner Yoga with Caroline Garland

Certified children's yoga teacher Caroline leads a family partner yoga class that will allow you to have fun and connect with your family as you practice breath work and partner poses.

All Levels

13.30 - 14.00

## Yoga, Sex and Happiness with Carolin Roth

Discover and explore your inner goddess in this incredible and empowering class! Distinguish between pelvic floor, sphincter and abdominal muscles as you learn to perform the given postures, and experience the uplifting, energising happiness that kicks in through practicing yoga!

STAND S2

BWY  
AT  
THE  
HEART  
OF  
YOGA

BWY Teacher



STAND Q9

14.15 - 14.45

All Levels

## Unlocking the Hips with Jenna Samji

Join Jenna for an invigorating yoga session journeying into the hips, aiming to leave you feeling grounded & restored. London-based, Jenna specialises in teaching yoga to Premiership footballers whilst running self-development workshops & retreats with a background in trauma-sensitive yoga & functional movement.

All Levels

15.00 - 15.30

## A Whole Lot of Shaking Going On with Diana O'Reilly

This yoga class will explore the use of shaking, tapping, slapping combined with grounding techniques to find a greater sense of freedom in our asana.

BWY

STAND S2



BWY Teacher

STAND R3



MAXIMUM OF 35 PARTICIPANTS

15.45 - 16.15

All Levels

## Unwind Your Spine with Adam Spanier

Stiff back? Tight shoulders? In just 30 minutes, Adam from Free Your Spine Yoga Therapy will guide you through a mini yoga journey to melt away tension, stretch out your spine, and help you feel taller, lighter, and more alive. Ideal for anyone seeking relief from chronic tension and pain - or just a burst of energy. **PLEASE NOTE:** This class has a maximum of 35 participants as there are a limited number of props available!

All Levels

16.30 - 17.00

## Yoga for Stress Relief with Sophie, Founder Zenzimat

Founder of Zenzimat, Sophie, offers a haven for busy individuals seeking to cultivate inner peace and alleviate stress. Through dynamic poses, breath work and meditation, you'll be reconnecting to your body while calming your mind. Come and experience the transformative effects of yoga on your wellbeing.



STAND C6

17.15 - 17.45

All Levels

## Silent Disco Yoga - Uplift, Flow & Feel the Music with Alicia Ray

Step into a world of rhythm, breath, and movement. This immersive Vinyasa flow combines powerful beats and soulful sequencing delivered through wireless headphones. Alicia curates a unique soundscape to elevate your flow, syncing breath with music and movement in perfect harmony. Expect good vibes, energising transitions, and a fully connected experience that will move your body and shift your mindset. Headphones provided.



STAND K10

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

BWY

BY THE HEART OF YOGA



/yogashow



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@omyogashow

# SATURDAY 18<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are FREE

## 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.**

11.00 - 11.30

All Levels

### Reformer Pilates with FOLD Reformer

Experience Reformer Pilates, reimagined. FOLD brings the benefits of studio-quality Pilates into your home – and now, to the heart of the OM Yoga Show. Led by our expert coaches, each session is designed to strengthen, lengthen and leave you feeling grounded yet energised.

STAND A5



STAND E6



11.45 - 12.15

Teens

### Teen Yoga for All with Charlotta Martinus

This is a fun, all levels class for young people and their families and friends. We will be doing some partner work, yoga to music and some group postures. It is open to all, but young people are particularly welcome.

12.30 - 13.00

All Levels

### Power Vinyasa with Marci Catala

Marci Catala uses over 12 years of experience, skill and passion for yoga in this vigorous, flowing class designed to build strength, flexibility and endurance. Explore creative sequences and powerful transitions, all set to an uplifting rhythm in this Power Vinyasa class.

STAND J1



STAND E1



13.15 - 13.45

All Levels

### Full Power Cacao Ceremony with Liam Browne

It looks like cacao – it feels like a lightning bolt. Liam Browne's FULL POWER CACAO Ceremony is a full-body activation for your heart, mind and mission. Energise your spirit and feel clearer, stronger, and more connected to your truth by discovering pure presence, authenticity and the power to shift everything.

14.00 - 14.30

All Levels

## KundaDance® by Maya Fiennes

Join us for an exhilarating journey to transform your life through movement, breathwork, mantras, and music with KundaDance®. Renowned yogi and musician Maya Fiennes crafted this unique fusion of techniques to enhance energy flow, relieve stress and promote emotional harmony. Regardless of dance/yoga experience, everyone can benefit from KundaDance®.

STAND K2



STAND Q11



14.45 - 15.15

All Levels

## LGBTQ+ Rainbow Yoga with Emy Mendoza

This class is a celebration for all LGBTQ+ and Queer Yogis coming to the show. This is a safe space to flow and bring your beautiful unapologetic self to this class. LGBTQ+ Allies are welcome to join this class too!

15.30 - 16.00

All Levels

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

Come and learn how to heal with the power of Himalayan Sound Bowls. This introduction to Himalayan Bowls will explore how they can be used for not just professional yoga, meditation and therapy, but also for personal healing.

STAND K3



STAND N5



16.15 - 16.45

All Levels

## Permission to Put Yourself First with Carrie Froggett

Feeling disconnected? This practice creates genuine space to feel, process and reconnect through mindful movement and breath. Through clear guidance and options for everybody, discover how giving yourself permission to slow down and explore what your body rarely gets to express can awaken your inner wisdom and create positive change.

17.00 - 17.30

All Levels

## Self Awareness, Awakening & Freedom with Yogi Ashokananda

Yogi Ashokananda will guide you to expand your sense of who and what you are as he demonstrates how you can apply the yoga & meditation disciplines he has developed during his decades of practice and teaching.



/yogashow



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Great Hall • SATURDAY





# SATURDAY 18<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are FREE

## 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.**

11.15 - 11.45

All Levels

### Women's Circle with Anna Brook (Shala Women)

In this nourishing and empowering women's circle, created and led by Anna, you'll be guided through rituals and practices that allow you to let go of your limitations, embody your potential and rise! Connect with other women, recognise your internal goddess and become part of a global sisterhood today.

STAND N4



12.00 - 12.30

All Levels

### Making Classes Accessible with Ellie Firth

Umbrella Yoga specialises in teaching yoga that supports adults with additional needs, helping them to overcome both mental and physical challenges. This taster session will showcase the teaching methods that they offer and serve as a taster for what's available at their accredited yoga teacher CPD.



12.45 - 13.15

All Levels

### Authentic & Traditional Yoga with Ravi Dixit

Reconnect with yourself through the Indian practices of asana, pranayama and mantra. This authentic Hatha Yoga class taught by Ravi will focus on improving flexibility and strength, connecting breath with movement to bring harmony to your body and mind.

STAND J5



STAND P3



**DON'T FORGET:** Bring a pen & journal

13.30 - 14.00

All Levels

### Get Out of Your Own Way – A Journey Inwards with Rev. Laura Ireland

Through guided meditation and reflective journaling, you'll gently soften the noise of the outside world and reconnect with the wisdom that's been waiting within you all along. It's time to stop playing small, stop second-guessing, and start trusting yourself again. Bring a pen, a journal, and an open heart.

14.15 - 14.45

All Levels

## Awakening the Energetic Body: Prana Kriya Yoga with Yogi Ashokananda

Step into the subtle power of Prana Kriya Yoga in this energizing 30-minute taster session with Yogi Ashokananda. Designed to gently awaken your life force, this practice blends breath, movement, mudras, and sound to harmonize body, mind, and energy.



STAND P5



15.00 - 15.30

All Levels

## A Journey into Sacred Sound with OmLife (Jagannātha Dās)

Unwind, recharge, and connect with the soulful melodies of Mantra Meditation (Kirtan) with Jagannātha Dās. This uplifting session will offer a chance to immerse yourself in the sacred vibrations of mantra chanting, creating space for peace, joy, and inner connection. Whether you're new to kirtan or a regular, this is the perfect way to connect, let the music move your heart and spirit as we come together to chant, reflect, and celebrate the power of sound!

15.45 - 16.15

All Levels

## A Journey Within: Truly Transformative Yoga with Victoria Siddoway

Experience transformative yoga for body, mind, and spirit in a gentle flow that cultivates awareness, breath, and presence. Discover how yoga serves as a gateway to inner exploration and awareness—join in on this journey of self-discovery.

STAND N1



STAND A10



16.30 - 17.00

All Levels

## Strength and Softness Flow with Tina Gill

Tina Gill leads this gentle and dynamic Vinyasa Flow class where you will flow to the sound of music, experiencing both the strength of holding postures with guided breath work and the softness of relaxing with restorative poses.

**Don't forget your yoga mat**  
Mats are not provided.





# SATURDAY 18<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are FREE

## 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.**

11.00 - 11.30

All Levels

### Backbend Brain Boost with Barbora Besta

The Backbend Brain Boost is a unique experience designed to help you approach backbends with ease and confidence through a fun and positive approach. You will explore the intricate connection between your body and nervous system, guiding you to unlock new levels of flexibility and strength.

STAND Q9



STAND N7



11.45 - 12.15

All Levels

### Flow, Float & Fly with Missy White

Turn your world upside down in this invigorating class that focuses on postures that improve stability and foundational strength, helping you develop an inversion practice. Led by Studio 108 owner, Missy White, this class will be taken to a new level with her passionate teaching and dynamic sequencing.

12.30 - 13.00

All Levels

### Self-healing - Sound, Yoga & Relaxation with Pauline Carpino

A moment of self-care to reconnect to your body, your breath and your inner self, allowing yourself to release trauma and toxic emotions stored in your system. Pauline will provide you with simple tools to further your healing and recovery journey.

STAND C4



STAND Q12



13.15 - 13.45

All Levels

### Past Life Meditation with the Angels with Laura Di Salvo

This powerful guided meditation will give you the opportunity to open the door to the higher realms, learn how Karma works and experience the feeling of leaving this world. Bring an eye mask or similar (like a scarf) and get ready for an unforgettable journey to discover your purpose and your soul mission!

14.00 - 14.30

All Levels

## Menopause Yoga - Book Launch & Celebration with Petra Coveney

Join Petra Coveney for an energising and empowering yoga class to celebrate the launch of her new book 'Menopause Yoga™ & Wellbeing – a Daily Practice Guide for Perimenopause to Second Spring' held on International Menopause Awareness Day.

STAND N15



STAND Q9



14.45 - 15.15

All Levels

## Mandala Vinyasa Flow with Nicola Glenn

Mandala Flow is a joyous and uplifting practice offering unusual transitions and arm balances between poses. Move your body in all directions as you journey through 360 degrees on your mat during this lively and creative class connecting breath and movement to bring you deeply back to yourself.

15.30 - 16.00

All Levels

## Inside Flow – Flow to Feel with Ami Norton

This Inside Flow session invites you to use mindful movement to tune into yourself and express your emotions. Inside Flow is a breath-led vinyasa style where each movement reflects the theme of the music. In this class, Pro Teacher Ami Norton will guide you through a creative, fluid sequence designed to move you – inside and out.

STAND P6



STAND Q9



16.15 - 16.45

All Levels

## Yoga Shakti Fusion with Rooted Together

Join mother-daughter duo El and T for a fusion of yoga and Shakti that improves physical, mental, emotional and spiritual wellbeing. Let yourself be guided through gentle movement, breathing, mantra and dance to elevate your energy, connect to yourself and find the power from within that already exists within you!

17.00 - 17.45

All Levels

## Om & Bass - Chakra Yoga Rave with Rach Cox

Probably the most fun you'll ever have sober and in a yoga class. This down-to-earth, accessible and wild experience takes you on a musical journey through the chakras – blending yoga, dance, banging beats, guided breath and basslines to leave you glowing, grounded and ZenAF. Feel absolutely off your mash by the end of it – no substances required. Just pure, high-vibe movement medicine for your body, mind and spirit.

STAND X5



omyoga

## omyoga Open Class

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11.15 - 11.45

All Levels

Holy Fire Reiki Meets Yoga **with Kiran Sidhu**

This Holy Fire Reiki-infused yoga class including Pranayama and Sound Healing amongst other techniques is hosted by Holy Fire Karuna Master Kiran Sidhu and is available to those of all skill levels.

STAND P2



STAND D5



12.00 - 12.30

All Levels

Strengthening & Balancing the Anterior & Posterior Chains **with Yan Sophokleous**

Together, we will explore and focus on a chosen set of Anterior Chain Postures (ACP) & Posterior Chain Postures (PCP). You will understand how to strengthen and balance these chains. Engaging the front ACP, then engaging the back PCP, will give you a deeper insight into body awareness. Time to feel your body.....Align!

12.45 - 13.15

All Levels

MyoYin - Myofascial Release & Yin Yoga **with Sue Yen Wan**

MyoYin blends Yin Yoga with myofascial release, helping to release stagnant energy within the body, encourage deep healing and restore inner balance through breath work and mindful Yin Yoga stillness. This class is ideal for easing tight muscles, supporting injury recovery, and addressing deeply rooted tension. Free your body!

STAND J19



STAND R4



13.30 - 14.00

All Levels

Play and Energise **with Rachael Vincent & Noble Yoga**

Join us for a playful and energising vinyasa flow that will get you moving, breathing, and smiling. This class blends creative sequencing with upbeat music and a focus on feeling good in your body. Expect to leave with a sense of lightness and joy —no matter your experience level.

14.15 - 14.45

All Levels

## Recharge & Relax - Classical Hatha Yoga with Anush Ganesh

Originally from South India, Anush started his practice at a young age and has been honing his dynamic and accessible teaching style ever since. This classical Hatha Yoga class will be full of dynamism and joy.

STAND M2



STAND J10



15.00 - 15.30

Beginners

## Psoas Release for Anxiety & Back Pain Relief with Janie Larmour

Experience how easy it is to release your psoas to relieve back pain, improve your posture and create better hormone flow. Learn how this deep core muscle is related to anxiety, your adrenal glands and reproductive system and how working this muscle with Zen Ki Yoga can put everything back into balance and leave you feeling lighter, taller and calmer. We will be using easy techniques you can continue to use at home or teach to your students if you are a yoga teacher.

15.45 - 16.15

All Levels

## Goddess Flow with Myria Zanetti

Discover your inner power in Myria's "Goddess Flow" yoga class. Embrace strength and grace through fluid movements inspired by goddess energy, leaving you feeling centred and empowered.

STAND J9



STAND J14



16.30 - 17.00

All Levels

## Dragonheart Yoga with Danielle Dragonheart

Join Danielle Dragonheart for a transformative 30-minute vinyasa flow designed to awaken your heart, ignite your inner fire and reconnect you with your most authentic Self. Dragonheart Yoga blends fluid movement with heart-opening postures, inviting you to peel back the layers of expectation and rediscover your innate strength, courage and joy. Expect an uplifting, empowering class that leaves you feeling open, aligned and fiercely alive.

17.15 - 17.45

All Levels

## Kundalini Shakti Flow for Grace and Radiance with Wiola Diamondheart

Enhance your inner beauty and learn to trust yourself fully as Kundalini Shakti Flow awakens the life force energy within, letting you stretch into infinity and soften into grace, melting away anxiety and self-doubt. This nourishing session gently opens the body and heart through flowing, intuitive movement, breath and presence.

STAND N14



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## Lecture Area

Located in the Great Hall. 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

### My Dear Period - How to Prepare Your Daughter for Menarche **with Elena Riu**

Aimed at women in Mothering roles to girls, this lecture, based on 'My Dear Period-A Guidebook', will offer simple and essential guidance on how to share age appropriate information and prepare girls for the best, most empowering and positive first period.

STAND Y2



STAND Y4



11.45 - 12.15

### Finding Calm: An Introduction to Essential Oils for Stress Relief **with Becky Pope**

After healing from chronic illness with essential oils, Becky Pope aims to help others transform their health with natural wellness solutions. Becky will introduce you to the world of essential oils and explain how to incorporate these oils into your life to feel calmer, more focused, and energised.

12.30 - 13.00

### Natural Beauty **with Izzy Seadon**

Tired of dull skin, breakouts, or premature ageing? Discover the root causes and learn natural ways to glow from within using nutrition, lifestyle, and holistic skincare.

STAND Q8



13.15 - 13.45

### Wellness On & Off the Mat **with Susanna Edwards (Yoga Teacher), Emily Bruce (Yoga Therapist) & Lisa Stewart (Mental Health Nurse)**

Susanna, Emily and Lisa connected to explore the therapeutic effects of yoga to reduce suffering and promote wellbeing, and invite you to come and learn how mental and physical health are intertwined and how yoga can really make an impact on the world and on people's lives.



14.00 - 14.30

## Yogic Call: Healing Our Wounded Spirit with Romy Brooks and Lee Newitt

What is calling to be awakened in you? Do our wounds hold the golden elixir to heal and make whole? This is an experiential lecture looking at areas of overlap between the eight limbs of yoga and transpersonal psychology, specifically exploring a new model related to psycho-spiritual awakenings: How our wounds can be our calling to awaken and the start of our adventure. The session will include a grounding & guided meditation.

STAND C7



STAND X8



14.45 - 15.15

## Rediscover Your Purpose - Trauma Release with Spiritual Tiik

In this lecture, Spiritual Tiik will educate individuals on the impact of trauma in the mind, body and soul, offer support in identifying trauma, and demonstrate 3 ways to remove the energy in order to attract a healthier lifestyle in both the physical and energy bodies.

15.30 - 16.00

## YOGA and the 36 Menopause Symptoms - Face & Chair with Sue Yen Wan

Explore 'Menohacks' – simple yoga practices blending breathwork, meditation, and gentle movements to ease symptoms like hot flushes, insomnia, and anxiety. These accessible tools are designed to fit seamlessly into your daily routine, helping physical discomfort, nurturing emotional well-being, and embracing menopause as a transformative phase of growth and renewal.

STAND J19



STAND P4



16.15 - 16.45

## Mindfulness, Movement and Therapy with Danielle Frake

Danielle Frake explores how combining Mindfulness, Movement and Therapy can lead to transformational results, calming the whirlwind in your mind so you can feel confident, calm and energised. Learn to focus your attention and listen to your body and mind to optimise your wellbeing, feeling the joy of being alive.

17.00 - 17.30

## Yoga Beyond the Mat: The Spiritual Philosophy of Conscious Connection with Nitesh Gor

Explore the deeper philosophical dimensions of Yoga by moving beyond physical postures and repositioning Yoga as a conscious, lived experience that serves as a bridge between the material and the spiritual. Nitesh examines Yoga as an accessible process that helps us navigate the modern world with compassion, purpose, and clarity.

STAND P5



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# SATURDAY 18<sup>TH</sup> OCTOBER

# WISDOM LECTURE STAGE

Located in the Main Hall. Please arrive 5 - 10 minutes prior to the start time.  
These are Free talks and are available on a first come first serve basis.

## 11.15 - 12.00 Experience the Healing Transformation of Alchemy with Yumiko Asakura

While many people experience healing subtly, Leaves Institute's methods feature healing energy and practical alchemy to facilitate dynamic and noticeable changes. In this talk, natural-born healer, Yumiko, uses Ki power to create a state of empowering relaxation which puts you in the strongest position to utilise your suppressed potential. **STAND 14**



## 12.15 - 13.15 Animal Healing with Elizabeth Whiter

Demonstration of animal healing with a canine guest and how you can give healing to your animal companions at home. Sharing with you valuable tips on nutrition and holistic lifestyle changes, Elizabeth will also narrate a creative meditation to remain focused and grounded.

**STAND 73**

## 13.30 - 14.00 What Colour Personality Are You? with Fiona Radman

Colour is a language all humans know, consciously or subconsciously: what we wear, the colour of brands, how we decorate our homes. We all tend to gravitate towards one primary colour representing who we are and Fiona will explore this with you. She will also introduce a dynamic and powerful energy system called 'Colour Mirrors' for use in readings and teaching to support your transformation and your success. Come to this fun talk to learn more on how colour shows you to yourself!

**STAND 49**





FREE

### 14.15 - 14.45 | Love Me with Maxine Booker

'I Love Me - The Spiritual Guide' author Maxine, talks about this healing book and inspirational stories of how Angels, Guides (such as her guide, Running Bear) and other magical beings can help inspire you to take on your own 'I Love Me' journey. **STAND 4**

### 15.00 - 15.45 Enhance Spiritual Growth with High Vibration Foods with Edward Daniel

Vegan foods are often unprocessed, natural, and fermented. Products such as seeds, nuts, herbs, spices, seaweed and mushrooms are included in high vibration diets for this reason. Learn how to use high vibration foods in order to incorporate life and enhance your spirit.



FREE



FREE

### 16.15 - 17.00 Hormone Balance for Women with Izzy Seadon

Struggling with fatigue, mood swings, or stubborn weight gain? Your hormones could be to blame. Learn how to restore balance naturally and take back control of your health.

**STAND Q8 in the OM Yoga Show**

### 17.15 - 17.45 The Brain and Mindfulness Techniques with Maria Afentakis

In this lecture, Maria will describe the scientific concepts of the brain and mental health and will demonstrate mindfulness techniques that you can use every day to make you feel balanced, energised and most importantly, happy! The mindfulness techniques include meditation, breathing, grounding, positive affirmation, aromatherapy and crystal healing. **STAND 40**



FREE



/mbsexperience



@mbsexp #mbs2024



@mbs\_experience



Great Hall • SATURDAY



# SATURDAY 18<sup>TH</sup> OCTOBER EXPERIENCE ZONE

Located in the Main Hall. Please arrive 5 - 10 minutes prior to the start time. These are **FREE** to attend and are available on a first come first serve basis. Please ensure you bring your own exercise mat if required, they will not be provided.

## 11.00 - 11.30 Sacred Chants For Healing & World Peace with Giles Bryant

Join Giles and friends for uplifting songs and music of peace and healing from the songbook of The Perpetual Choirs. This session will get you dancing and singing along - to connect to the joy, love and healing within you. **STAND U3 in the OM Yoga Show**



## 11.45 - 12.15 The Power of Your Voice - Exploring Voice Meditation with Najma Akhtar

Najma uses her knowledge and experience in voice work to explore vocal meditation in an easy and gentle way using certain notes and sounds from a South Asian scale. Practice simple, guided meditation and learn to use vocal techniques to dissipate anxiety with the power of your voice.

## 12.30 - 13.00 Meini Sonic Energy: Welcome to Your Sound Journey

A journey to find more calmness, focus and relaxation. The discovery of fresh, energizing sounds through instruments designed for you to explore, create and feel. **STAND 68**



## 13.15 - 13.45 Oasis Sound Bath & Mantra Magic with Anne Malone

Relax and let your busy mind be soothed as Anne takes you on a journey into the heart of sound. This Sound Bath will feature everything from Tibetan Bowls to Peace Bells and instill happiness and harmony as you sing your heart home on the wings of Mantra Magic. **STAND N3 in the OM Yoga Show**



FREE

### 14.00 - 14.30 Embodied Delayering and Voice Activation for Higher Alignment with Francesca Raffa

In this embodied meditation, Francesca will guide you to find safety and support within your body, uncovering what's holding you back by channelling vocal sound frequencies to transmute emotional blocks and outdated patterns, creating space to activate new, aligned beliefs and allowing you to move forward with clarity and purpose.

### 14.45 - 15.15 Wisdom of the Vedas with Gadadhara Pandit Das

An overview of the origin and purpose of the ancient Vedic texts. From broad teachings of harmony with nature and god, to esoteric secrets of what the ultimate reality looks like at its deepest level - discover how the Vedic wisdom can guide and invigorate your life. **STAND V16 in Vegan Life Live**



FREE



FREE

### 15.30 - 16.00 Breathwork Journey To Release Chakra Blocks with Joti Lidder

Join this class and through breathwork we will relax and release mental blocks via the chakras - come and relax but **be sure to bring a mat and an eye mask.**  
**STAND 48**

### 16.15 - 16.45 Chakra Dancing with Lizzie

Let's Dance! Spontaneous free form movement that energises and balances the body. You'll be guided through the 7 chakras from the root to the crown with music that corresponds to each fascinating energy centre stimulating your natural energy flow. **STAND 73**



FREE



FREE

### 17.00 - 17.30 Healing Session with a New Grounding Technique with Feras Hasan

Learn how to use simple Mantra Gamma Fire Hoo, discover how powerful it can be when chanted with light codes, and how it can help to ground you and release your stress. Feras will also perform a shamanic healing chanting session to clear your negative energy and raise your frequencies. **STAND 85**

# Vegan Lecture Area



**SATURDAY  
18<sup>TH</sup> OCTOBER**

Located in the West Hall. Please arrive 5 - 10 minutes prior to the start time. These are FREE demonstrations and are available on a first come first serve basis.

## Why Most Businesses Fail: Launching a Vegan Brand and Becoming World Class

with **Keith Lesser**

20% of new businesses fail within the first year. 60% fail within the first three years. 80-90% fail within 10 years. Learn how to be world class in the top 10% and avoid statistical likelihood.

STAND V36

11.30 - 12.00



FREE

12.15 - 12.45



FREE

## The Making of Luxury Vegan Chocolate

with **Vicky & Ben Ellis**

Discover how to make luxury Freeform vegan chocolate with a World Class Master Chocolatier; using only premium ingredients, our plant based chocolates are packed with the nutrition of fresh fruits & herbs so they not only taste phenomenal & luxuriously melt in the mouth, but they are exceedingly low in salts, fats, sugars, carbs, & calories!

STAND V69

13.00 - 13.45



FREE

## The Beginner's Guide to Veganism

with **Edward Daniel**

An introduction for all those curious about Veganism. Discussing Vitamin B12, where to get protein, alternatives to milk and cheeses, and how to lead a more fulfilling life.

14.00 - 14.45



FREE

## Plant-based Pet Nutrition Offers Us a Solution to All of Our Problems with Dr Arielle Griffiths - Vegan Vet

Find out why thousands of people are transitioning their dogs and cats onto complete plant powered foods that enhance their health as well as the health of our planet. We have SO much growth in this cruelty-free space with the most exciting products now available for your dogs and cats!

STAND V37

## Health Begins in the Soil with Sam Hamrebtan

Join Chef and Nutritionist Sam Hamrebtan from The Life Larder to discover the vital link between soil health and the plants we eat. This session will empower you to make informed choices that nourish your body, enhance mental clarity, boost immunity, and deepen your connection to the food you eat.

15.00 - 15.45



FREE

16.00 - 16.45



FREE

## Bhakti Yoga and Compassion for Animals with Gadadhara Pandit Das

Bhakti Yoga teacher Gadadhara Pandit discusses the centrality of Ahimsa (non-violence) and Karuna (compassion), in the lives of those who seek to elevate their consciousness to higher dimensions.

STAND V16

## Nutrition for the Whole Family with Rahul Shah

Rahul Shah is a pharmacist, homeopath and health coach who will deliver a lively and engaging talk on easy ways to stay on top of nutrition for the whole family while following a vegan lifestyle.

STAND V71

17.00 - 17.45



FREE



/veganlifefive



@veganlifefive #veganlifefive



@veganlife\_live



West Hall • SATURDAY

# SUNDAY 19<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are **FREE**

BWY  
AT  
THE  
HEART  
OF  
YOGA

## BWY Open Class

All Yoga Open Classes are **FREE** to attend. Not all teachers on this stage are BWY Teachers. BWY Teachers are marked below with the BWY logo on their photo. 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 X1

11.15 - 11.45

All Ages

### Children's Yoga Adventure Class with Caroline Garland

Join certified children's yoga teacher, Caroline, for a fun-filled around the world yoga adventure! Visit different places all around the world using yoga poses, breath work and relaxation techniques that are sure to get your children interested in the world of yoga.

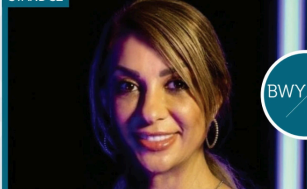
All Levels

12.00 - 12.30

### Nature's Rhythm with Andrea Teja

Nature's Rhythm Yoga is a transformative journey that aligns your body, mind and heart with the natural cycles of life. Rooted in the wisdom of the moon, it weaves together asana, meditation, and intuitive movement to awaken inner knowing, cultivate self-awareness, and allow you to harmonise with the elements.

STAND S2



BWY  
AT  
THE  
HEART  
OF  
YOGA

BWY Teacher



STAND E1

12.45 - 13.15

All Levels

### Full Power Cacao Ceremony with Liam Browne

It looks like cacao — it feels like a lightning bolt. Liam Browne's FULL POWER CACAO Ceremony is a full-body activation for your heart, mind and mission. Energise your spirit and feel clearer, stronger, and more connected to your truth by discovering pure presence, authenticity and the power to shift everything.

STAND S2



BWY Teacher

13.30 - 14.00

All Levels

## Yoga for Nervous System Reset with Saurabh Jain

A slow, breath-led yoga practice designed to regulate the nervous system, release stress, and restore balance. Unlock deep healing through mindful movement, grounding poses, and intentional breathing. **Please bring your yoga blocks!**

BWY

BY THE HEART OF YOGA

All Levels

14.15 - 14.45

## 5 Elements Flow with Christina Gill

This dynamic combination of Mindful Movements works through the 5 elements and their corresponding chakras, expanding our body awareness and diving into our intuition and creative expression. From animalistic and sensual to child-like and playful, experience a work out (and work in!) that benefits your mind, body and soul.



STAND T15

15.00 - 15.30

All Levels

## A Journey Through Mantras, Movement, and Mindfulness with Kalyani Verma

An authentic, South-Indian inspired yoga session with calming mantras to unite the group, explorative poses designed to help you connect with yourself and a soothing relaxation to close.

STAND S2



BWY Teacher

BWY

BY THE HEART OF YOGA

All Levels

15.45 - 16.15

## Hatha Gentle for Mature Bodies with Amenda Davis

Mature bodies often have their own stories, and a little extra time spent opening up can feel wonderfully nourishing. Take time out to take care of YOU in this gentle taster session as we move through seated asana to release tension and calm the mind. We'll close with a short Yoga Nidra guided meditation for deep, blissful relaxation.



STAND N11

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

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

BWY

BY THE HEART OF YOGA



/yogashow



@yogashow #omyogashow



@omyogashow

# SUNDAY 19<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are FREE

## 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.**



11.00 - 11.30

Teens

### Teen Yoga for All with Charlotta Martinus

This is a fun, all-levels class for young people and their families and friends. We will be doing some partner work, yoga to music and some group postures. It is open to all, but young people are particularly welcome.

STAND E6



STAND K3



11.45 - 12.15

All Levels

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

Come and learn how to heal with the power of Himalayan Sound Bowls. This introduction to Himalayan Bowls will explore how they can be used for not just professional yoga, meditation and therapy, but also for personal healing.

12.30 - 13.00

All Levels

### KundaDance® with Maya Fiennes

Join us for an exhilarating journey to transform your life through movement, breathwork, mantras, and music with KundaDance®. Renowned yogi and musician Maya Fiennes crafted this unique fusion of techniques to enhance energy flow, relieve stress and promote emotional harmony. Regardless of dance/yoga experience, everyone can benefit from KundaDance®.

STAND K2



STAND H4



13.15 - 13.45

All Levels

### Cosmic Manifestation Gong Bath with Joanna Bilik (Gongfree)

Joanna Bilik will lead you on a transformative journey that delves into sound therapy, gong mastery and holistic health, featuring a 60-inch Gong bath that will help to release energy blocks. Explore how you can use ancient wisdom and modern healing modalities for self-discovery and growth.

14.00 - 14.30

All Levels

### Stretch Your Booty with Emy Mendoza

Stretch Your Booty is a Yin Yoga class to help you to release tension in your lower back, glutes and hamstrings. Get ready to bring some love and healing vibes to your lower body.

**Please bring your yoga blocks!**

STAND Q11



STAND C6



14.45 - 15.15

All Levels

### Yoga for Desk Workers with Sophie, Founder Zenzimat

Join Sophie, the founder of Zenzimat, for a rejuvenating yoga session specifically designed to counteract the effects of prolonged sitting. This class will guide you through gentle stretches and mindful movements to release tension, improve posture, and boost energy levels. Perfect for desk workers!

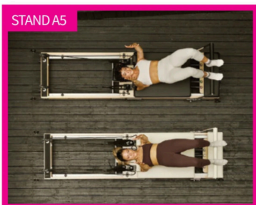
15.30 - 16.00

All Levels

### Reformer Pilates with FOLD Reformer

Experience Reformer Pilates, reimagined. FOLD brings the benefits of studio-quality Pilates into your home – and now, to the heart of the OM Yoga Show. Led by our expert coaches, each session is designed to strengthen, lengthen and leave you feeling grounded yet energised.

STAND A5



16.15 - 16.45

All Levels

### Yogabeats with David Sye

In 2006, David Sye was labelled by the British Press as 'The Bad Boy of Yoga', and became the teacher of the first mixed class of Arabs and Israelis in the history of the Middle East. He combines club music with yoga to create an energetic class like no other. This is an event you don't want to miss!

Photo: Ally Pally and Sophie Harbinson



**Don't forget your yoga mat**  
Mats are not provided.





# SUNDAY 19<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are **FREE**

## 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.**

**11.00 - 11.30**

All Levels

### Yoga with Rosen Touch with Francesca Stutely and Lisa Sprosen

Francesca and Lisa combine a slow yoga class with the gentle Rosen Method Touch to work with the unconscious body and mind. The Rosen Bodywork is a form of sensitive touch which makes us aware of emotions hidden underneath physical tension. When the body is allowed to relax, it reveals its truth.

STAND E2



STAND G5



**11.45 - 12.15**

All Levels

### Breathe into Being with Claire Rawden

Join Claire for a grounding, soulful practice where movement meets breath in perfect harmony. This class invites you to move mindfully on every inhale/exhale, creating space to reconnect with yourself and the present moment, calm the mind and awaken your energy. No matter where you are in your practice, come as you are and breathe yourself into being.

**12.30 - 13.00**

All Levels

### Calming Tibetan Sound Bowl Meditation with Spiritual Tiik

Dive into a deeper sense of calm through guided meditation and the use of Tibetan Sound Bowls which promote healing through sound waves. The sound bowls are used to reduce stress, relieve pain, increase mental and emotional clarity and promote stillness and happiness amongst many other benefits.

STAND X8



STAND J5



**13.15 - 13.45**

All Levels

### Authentic & Traditional Yoga with Ravi Dixit

Reconnect with yourself through the Indian practices of asana, pranayama and mantra. This authentic Hatha Yoga class taught by Ravi will focus on improving flexibility and strength, connecting breath with movement to bring harmony to your body and mind.



14.00 - 14.30

All Levels

## Rosen Method Movement - Moving from the Heart, with Ease and Joy with Marzena Hunter

Rosen Method Movement is beneficial to those of all ages and abilities. It involves performing a range of motions and gentle stretches to music, which are designed to release the muscles around joints, improving mobility, balance and flexibility. Join us for a session of free and joyful movement!

STAND E2



STAND E5



14.45 - 15.15

All Levels

## Relaxing Gong Bath with Earthtones Yoga\*Energy\*Sound

Join us for a relaxing sound bath including gongs, crystal singing bowls, drums, flutes, mantra and more. Take half an hour out of your busy schedule to let the sounds wash over you, taking you into a state of deep relaxation.

15.30 - 16.00

All Levels

## Inside Flow – Feel-Good Vibes with Ami Norton

Get ready to move, flow, and feel amazing! Join Pro Teacher Ami Norton for a dynamic and uplifting class combining movement, breath and music, designed to leave you feeling energized and inspired. Whether you're a flow lover or completely new, come and experience the magic of Inside Flow!

STAND P6



STAND P5



16.15 - 16.45

All Levels

## A Journey into Sacred Sound with OmLife (Kal Key)

Experience Kirtan - an ancient form of mantra meditation rooted in Bhakti Yoga. Led by Kal Key and a group of talented musicians and singers, this uplifting call-and-response chanting practice invites you to connect with the divine, quiets the mind, and awakens inner joy. No experience needed - just bring an open heart.

**Don't forget your yoga mat**  
Mats are not provided.





# SUNDAY 19<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are **FREE**

## 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.**

**11.15 - 11.45**

All Levels

### Yoga for Health - Back Pain and Common Injuries with Dr Bhav Gami

In this class, NHS GP Dr Bhav Gami uses her background in urgent care and surgery, combined with her 20+ years of yoga experience, to explain how to look after patients who have medical ailments/chronic conditions including various back pathologies.



STAND N7



**12.00 - 12.30**

All Levels

### Dynamic Flow & Funky Transitions with Missy White

Get ready for a journey on your mat as Missy White, owner of Studio 108, helps you find creative new ways to transition into a variety of poses that will surprise you and change your practice forever!

**12.45 - 13.15**

All Levels

### Yogalates with Marci Catala

With over 12 years of experience, Marci Catala is a highly skilled and passionate yoga instructor and mentor. Experience Yogalates, a fusion of yoga and pilates that creates an energizing blend of flowing movements and precise toning exercises. It can help strengthen your core, improve flexibility, and build total-body stability.

STAND J1



## Don't forget your yoga mat

Mats are not provided.

13.30 - 14.00

All Levels

### Fierce Grace Yoga – Deep Core with Michele Pernetta

A slow, deep and powerful class that gets right to the heart of your strength. Deep Core targets the hips, abs, pelvis and lower back — the body's powerhouse — with precision and control. Expect mindful movement, long holds, deep release and fierce focus. Come as you are. Leave centred, strong and Fierce AF.

STAND X5



STAND N4



14.15 - 14.45

All Levels

### Women's Circle with Anna Brook (Shala Women)

In this nourishing and empowering women's circle, you'll be guided through rituals and practices that invite you to let go of what's holding you back, so that you can embody your potential and rise! It's a chance to feel connected to other women, recognise your internal goddess and feel your place within a global sisterhood. Our circle offers a chance to share experience in a respectfully held container, and will involve some movement and partner yoga.

15.00 - 15.30

All Levels

### Shamanic Journey Meditation with Chloe Ward

Step beyond the veil and into the heart of your soul's wisdom in this powerful guided meditation. Lie down, let go, and journey into a liminal space between worlds where healing, clarity, and deep remembrance reside. Feel grounded, connected, and empowered, with your inner compass recalibrated and your spirit reawakened.

STAND Q10



15.45 - 16.15

All Levels

### Smai Tawi Egyptian Yoga with Amani Eke

Amani Eke is a certified yoga, mindfulness and breath work instructor, teaching all ages and abilities. This time, she is teaching Smai Tawi, also known as Egyptian Yoga, a restorative system with unique postures and principles which uses a combination of physical movements, deep breathing and meditation.



“With gratitude, I welcome each new opportunity on the mat.”



/yogashow



@yogashow #omyogashow



@omyogashow



# SUNDAY 19<sup>TH</sup> OCTOBER

ALL Yoga  
Classes are **FREE**



## 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.**

**11.15 - 11.45**

All Levels

### Thai Yoga Massage with Daniel Gladwell

If you like the sound of "Lazy Person's Yoga", this combination of massage, stretches, acu points and more is for you! Learn simple but effective techniques to help relieve back, neck and shoulder pain, and prepare to pair up to practice guided sequences with Daniel who has been teaching Thai Yoga massage for the past 10 years. Bring a yoga mat and get involved!

STAND J11



STAND J2



**12.00 - 12.30**

All Levels

### Facial Rejuvenation: The Magical EyeLift with Maria Goutine

This targeted sequence combines exercises to strengthen the eye muscles with massage techniques to release built-up tension, restoring balance to facial tissues. After just one session, you'll both see and feel the difference – leave with a lifted eye zone, reduced puffiness, and brighter, bigger eyes.

**12.45 - 13.15**

All Levels

### Uplift and Empower with Alicia Roscoe & Noble Yoga

In her teaching, Alicia blends traditional yoga philosophy with modern psychology and personal development tools, creating a holistic experience that supports both body and mind. Alicia teaches vinyasa flow, hatha, restorative, and yin yoga, and is especially passionate about guiding women toward healing and empowerment.

STAND R4



**Don't forget your yoga mat**  
Mats are not provided.

13.30 - 14.00

All Levels

### Goddess Flow with Myria Zanetti

Discover your inner power in Myria's "Goddess Flow" yoga class. Embrace strength and grace through fluid movements inspired by goddess energy, leaving you feeling centred and empowered.

STAND J9



STAND N3



14.15 - 14.45

All Levels

### Oasis Sound Bath & Mantra Magic with Anne Malone

Relax and let your busy mind be soothed as Anne takes you on a journey into the heart of sound. This Sound Bath will feature everything from Tibetan Bowls to Peace Bells and instil happiness and harmony as you sing your heart home on the wings of Mantra Magic.

15.00 - 15.30

All Levels

### Yoga Flow for Intention Setting with Danielle Frake

A gentle hatha yoga flow for setting and planting your intentions. Danielle Frake is an experienced hatha yoga teacher specialising in bringing mindfulness into movement. She also teaches Yin, Restorative and Teen Yoga.

STAND P4



STAND DS



15.45 - 16.15

All Levels

### Linking and Flowing within the Anterior & Posterior Chains with Yan Sophokleous

Experience the flow between Anterior Chain Postures (ACP) and Posterior Chain Postures (PCP). Through gentle guidance, we will link them into a flow set, moving from one posture to the next. Engaging the whole body, front and back, whilst flowing through the planes of movement, adding in our own unique twists. Breathe in and hold, exhale and move!

“ I unite my body, mind, and spirit through yoga. ”



/yogashow



@yogashow #omyogashow



@omyogashow



## Lecture Area

Located in the Great Hall. 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**

Beginners

### Magic Pressure Points to Release and Heal with Janie Larmour

Janie from Australia has been teaching yoga for 25 years. Known for her extensive knowledge and detailed instruction, in this self-healing session she is demonstrating simple, easy-to-locate pressure points on your body to relieve anxiety, make your face look younger, provide extra energy and relieve aches and pains.

STAND J10



STAND C4



**11.45 - 12.15**

### Love Your Body, Mind Your Thoughts with Dr Reena Sohal

The entrance fee of your inner temple is paid for by your thoughts. This class is about turning your view inwards and creating a positive, productive and more aligned you. Your thoughts are free, make them freeing too.

**12.30 - 13.00**

### Menopause: Mind and Body with Jazz Sidhu

Learn about the hormonal changes that take place at peri menopause to post menopause, providing strategies on how to manage symptoms and for good health and longevity. This lecture will help educate women on these changes so that they feel empowered on their menopausal journey.

STAND P2



STAND H3



**13.15 - 13.45**

### Pranayama: Lost in Translation with Angela Ashwin

Author of Pranayama: Lost in Translation, Angela Ashwin, will discuss how the modern teaching of Pranayama has deviated from the original Sanskrit texts by demonstrating and instructing the original Pranayama. Experience and learn how to work with the movement of life force (the Vayu) in the panic body, a practice crucial to our transformation.

14.00 - 14.30

### Women's Wellness When In the Workplace with Anna Easton

True Wellbeing supports working women as they navigate their emotional wellbeing and mental and physical wellness. It is easy to be thrown off course by our emotions, especially at work. Learn how to harness, guide and utilise these emotions to promote positive change both within your career and personal life.

STAND W3



STAND W8



14.45 - 15.15

### Experience Yoga & Learn to Meditate with Geoffrey Godfrey

Join us to Achieve Yoga & experience inner peace. The spontaneous and effortless connection with your spirit that Sahaja Yoga enables can then be practiced at home. In this class you do not need mats or special clothing to achieve Yoga.

15.30 - 16.00

### An Introduction to the Rosen Method Bodywork with Francesca Stutely

Rosen Method Bodywork is a gentle, hands-on approach that invites deep relaxation and emotional awareness. It works with the unconscious body - the part of ourselves where we often store suppressed emotions. The Rosen Method seeks to uncover the emotional patterns and unresolved feelings that lie beneath muscular tension.

STAND E2



STAND P3



16.15 - 16.45

### The Goddess Morning - Reclaiming Your Feminine Flow with Rev. Laura Ireland

In this inspiring talk and shared discussion, we explore what it means to wake up in feminine flow, rather than the hustle-driven model of success we've all been conditioned into. Discover the principles behind 'The Goddess Morning' - a daily rhythm that honours your emotions, your intuition, and your sacred unfolding. Perfect for women navigating burnout, midlife shifts, and longing for a more soul-led life.

“ I attract great things by simply focusing my energy on the good things in life. ”



/yogashow



@yogashow #omyogashow



@omyogashow



A man and a woman are sitting on a sandy beach, facing each other in a meditative pose. They are silhouetted against a warm, golden sunset sky. In the background, there are several palm trees leaning over the water, and a dark landmass is visible on the horizon. The overall mood is peaceful and serene.

# Om yoga travel

A person is sitting in a meditative pose on a sandy beach, looking out at the ocean during a sunset. The sky is a mix of orange and blue. A large, semi-transparent Om symbol is overlaid on the upper half of the image. The text is centered in the upper half.

Find your perfect  
retreat worldwide

**[omyogatravel.com](http://omyogatravel.com)**

# SUNDAY 19<sup>TH</sup> OCTOBER

## WISDOM LECTURE STAGE

Located in the Main Hall. Please arrive 5 - 10 minutes prior to the start time.  
These are Free talks and are available on a first come first serve basis.

### 11.00 - 11.45 Botanical Alchemy: Harnessing the Power of Herbs for Mind, Body & Soul with **Dominica Collis**

Master herbalist, Dominica Collis, explores how herbal medicine can be used to support physical, mental and emotional wellbeing. Whether you're new to herbalism or looking to deepen your connection with nature's medicine, this talk offers valuable wisdom for self-care and healing and tips on preparing/using herbal remedies for everyday health.



FREE



FREE

### 12.00 - 13.00 Introduction to the Book of Cosmic Light with **Ben Coren**

This lecture introduces The Knowledge Book - a spiritual and cosmic guide that offers a broader perspective on life on Earth. Gain a deeper understanding of its purpose and mission, and learn how it can support your spiritual journey using cosmic light and knowledge for personal and collective evolution.

STAND 22

### 13.15 - 13.45 Understanding Your Animal Spirit Guides with **Ejay SoulGuide**

Global Psychic Medium, Ejay SoulGuide, explores the animal spirit kingdom and how we are influenced by it using a specifically-channelled card deck to do readings using 7 animal spirits that provide insight for each individual. Oh, and when you meet him, ask him what the colour of his hat means. **STAND 21**



FREE

A circular portrait of Petra Coveney, a woman with long dark hair, wearing a maroon top, looking slightly to the side with a gentle smile. The portrait is set against a light background and is surrounded by a decorative purple and gold floral pattern.

**FREE**

## **14.00 - 15.00** Your Daily Self-Practice Guide for Perimenopause to Second Spring **with Petra Coveney**

How can yoga & lifestyle help ease your journey through perimenopause so you can flourish afterwards in Second Spring? Petra Coveney gives you 10 tips and a toolkit of techniques to alleviate some common symptoms that may arise during this hormonal transition. We all have busy lives, so Petra has curated 5, 15 and 30 minute classes for you to practice at home, at work or on holiday. **STAND N15 in the OM Yoga Show**

## **15.15 - 15.45** 3 Secrets to Holistic Wellbeing **with Divya Chandegra**

Learn 3 secrets to help improve your holistic wellbeing as Divya provides tips and tricks to help you get started or enhance your healing journey. Discover how the 3 secrets can help you boost confidence, take action and increase self-value during this engaging and important talk. **STAND 27**

A circular portrait of Divya Chandegra, a woman with long dark hair, looking directly at the camera with a neutral expression. The portrait is set against a light background and is surrounded by a decorative purple and gold floral pattern.

**FREE**

## **16.00 - 16.45** 108 Ways to be Happier - AKA Life's Gems **with Yvonne Simpson**

The only constant thing in our lives is change. Why not take control by making some positive changes in your life right now? Yvonne will share good things she's collected on her journey towards being HAPPY during this uplifting presentation aiming to remind everyone that life can be whatever you want it to be. **STAND 28**

A circular portrait of Yvonne Simpson, a woman with short blonde hair, wearing sunglasses and smiling broadly. The portrait is set against a light background and is surrounded by a decorative purple and gold floral pattern.

**FREE**



/mbsexperience



@mbsexp #mbs2024



@mbs\_experience



Great Hall • SUNDAY



# SUNDAY 19<sup>TH</sup> OCTOBER EXPERIENCE ZONE

Located in the Main Hall. Please arrive 5 - 10 minutes prior to the start time. These are **FREE** to attend and are available on a first come first serve basis. Please ensure you bring your own exercise mat if required, they will not be provided.

## 11.00 - 11.30 Explore the Power of Qi Gong to Boost Aura Colour Energy with Amara Lau

Understanding the importance of body movement through Qi Gong to boost Aura Colour Energy is essential in daily life. Start to achieve your holistic wellness balance through understanding how to initiate "Qi" energy flow in your body and cleanse your aura and chakras to improve and balance the wellness of your body, mind and spirit.

STAND 11

FREE



FREE

## 11.45 - 12.15 Chakra Dancing with Lizzie

Let's Dance! Spontaneous free form movement that energises and balances the body. You'll be guided through the 7 chakras from the root to the crown with music that corresponds to each fascinating energy centre stimulating your natural energy flow. **STAND 73**

## 12.30 - 13.00

## Beyond the Mind: Align Your Energy & Transform Your Life with Life Alignment with Diana Rice

We are constantly immersed in an invisible storm—bombarded by the emotional energies of others and the relentless electromagnetic "soup" of modern life. This powerful demonstration will reveal how these forces affect your energy, clarity, and well-being—and how Life Alignment tools can help you stay strong, centred, and resilient amidst it all. **STAND 1A**

FREE



## 13.15 - 13.45 Meini Sonic Energy: Welcome to Your Sound Journey

A journey to find more calmness, focus and relaxation. The discovery of fresh, energizing sounds through instruments designed for anyone to explore, create and feel. **STAND 68**

FREE



## 14.00 - 14.30 Wisdom of the Vedas with Gadadhara Pandit Das

An overview of the origin and purpose of the ancient Vedic texts. From broad teachings of harmony with nature and god, to esoteric secrets of what the ultimate reality looks like at its deepest level - discover how the Vedic wisdom can guide and invigorate your life.

STAND V16 in Vegan Life Live



FREE

## THINK GITA

Think Again.

FREE

## 14.45 - 15.15 Kirtan: Mantra Meditation with Think Gita

This kirtan session will be led by our talented singers and musicians, and will focus on the chanting of a mantra. Mantra, in Sanskrit, literally meaning "that which frees the mind".

STAND B6 in the OM Yoga Show

## 15.30 - 16.00 Sacred Chants For Healing & World Peace with Giles Bryant

Join Giles and friends for uplifting songs and music of peace and healing from the songbook of The Perpetual Choirs. This session will get you dancing and singing along - to connect to the joy, love and healing within you.

STAND U3 in the OM Yoga Show



FREE

FREE

## 16.15 - 16.45 Qigong Mindful Movement with Elizabeth Whiter

Elizabeth invites you to join her in a series of gentle coordinated body, posture and movement connected to breath work and meditation suitable for all levels of ability. Focusing on the 5 Element Qigong practice and the beautiful seasons that make up our calendar year.

STAND 73



/mbsexperience



@mbsexp #mbs2024



@mbs\_experience



Great Hall • SUNDAY



# Vegan Lecture Area



## SUNDAY 19<sup>TH</sup> OCTOBER

Located in the West Hall. Please arrive 5 - 10 minutes prior to the start time. These are FREE demonstrations and are available on a first come first serve basis.

### Nourishing Your Body for a Healthier Future **with Dr Britt Cordi PhD**

Discover how organic superfoods like wheatgrass can boost immunity, energy, and digestion. Learn practical tips to nourish your body, combat disease & thrive with plant-based nutrition.

**STAND V22**

11.15 - 11.45



**FREE**

12.00 - 12.45



**FREE**

### The Power of Plants: A Journey Through Food, Community & Impact **with Sarah Bentley – In Conversation with Wendy Turner-Webster | Made In Hackney**

Wendy Turner-Webster hosts an intimate conversation with Sarah Bentley, founder of globally influential charity, Made In Hackney, as she shares the inspirational story of the groundbreaking vegan community kitchen and cookery school that's been educating (and feeding) people for 13+ years - now celebrating the release of their first cookbook!

**STAND V93**



Photo Credit:  
@asher\_vegan\_photographer



13.00 - 13.45



FREE

## The Pet Food Industry: Impact on Animal Welfare and Canine Health with Claire Lucie Sonck

Canine Nutritionist, Claire Lucie, analyses the relationship between diet, health, and illness development in dogs. She will explain why our dogs do not require meat using scientific, peer-reviewed fact, address common misconceptions about dogs being carnivores, and discuss the worldwide impact of our dogs' diets.

STAND V62

## Mood Food by Juliet Gellatley, BSc, Dip CNM, Founder & Director of Viva!, and Nutritional Therapist

Juliet explores the role of food in our mood. She explains what nutrients are needed to make 'happy hormones', good munchies for motivation and the best brain boosters. She explains why meat and dairy can drag you down and fruit can make you well, fruity! A fascinating insight into the impact of food on mind and soul!

14.00 - 14.45



FREE

15.00 - 15.45



FREE

## Tackling Vegan Myths & Misinformation with Andrea Rymer (The Vegan Society)

Vegan diets are often misrepresented, especially online. This talk by dietitian Andrea Rymer cuts through the noise, debunking myths, spotlighting science and helping people to make informed choices without the hype.

STAND V4

## Fung Shui: The Healing Power of Functional Mushrooms with Yalaina Burgess (Fung Shui)

Join Fung Shui for a 45-min journey into the healing world of functional mushrooms - exploring Lion's Mane, Reishi, Cordyceps & many more! Discover ancient wisdom for modern wellness.

STAND V85

16.00 - 16.45



FREE



/veganlifelive



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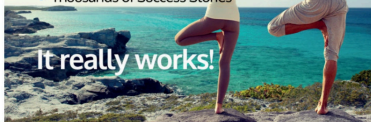
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STAND 48

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