

Weekend, June 30th - July 2nd, 2023

Yoga, Ayurveda, and the Cultivation of Harmony

Lampeter University Campus

*A Summer's Weekend of Presentations,
Discussions, Workshops, and Music*

Confirmed contributors so far include:

Diana O'Reilly, Chair of the British Wheel of Yoga

Catrin Finch, virtuoso harpist, performing her new compositions exploring the power of music to heal and sustain us

Dr Michael Dixon, Chair of the College of Medicine and Integrated Health and of the National Social Prescribing Network

Rajesh David, musician, composer, and Nada Yoga teacher

Gavin Flood, Oxford University's Professor of Hinduism, author of *The Tantric Body*

Anne McIntyre, herbalist in both the Western and the Ayurvedic traditions and author

Dr Graeme Tobyn, academic, herbalist, and authority on the holistic medical system of Nicholas Culpepper

Daniel Simpson, lecturer in the history and philosophy of Yoga at the Oxford Centre for Hindu Studies and at Triyoga, London

