British Wheel of Yoga Announces Free Ayurveda for Sleep Masterclass

Thursday 2 July, 2026

The British Wheel of Yoga (BWY) is inviting everyone to a completely free online masterclass, *Ayurveda for Sleep*, led by Ayurvedic expert and BWY Teacher Trainer Tarik Dervish.

The session, which takes place on Wednesday 8 July from 5-6.15pm, will explore why so many people struggle to wake feeling rested, and how Ayurveda can offer practical ways to support better sleep.

Recent UK research shows that poor sleep quality and short sleep are common, with many adults sleeping less than seven hours a night and reporting sleep disorders or unrefreshing sleep.

“In Ayurveda, sleep is not treated in isolation,” says Tarik Dervish. “It is understood as part of a larger picture: one that includes daily rhythm, diet, environment, stress and our relationship with nature.”

Ayurveda, a traditional system of medicine from India, places strong emphasis on natural cycles and circadian rhythms, as well as the times of day, foods and lifestyle choices that support balance in the body and mind.

The *Ayurveda for Sleep* masterclass will introduce this framework alongside practical recommendations, including herbs, remedies and simple evening routines that participants can begin using straight away.

“We’ve become disconnected from what is natural,” Tarik continues. “We don’t see the sun enough. We rarely feel the wind on our skin or the earth under our feet. Ayurveda reminds us that nature wants to nourish us – if we allow ourselves to be held by it.”

Tarik’s aim is to help people reconnect not only with better sleep, but with their bodies, surroundings and a deeper sense of ease.

“My hope is that Ayurveda inspires people to go back to their roots,” he says. “That is where contentment lies, in rebuilding relationships with people, place and the Earth we live on.”

The *Ayurveda for Sleep* masterclass is completely free and open to everyone.

To book your tickets and to find out more: https://portal.bwy.org.uk/user/events/1172

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About BWY

The British Wheel of Yoga (BWY) is committed to sharing yoga’s transformative power and rich heritage through events and education. Guided by yoga’s principles and traditions, BWY’s mission is to enrich lives through yoga, increasing accessibility and inclusivity. Established as a registered charity in 1965 and recognised as the National Governing Body for Yoga by Sport England and Sport Wales, BWY serves more than 5000 members and is supported by a 100-strong local volunteer network and a small central team.

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