The British Wheel of Yoga (BWY) Launches Yoga for Peace Movement

Friday 14 June, 2024

BWY invites yoga practitioners to join a collective yoga practice to convey a message of peace to those affected by war or conflict on Saturday 13 July from 10am to 12noon.

Partnering with respected yoga teachers, including Sama Fabian and David Sye, BWY encourages the organisation of simultaneous yoga events nationwide. These events will promote peace through gentle, inclusive yoga practices such as meditation, mantra and yoga nidra.

“In a world troubled by war, civil unrest, political tension, and personal conflict, yoga’s ability to relieve stress and foster inner calm offers a potent tool for promoting peace,” says Diana O’Reilly, BWY Chair.

“The simultaneous events aim to unite people in a shared intention of peace and hope. Whether you organise your own event or join an existing one, you'll be part of a nationwide effort to promote peace.”

Register your own Yoga for Peace session by contacting: communications@bwy.org.uk.

For full details of all events, please visit: https://www.bwy.org.uk/about-bwy/news-room/

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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