

The British Wheel of Yoga Celebrates the Summer Solstice with Festivals Across Britain

Thursday 2 April, 2026

The British Wheel of Yoga (BWY) is marking the Summer Solstice with an online yoga festival on Friday 19 June – part of a series of BWY yoga festivals taking place across Britain throughout 2026.

'Grounded in the Glow' is an online day retreat bringing together five experienced tutors for a rich blend of yoga, Ayurveda and mindfulness practices, helping practitioners reconnect with their inner light and the rhythm of the season. The programme draws on a wide range of approaches and traditions.

Nahdeannah Francis-Pennant (BWY Teacher) leads a somatic movement and visualisation practice inspired by the Summer Solstice and the solar plexus chakra, exploring themes of warmth and embodied presence through gentle, flowing movement. Emma Turnbull (BWY partner) weaves yoga and Ayurveda into simple daily rituals, mindful movement and breathwork, helping practitioners move into summer with steadiness and ease. Vicky Arundel (BWY Tutor) combines myofascial release, acupressure and nervous system regulation to address the 'tired but wired' feeling that can intensify in our high-summer culture.

Completing the line-up, Richard Kravetz (BWY Special Yoga Tutor) leads a chair and wall-supported sensory practice designed with people with visual impairment in mind, yet enriching for all – an invitation to experience the solstice through touch, sound, breath and inner awareness. Emma Tian Williamson (Qigong practitioner and mindfulness teacher) integrates mindfulness, Qigong and yoga to cultivate calm, spacious presence and a deeper sense of inner glow.

Beyond the online retreat, BWY communities from Cambridge to the Welsh Hills and County Durham to the South Coast are hosting local festivals where practitioners can meet yoga teachers on their doorstep, discover new styles and enjoy the unique energy of practising together in person.

BWY Chair, Diana O'Reilly says, "At the BWY, we believe that yoga is for everyone, whatever your background, ability or experience. These festivals, both online and across our local communities, are a wonderful expression of that belief in action. They bring people together, deepen connection and remind us that when we practise as one community, something truly special happens. The Summer Solstice feels like the perfect moment to celebrate how far we have come and to open our doors wider."

For full details on all local and national celebrations, including booking links, visit the [BWY website](#).

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