BWY joins Yoga, Ayurveda and Wellbeing Experts For Conference at Lampeter University

Friday 28 April, 2023

The British Wheel of Yoga (BWY) is thrilled to be part of an amazing line-up at a summer conference hosted at Lampeter University in Wales by the Harmony Institute Health Initiative in partnership with the College of Medicine and Integrated Health. The event entitled: Yoga, Ayurveda and the Cultivation of Harmony will take place on Friday 30 June to Sunday 2 July.

The event will bring together senior members of the College of Medicine, the Oxford Centre for Hindu Studies, the National Institute of Herbal Medicine, and the British Wheel of Yoga to explore how yoga and ayurveda can be used as preventative tools for improved health and wellbeing.

BWY Chair Di O'Reilly will lead an interactive talk on how yoga can empower wellbeing on the Saturday morning.

"I was thrilled to be invited to present at Lampeter University's Yoga and Ayurveda conference", said Di O'Reilly, BWY Chair. "It is a great opportunity to explore how ancient Asian traditions are becoming more integrated into holistic Western medicine. I am looking forward to connecting with scholars and medics from around the UK to see how we can work synergistically together in the future."

Also taking part in the conference is BWY tutor, Rajesh David, who kicks off the event with a musical overture.

BWY members are welcome to attend the event. Early bird tickets are £65 for the weekend and are only available until noon on Monday 15 May. BWY teachers can claim CPD points for this event at one per hour, provided they reflect on what they have gained and how their teaching may have benefited.

For more information about the event, as well as tickets, please visit: https://harmonyinstitutehealth.com/

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 yoga teachers and BWY members across the UK, BWY is a leader in developing high quality, yoga teacher training and continuing professional development. A registered charity and established in 1965, BWY is recognised by Sport England as the National Governing Body for Yoga in England and Wales.

For all media inquiries

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Additional Assets:
Details of the conference

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