British Wheel of Yoga Hosts Autumn Festival of Yoga

Wednesday 9 August, 2023

Calling all yoga lovers in Hampshire! Get ready to immerse yourselves in a fabulous yoga festival hosted by British Wheel of Yoga South at The Gregg School, Southampton, SO18 3RR on Saturday 7 October 2023 from 9.30am until 5.15pm. Whether you are new to yoga or a seasoned yogi, come and experience the array of wellbeing benefits it offers.

The festival brings together internationally renowned teachers including eight-time author Liz Lark and Andrew Wrenn who rose to fame on the popular live-streaming platform, Ekhart Yoga. Eight sessions will feature different yoga styles offering people an opportunity to explore the effects of gentle and dynamic movement practices, meditation and a relaxing sound bath.

Between sessions there is time to browse a marketplace full of yoga goods including books, organic beauty products and crystals, as well as explore the school's 23 acres of landscaped grounds which include a fairy trail, an arboretum and a grade II sunken garden.

Diana O'Reilly, BWY Chair said: "This festival provides you with a wonderful opportunity to take a moment for self-reflection after the hectic summer months. It is a chance to explore yoga styles, connect with like-minded people, and connect to nature. It's going to be a nurturing space for exploration, growth, and rejuvenation, allowing people to embrace greater health and wellbeing."

Earlybird tickets are available at £44 for BWY members and £55 for non-members with the earlybird rate available until Saturday 26 August. Prices then rise by 25% to £55 for members and £68.75 for non-members. Sessions are booked on the day on a first-come first-served basis.

To book tickets: W: bwy.org.uk/south/event/2720/

Volunteering opportunities: If you enjoy helping out, BWY South are offering half-price tickets in exchange for help on the day for part of the festival. To find out more, contact Natalie Lyndon, T: 07843 389985.

About BWY

British Wheel of Yoga (BWY) is committed to promoting a greater understanding of yoga and its safe practice through experience, education, study and training. Serving 5000+ members across the UK, BWY is a leader in developing high-quality yoga teacher training and champions yoga through events and festivals across the UK. A registered charity and established in 1965, BWY is recognised as the National Governing Body for Yoga by Sport England and Sport Wales.

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