BWY and YSS® team up for ‘game changing’ yoga in sport workshop

Monday 15 July, 2024

The British Wheel of Yoga (BWY) is collaborating with Hayley Winter, founder of The Institute of Yoga Sports Science®(YSS), to present an online workshop titled, Yoga for Sport: The Game Changers Workshop, on Saturday 10 August from 3-6pm.

Timed to run alongside a summer of high-profile sports events, the workshop features Olympic silver medallist, BBC sports commentator and yoga teacher, Leon Taylor, who explores five game changing ways yoga unlocks athletic performance.

Participants will discover the five key components of sport-specific yoga sequencing, learn how to tailor classes to meet the unique needs of athletes and explore evidence-based methods to minimise injury and maximise performance. The workshop is open to all yoga enthusiasts, yoga teachers and sportspeople. BWY members will get one point per hour for their participation.

From Friday 26 July, attendees will gain exclusive access to an ‘online classroom’ filled with valuable resources, including a workbook, a live Q&A session, pre-recorded content with Leon Taylor, and a recording of the workshop will be posted there for a month.

Peter Tydlesley, CEO of BWY, said: “This collaboration broadens our offerings and strengthens our relationship with the Association of Colleges (AOC) Sport, who are looking to offer this as an enrichment tool in colleges. By integrating yoga into sport, we are fostering a holistic approach to athletic training that benefits both the yoga and sports communities."

Hayley Winter, founder of YSS®, added: "This workshop bridges the gap between yoga and sports, offering practical tools and insights that empower athletes to fully harness the potential of yoga. It's about combining the ancient wisdom of yoga with modern sports science to create a powerful, winning combination."

Earlybird tickets are available at £50 using discount code **BWYSPORT24** until Friday 26 July, when the price increases to £70. Tickets are available to book directly on the YSS website here: https://instituteofyogasportscience.mykajabi.com/yoga-for-sport-the-game-changers

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.

About YSS®

The Institute of Yoga Sports Science® bridges the gap between yoga and sport, empowering professionals to teach sport-specific yoga to athletes of all abilities, from elite professionals to everyday individuals. Our approach is grounded in biomechanical principles, enabling creative and experimental yoga sequencing that adapts to any setting. For over a decade, our Advanced Yoga Sports Coaches™ have demonstrated through research that yoga enhances athletic performance and supports injury prevention, making our methodology a proven, scientifically-based link in athletic training.

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