



Explore. Expand. Connect.

WELCOME

Bristol Yoga Festival was born from two deeply felt values: the joyful recognition and celebration of Bristol's vast and varied living yoga culture, and a true respect and reverence for the sacred pathway of yoga that guides seekers towards spiritual bliss.

Bristol is renowned for its enthusiasm, its creativity, passion for community, culture and open hearted welcome to any and all that move here; and yoga within the city is no different.

Some classes are grounded in the traditional, offering insight into the way yoga has been practised for thousands of years. Others forge a different way, inspired and rooted in love for the practice, leading with their hearts, they offer creative and unique offering for students to explore. All lineages, interpretations, insights and perspectives weave together to create the incredible tapestry of Bristol yoga culture that can be found reaching across the city, ready for seekers to engage and enjoy.

The second value that is held close to the heart and soul of Bristol Yoga Festival is honouring and paying respect to yoga as a whole. Not just movement, breath or even meditation but as a comprehensive spiritual science that leads its practitioners to the inner consciousness and profound state of bliss that resides deep within.

This pathway has existed and liberated those who follow it for thousands of years and the wisdoms and teachings never exclude, never ask anything other than to trust in your own experience.

They allow you to return home to the knowledge and light that exist deep within. Modern society has a well meaning tendency to reduce the complex into something simple and accessible.

Bristol Yoga Festival aims to restore that depth and dive thoroughly and lovingly into the philosophy of yoga with humility, openness and unending gratitude, sharing its sacred knowledge with all those that seek.



ESSENTIAL FESTIVAL INFO

Arriving

We can't wait to welcome you to the festival, and hope to make the landing as gentle as possible.

FRIDAY: Doors open at 4pm, with last entry at 8pm and we kindly request you have your campervan or car pass ready to show.

Campervans will be directly sent to the camping area, where you are free to choose your space (although do be mindful of others). Cars will be directed to the car park and you can take your tents/equipments the very short distance to the camping area.

SATURDAY: Doors open at 6.45am, please have your car pass ready and you'll be directed to our parking.

Opening times

The festival will be open from:

- Friday: 4pm – 10.30pm
- Saturday: 6.45am – 11.30pm
- Sunday: 6.45am – 12.00pm

Leaving

SATURDAY DAY TICKETS: our final session on Saturday finishes at 11pm and we kindly ask that if you have a Saturday day ticket you leave the site by 11.30pm.

WEEKEND TICKETS: The festival will finish with our closing ceremony, and the arena area will close at the end of this session. We ask that you are off site by 2pm.

Getting here

The entrance to the festival is at the far end of Denny Lane, where it meets Walley Lane, close to Chew Lake (you can follow signs for Chew Valley Lake).

Once you enter Denny Lane, please take the first right, and then immediately right again into the car park where someone will be waiting to meet you.

For further info, and for public transport/cycling details, please see our website.

ADDRESS: Nesta Valley Camping,
Denny Lane, Chew Magna, Bristol,
BS40 8SZ

WHAT3WORDS:
[///livid.lungs.cowering](https://www.what3words.com/ivivd/lungs/cowering)

What to bring

TO STAY: General camping equipment, a torch, a couple of extra blankets and a good pillow. You can bring cooking equipment or a small BBQ, but be mindful of current weather guidelines.

FOR THE DAYS: Bring along all needed yoga equipment, including mats/meditation cushions etc. refillable water bottle, as well as layers for the morning and evening. If you're planning to book the sauna, bring swimwear and a towel!

We also ask if you could bring along your own mug, plate/bowl and cutlery to reduce waste at the festival.

We have a community jam on Friday night and we warmly encourage you to bring drums, and any other instruments you would like to join in!

Seva is a part of yogic living – acts of service, we hope to be able to fulfill this more in the future but this year, if you are able, we ask if you would bring along a tin or dried goods (rice/pasta) that we can donate to a local food bank. For more details: <https://eastbristol.foodbank.org.uk/give-help/donate-food/>

Food and drink

We have a selection of food traders that will be coming into the festival each day from midday until late evening, offering a delicious and varied range of foods. There are lots of vegan/vegetarian options.

There will be no traders on Saturday/Sunday morning, so we do encourage you to bring your own breakfast options with you, we will have fruit/basics available for a small donation.

This is a CONSCIOUS festival, so please do not bring alcohol, there is a beautiful non-alcoholic bar with wonderful options including chai, cacao and a number of soft drinks as well as water points to refill bottles around site.

Facilities

We have toilets (including accessible) and showers on site which will be clearly signposted.

There are water points available and a place to do any washing up that's required.

We do not have access to electricity on site for guests, so don't forget to bring a way to charge devices you bring with you.

Children

This year, we have only invited under 3's and 14+ to attend the festival. We want to remind you that all minors remain under the care and responsibility of their over 18 guardian.

Should you need help at any point of the festival, please head to the info tent for welfare/lost child services.

You may see some other children around the site, these have come along with teachers/staff as we are passionate to extend opportunities to parents without childcare being a barrier.

CARE AND SAFETY

Bristol Yoga Festival is held as a space of practice, community, and care. We want everyone who joins us, guests, teachers, volunteers, traders, and crew, to feel welcomed, respected, and supported throughout the weekend.

Yoga invites us to listen inwardly, and we encourage you to move through the festival in that same spirit: honouring your body, your energy, your boundaries, and your needs.

Looking after yourself

Please take care of yourself in simple, steady ways:

- Drink water regularly and bring a refillable bottle.
- Eat enough throughout the day.
- Rest whenever you need to, you do not have to attend every session.
- Practices should feel right for your body and nervous system, you are very welcome to leave a session if it doesn't feel comfortable.
- Let teachers know about injuries, pregnancy, accessibility needs, or anything relevant before a session begins.
- Move gently around the site, especially on uneven or grassy ground.

There is no "right" way to experience the festival. You are welcome to take part fully, dip in and out, sit quietly, step outside, pause, breathe, or just be.

Welfare and support

If you feel overwhelmed, anxious, upset, overstimulated, unsafe, or simply in need of a quieter moment, please come to the Info Point or speak to a steward.

Our team will listen calmly and help you find the right next step. This might be sitting somewhere quieter, finding a friend, getting water, speaking with the Welfare Lead, or contacting medical support if needed.

You do not need to wait until something feels "serious" to ask for support. If you need help, please come early – we would much rather support you gently than have you struggle alone.

First aid

If you feel unwell, injured, faint, overheated, in pain, or concerned about your health, please come to the Info Point straight away, even through the night.

We will help you access first aid and make sure the right support is found calmly and quickly.

Emergencies

In an emergency, please alert the nearest member of the BYF team immediately (including a teacher).

This includes:

- A medical emergency
- Fire or smoke
- Someone missing or separated from their group
- A serious welfare or safeguarding concern
- Threatening, unsafe, or aggressive behaviour
- Anything that feels urgent or beyond what you can safely manage

Please do not try to handle serious situations alone. If emergency services are needed, the BYF team will help direct them to the right place on site.

TIMETABLE

We have lovingly worked to be able to offer a timetable that not only offers authentic classes from various styles of asana, but also celebrates the city's distinct vibrant and passionate approach to yoga. Teachers, facilitators, wisdom keepers and performers all gather to offer you a heartfelt piece of their practice, bringing that which they cherish for you to experience.

We invite you to immerse yourself in practice, to explore and expand your perception of what yoga encompasses: welcome both the familiar and unfamiliar and see what you discover.

Classes

All classes on the timetable are included within your ticket price and do not need to be booked.

Class descriptions will be available at the festival to help you choose which to attend – try everything that intrigues you!

Nearly all classes are suitable for beginners, although please be aware that the Vinyasa class, and Ashtanga class can be physically vigorous, and sound baths are not suitable for those who have had a pacemaker fitted within the last 12 months.

Should you wish to leave a session, you are welcome to roll up your mat and exit the space, but please do so with awareness and compassion to others who are around you.

Sauna

We have a beautiful sauna and wood fired hot tub with us this year. This will need to be booked and paid for directly with the providers while on site.

Therapies

We also have a range of therapists joining us, massage, reiki, Ayurvedic and more. Again, please arrange booking and payment directly once you arrive on site.

In between classes

There will be times at the festival when you will find yourself not in a session. The festival site has been left purposefully simple, with beautiful views of the countryside, and the stunning Chew Valley Lake. This has been consciously offered to encourage you to find space for the mind and body to rest.

Pratyahara (withdrawal of senses) is an aspect of yoga that invites us to reduce our sensory stimulation and allow ourselves to sit with a deeper sense of peace and quietness rather than searching for something to distract us.

We have lots of areas to sit across the site and we warmly invite you to take moments to pause, to breathe, to connect with others and with your self. Reflect on the sessions you have engaged with, and reflect on what your body and mind need next. Truly giving yourself permission to slow down, to rest, to simply be..

FRIDAY

	BODY TENT	SOUL TENT	MIND TENT	FIRESIDE
1600	Festival opens			
1700-1745	Arrive and ground with Phoebe Hares	Words that shape us with Ebany Dohle	Sacred aroma with Nisha Toppin (1700-1800)	1000 names of Devi with Vaishnavi Brassey (1730-1900)
1800-1900	Yin with Sunny Northbrook	Women's circle with Sofia Barnes	Family constellations with Katie Despres (1815-1915)	
1915-1945	Opening ceremony	Break	Break	Break
2000-2100	Mandala Flow with Phoebe Prideaux	Soundbath with Rounik and Annette (2000-2130)	Womb cycle circle with Charlotte Isadora	Stories behind the poses with Hana Masters
2115-2215	Closed	Closed	Closed	Community Jam led by Jude and Bonsai
2230	Arena closes			

SATURDAY

	BODY TENT	SOUL TENT	MIND TENT
0700	Arena opens		
0720 - 0850	Hatha with Debbie Thomas	Meditation with Seb (0750 - 0850)	Family Constellations - Katie Despres
0900 - 1000	Exploring Virabhadrasana - Hana	Limitless Pranayama with Nakita Devi	Ayurveda workshop - Sophie Nazir
1015-1115	Asana Fundamentals with Annie Hill	Toning with Annette Shaw	Consciousness with Ed Wood
1130-1230	Kundalini with Satya Prem	Discovering Mudra with Bryony Hannah	Decolonising Yoga Panel
1245-1345	Vinyasa with Tom Crews	Elemental Dance with Sofia Barnes (1245 - 1415)	Compassion in practice with Dr Ronda
1400-1500	Embodied with Bex Luther		Visualisation with Shona Beats
1515-1615	Vision yoga with Naomi Hayama	Celtic Yoga with Ailie Tam and Soundbath with Magdalena Lesiak (1445 - 16.45)	Bhakti Yoga with Danny Shivananda
1630-1730	Ashtanga with Wale Ladeinde (1630-1800)		Ageing with Grace and Heart with Sandra Barnes
1745-1845	Break (1800-1915)	Illuminating Yoga with Lucy Barber (1700 - 1830)	Inspired by Breath with Amy and Katy
1915-2200	Evening celebration and Kirtan with Vaishnavi Brassey and Antarma	Acroyoga demo with Ghingo (1850-1910)	Closed
		Break	
2200-2300	Closed	Dream yoga (nidra) pt 1.	
2315	Arena closes		

SUNDAY

	BODY TENT	SOUL TENT	MIND TENT	IN THE FIELD
0700	Arena opens			Sunrise salutations with Pippa Yarworth-Cleeton (0700-0800)
0730-0830	Slow Flow with Emma Pattemore	Meditation: Soul and subjectivity with Devamurti	Dream yoga (check in) with Dan Dala	
0845-0945	Earth and Heart Salutations with Sandra and Sofia Barnes	Chanting with Antarma	Exploring Chakras with Sana Malik	Break
1000-1100	Restorative with Danny Shivananda	The power in our sound with Aimee Knight	In a divided time, why is yoga now so relevant? with Phoebe Hares	Kirtan and sacred sound with Madhava (0930-1100)
1115-1145	Closing Ceremony with community	Closed		
1200	Festival closes			

Classes may be subject to change due to unforeseen circumstances. Please check the daily timetables when at the festival for the most up to date information.

We are grateful for your understanding.

OUR TEACHERS



AILIE TAM

Opening Ceremony, Celtic Yoga, Closing ceremony

Ailie is a yoga & somatic teacher, a qualified sound practitioner, space holder for Celtic ceremonies & founder of Yoga Rewild, a sanctuary where ancient Celtic wisdom meets sacred yoga practices. Ailie has a deep appreciation for the freedom that arises from being in nature, this has shaped Ailie's approach to yoga, which supports individuals to attune to their energy cycle, find flow in rhythm & offers ways to intentionally remember our connection to the land & our shared bond with Mother Earth.



AIMEE KNIGHT

Pranayama: The Power In Our Sound

Deeply connected to the understanding that vibration, frequency and sound can create a shift in our state of being, Aimee works to use voice and instruments to bring powerful experiences to those who join her sessions. She focusses on inviting joy, bringing the self to the surface and encourages connection between all those present, reminding us that bliss is within and we all are one.



ANNETTE SHAW

Arriving Soundbath, Toning

Annette Shaw, the open hearted creator of Bristol Gong Baths, moves quietly through the world, carrying the awareness that every sound, every vibration has power, weight and the potential to transform the space one exists in. Using gongs, voice medicine, bowls, chimes and more, she brings nurturing sessions in which those frequencies are an invitation: a chance to expand into your heart and beyond, into the infinite number of realms that we are connected to at all times, opening ourselves to join something greater than the individual, to connect to the divine.



ANNIE HILL

Asana: Fundamentals

Being in the presence of Annie is truly a gift. Her warmth and compassion and love for the planet and all that inhabit her allows her to meet you wherever you are, and create a space for all to feel held, heard and loved.

With over 40 years of experience of teaching across the world and a personal practice that started long before that, her path has taken her through Australia, New Zealand, America, Canada, South Africa and the UK to share the Sivenda tradition of Hatha Yoga. Her goal is not to introduce yoga as a way of life, but rather a way of being.

BEX LUTHER

Embodied Flow

Bex leads a progressive style of yoga that guides you on a mindful journey – blending thoughtful and intentional sequencing, supported by bandha and pranayama. Expect a warm, uplifting environment that inspires curiosity, focus, and playful strength, leaving you grounded, centered, and renewed.



BRYONY HANNAH

Discovering Mudra

A soul-led yoga facilitator, anchored in love and in service to spirit, devoted to life, beauty and Mother Earth. Walking this path with deep curiosity, openness, awareness, passion and vibrancy. I love creating nourishing, soul-enriching and expansive journeys within all I offer. My work is to curate beautiful spaces for awakening through movement, breath, ceremony, and connection. Deeply humbled by the wisdom traditions of yoga and all the knowledge I have received in support and inspiration so far by these ancient teachings.



DANNY SHIVANANDA

Community Jam, Talk: Bhakti Yoga, Asana: Restorative

A deeply intuitive soul, Danny has been listening to the unseen since childhood, drawn to the quiet questions that echo beneath the noise of the world. His path has carried him from his first asana practice in Shanghai through Argentina, Australia, Sri Lanka and India, seeking not material success, but truth – immersing himself in Reiki, Yoga, Meditation, Breathwork, Marma Therapy and Ayurveda, remembering what the self already knows.



DEBBIE THOMAS

Asana: Hatha

Debbie Thomas is an irrefutable voice in Bristol yoga. Known across the city for her traditional yet accessible classes, she offers transcendent sessions that help the novice and the experienced along their path. Settle in, ground down and let her guide you to yourself.



DEVAMURTI

Meditation: Soul and Subjectivity

After many years living a largely nomadic spiritual life, studying with teachers around the world and engaging in long retreats and intensive inner practice, Deva's teaching now centres on meditative self-enquiry rooted in non-dual Shaiva traditions alongside embodied tantric yoga. His classes integrate asana, pranayama, mudra, bandha, kriya and deep relaxation practices with an emphasis on somatic awareness, subtle energy and inner states of consciousness.





EMMA PATTEMORE

Asana: Slow Flow

Emma offers mindful vinyasa classes that weave awareness, strength and balance into steady, intentional movement. With a relaxed and gentle approach, she creates welcoming sessions that provide a supportive space to connect with your breath, helping you feel calm, grounded and energised.



HANA MASTERS

Stories of the poses, Asana: exploring virabhadrasana,

Talk: decolonising yoga panel

Hana brings true presence to her offerings: calm and welcoming on the surface but a wealth of knowledge, passion and experience waits just underneath. Weaving together traditional wisdom from her Punjabi heritage and modern techniques, she offers classes that open the door to wellness, social justice and culture.



JUDE جود

Community Jam

Singer, song writer, story weaver and teller, Jude is a passionate, vibrant and community-driven facilitator who holds sound and music close to her heart. Integral to Bristol's LoveJam community, she extends a warm welcome for all to gather in acceptance and authenticity to share in the joy of creation.



KATIE DESPRES

Family Constellations

Katie found Family Constellations through her experience as a yoga teacher. Working intuitively but concisely, she invites those who attend her sessions to widen their view — looking beyond the individual story and into the wider systems we are part of. Her work reminds us that we do not move along our path alone, but are inherently influenced by the relationships, roles and communities around us.



LUCY BARBER

Illuminating Yoga

Lucy Barber is a yoga teacher and Bhakti singer whose work moves from devotion, enquiry and lived experience. Her teaching is often felt as raw and translated from her lived experience, with bhakti forming the quiet keystone of her alchemical offerings. Through meditation, breath, movement, sound and mantra, she draws on yoga philosophies and ancient allegories, weaving them into practices that kindle inner fire and invite meaningful change to the perceptions of our minds.

MADHAVA

Sunday Kirtan

Madhava Das grew up in an Indian monastery and has been holding kirtan space for 30 years. A well-loved member of the Bristol Kirtan and sound community, his offerings are welcoming, humble and filled with a deep love and gratitude for life all around us.



MAGDALENA LESIAK

Soundbath

Magdalena Lesiak is a sound practitioner, gong master, holistic therapist based in Bristol, where she offers her work through Rising Crow Holistic Therapies. Her practice is rooted in mindfulness, intuitive awareness and connection with nature. She combines grounded energy with a gentle, heart-led approach to create deeply restorative experiences that support balance and inner harmony.



NAKITA DEVI

Limitless Pranayama

Nakita brings over a decade of experience in education, combined with a deep commitment to somatic and contemplative practice. A qualified breathworker and facilitator, she guides experiences that integrate breath, meditation, and body-based awareness to support nervous system regulation, inner child healing, and embodied self-understanding.



NAOMI HAYAMA

Asana: Vision Yoga

Naomi Hayama is a teacher whose calm wisdom and gentle curiosity invite you to quite literally see differently. Naomi explores the innate connection between mind, body, and sight. She shows us that how we see the world is deeply shaped by how we feel while moving within it.



PHOEBE HARES

Asana: Arrive and Ground, Opening ceremony, Talk: Why do we need yoga, right now?

Phoebe is a trauma-informed psychologist, yoga teacher, and multidisciplinary artist. hōebe blends mental health expertise, movement, and creativity to foster emotional healing and holistic wellness. Drawing from her own journey through addiction and eating disorders, she integrates Tantric philosophy, Jungian theory, and Vinyasa, Ashtanga, Hatha, and Yin yoga to help people reconnect with their bodies and release emotional blockages.





PHOEBE PRIDEAUX

Asana: Mandala Flow

Phoebe's intention is to meet you exactly where you are, offering thoughtful cues and accessible options that support a sense of balance in both body and mind. For Phoebe, guiding yoga is a true joy and a deep honour: an ever-evolving journey of learning, connection, and respect for the heritage and culture of the practice. Blending yoga asana (postures) with traditional teachings, her classes weave together fluid movement and creative sequencing to create an experience that feels both grounding and expansive.



PIPPA YARWORTH-CLEETON

Asana: Sunrise Salutations

Pippa's classes are based on classic asana but with an invitational twist, encouraging participants to be curious and to explore movement around a pose and play with balance, stability and functional movement. She weaves in mindful movement to all offerings resulting in sessions where participants feel empowered to practice what suits their own bodies. All sessions incorporate yoga, mindfulness and poetry and often draw over 200 people per class!



ROUNIK SETHI

Arrive and Ground Soundbath

Rounik is a sound therapist, Biofield Tuning practitioner and teacher of sound healing. He creates space to welcome in all parts of you, everything that is present – without judgement. Using the sounds and vibrations of various instruments, Rounik's sessions move from a deep understanding that the body holds onto emotion and trauma, and expresses these through stress and tension in the body which can be released and transformed through sound.



SANDRA & SOFIA BARNES

Women's circle, elemental dance, earth and heart salutations,

Talk:ageing with grace and heart.

Sandra and Sofia bring a grounding yet free spirited uplifting vibe, rooted in love, energy in motion and the beautiful act of gathering with others. They truly believe in the magic of togetherness, the freedom of exploring our creative expression and the healing that happens when we come home to ourselves.



SATYA PREM

Asana: Kundalini

Satya is a classically trained Kundalini Yoga Instructor. Her ethos is 'I do not change the teachings, or teach what I have not experienced myself and do not have knowledge of'. I am a vessel to share the teachings that have passed down from teacher to student for generations and as I develop, understand and master I then share. I bring humour and light to my practice to ensure you 'stay bright and bendy' whilst supporting and maintaining your wellbeing.

SEB MCCHEYNE

Morning Meditation

Seb has a passion for yoga and wellbeing. After travelling to India to study traditional yoga at the Sivananda Yoga ashram in Kerala, he has embarked on a journey to share the healing practices of yoga with anyone who is willing to receive them.



SUNNY NORTHBROOK

Asana: Yin

I am a yoga teacher based in the vibrant city of Bristol. I am a wife to my brilliant husband, and Mama to our small (and very energetic) children. For me, yoga offers a path of freedom on an emotional and transformational scale. I believe this ancient practice can truly provide the power through self-enquiry, movement, meditation, and breathwork to get you to know who you really are and what you're holding on to, to find this deep release and to let go.



TOM CREWS

Asana: Vinyasa

Thomas credits Yoga as having had a transformational impact on his life. Since discovering Yoga it has provided a consistent source of mental, emotional and physical support that has enabled him to thrive rather than merely survive! Thomas' approach to teaching Yoga is embodied by compassion, humility and warmth. He likes to teach a variety of styles that can demonstrate the incredible diversity of the practice, and is excited to be offering a stronger, dynamic vinyasa flow class at Bristol Yoga Festival that will challenge, as well as be both fun and uplifting.



WALE LADEINDE

Asana: Ashtanga

Wale has been teaching yoga in Bristol for longer than he cares to remember. In the 90's, his first teacher training was in Iyengar Yoga in the old Yogawest on Gloucester Road. Then he discovered Ashtanga Yoga and took a trip to Mysore, South India in 1999. He taught his first Ashtanga class at The Albany Centre on Shaftesbury Avenue and has been teaching in and around Bristol since then. He currently teaches in places from Kingswood Leisure Centre all the way to St Werburghs Community Centre. He is also a keen rock climber and offers classes at TCA: The Mothership.



OUR SPEAKERS



AMY PRICE

Talk: Inspired by breath: a journey into awareness

Yoga has had such a profound effect on Amy physically and mentally and she wishes to share the interconnectedness between the mind, body and breath with the sole purpose of helping others. When all else feels lost, our breath is the one thing tethers us back to life and can settle our busy, beautiful minds, and perhaps find special connections in a vast endless world.



CHARLOTTE ISADORA

Menstrual Cycle Awareness & Care – a womb circle, Talk:

Decolonising Yoga Panel

Charlotte is a sociologist, a yoga teacher, and a menstruality mentor whose work centres the unpacking & unlearning of colonial capitalist patriarchal conditioning, towards cultivating anti-oppressive & cyclical ways of being & knowing. This liberatory agenda is embodied in her Yoga practice and space-holding, educate & empower menstrual cycle awareness as a means of self inquiry & self compassion. This fundamentally anti-colonial framework emphasises the authority of emotional & experiential intelligence, working to dislodge shame & reclaim connection to the wombspace & cyclical wisdom.



DAN DALA

Opening Ceremony, Dream Yoga Pt.1 (Nidra), Dream Yoga Pt.2.

(check in)

Mandalas. Earthworks. Dreamwork Practices. My name is Dan, I am a visual artist who specialises in the creation and exploration of mandalas and sacred circles. Through art, nidra workshops and tutoring, I explore meaningful and transformative creative experiences that are inclusive and accessible, opening up perceptions of this often recognised but less deeply understood beautiful and sacred art form.



DR RONDA EMBICK

Talk: Compassion In Practice

Ronda is a clinical psychologist who resonates with her deep wealth of knowledge and experience, ready to guide you with warmth, understanding and compassion. Within her work, she draws on a range of therapeutic models and, in particular, enjoys working with Compassion-Focused Therapy, which encourages a kinder relationship with ourselves and those around us, useful for when we feel stuck in patterns of self-criticism or shame.

EBANY DOHLE

Talk: how thoughts shape our world

Ebany is a drop of calm wisdom amidst a swirling world of noise. With a background in the study of indigenous linguistics and a deep connection to the rhythm of the earth, she will take you on a journey to understand how language shapes your perception of reality: how thoughts open the way to our personality and how to use this wisdom to our benefit on the path to freedom.



ED WOOD

Talk: Consciousness

Humble, knowledgeable and endlessly curious, Ed Wood offers insights and thoughts that truly spark your imagination and lead you deeper into your journey towards consciousness.

He brings together his years of experience as a yoga studio owner, a commitment to studying a vast range of texts, scripture and studies and his journey to a Masters in quantum physics to pose a question and explore answers to consciousness, how it exists within us and how this is reflected in modern day science. A truly fascinating realm of thought to consider with a warm and brilliant speaker.



KATIE DESPRES

Talk: Intro to Family Constellations

Katie found Family Constellations through her experience as a yoga teacher. Working intuitively but concisely, she invites those who attend her sessions to widen their view — looking beyond the individual story and into the wider systems we are part of. Her work reminds us that we do not move along our path alone, but are inherently influenced by the relationships, roles and communities around us.



KATY BIRD

Talk: Inspired by breath: a journey into awareness

Katy was first introduced to yoga 25 years ago, through the power of breath, practicing pranyama long before learning asana. For Katy, breath is the essence of our existence, supporting us not only physically, but mentally and emotionally too. She believes that many of life's challenges can be softened simply by pausing and returning to the breath. Through self-awareness and presence, Katy encourages others to reconnect with themselves and move through the world with greater grounding, compassion, and balance.



NISHA TOPPIN

Talk: Sacred aroma, yoga and the science of balance

A qualified breathworker and facilitator, she guides experiences that integrate breathwork, meditation, and body-based awareness to support nervous system regulation, inner child healing, and embodied self-understanding. Her approach draws on trauma-informed principles and parts work, while also incorporating long-standing contemplative traditions.





SANA MALIK

Talk: Exploring Chakras

As a yoga teacher, I take my responsibility of holding space very seriously and value embodied presence, authenticity, and deep compassion above all. My unique style of teaching involves reading and responding to the energy of the room and using the power of somatic movement. People often feel as though they can truly relax in my classes and appreciate my down to earth energy as well as my deep reverence for this South Asian practice.



SHONA BEATS

Talk: Visualisation

Bringing her deep meditation experience from Headspace to the stage at the Bristol Yoga Festival, Shona leads a powerful talk on mindfulness and guides a visualisation to meet your future self. With her warm presence and clear wisdom, she invites you to journey inward – to hold the space for your aspiration, your untapped potential, and the version of you ready to step forward.



SOPHIE NAZIR

Talk: Ayurvedic workshop

Sophie is a true guiding light, weaving her integrated understanding of Ayurveda's ancient wisdom into practical support for modern life. After healing her own array of health issues through Ayurveda, she knew her life's mission was to share this work. Her gentle, grounded approach helps others find balance and reconnect to themselves through the simple, personalised guidance Ayurveda offers.

OUR PERFORMERS

ANTARMA

Growing up in London, Antarma's influences and collaborations are truly multicultural. He integrated these teachings into his music skills as a rapper and percussionist, then made his name busking on the streets of London, immersing hundreds with a single drum and vocal. Antarma took this same vibrancy into powerful events that fuse meditation, chanting, song and dance into a fully interactive journey, bringing audiences into deep connection and ecstatic joy – an experience to celebrate life's ups and downs together. Whether playing solo for thousands at festivals or intimate groups at retreats / events, he takes people through transformational, life affirming experiences with music, joyful celebration, poetry and mantra sadhana (practice).



GHINGO

Ghingo is a CIC that offers circus, music and yoga, run by husband and wife duo Sebastian McCheyne and Francesca Danti.

Seb has a passion for yoga and wellbeing. After travelling to India to study traditional yoga at the Sivananda Yoga ashram in Kerala, he has embarked on a journey to share the healing practices of yoga with anyone who is willing to receive them.

Fra possesses a drive for healing. Since a young age she has battled with various health conditions which has lead her down a path of self-study and healing, stepping into the world of yoga, mindfulness, diet and nutrition.



VAISHNAVI BRASSEY

Vaishnavi is a sacred voice-weaver and devotional singer whose music feels less like performance and more like prayer.

Described by listeners as "a flute that the Divine uses to carry heart-penetrating beauty," her voice reaches deep into the places where breath, soul and stillness meet.

Vaishnavi creates healing soundscapes that draw from the timeless wisdom of sacred chant, devotional melody and ancient bhakti traditions – welcoming every listener into presence, peace, and return.





We are truly honoured to be able to share the weekend with you, with compassion, joy and true love of the practice of yoga. Should you have any more questions, please check the FAQ section on our website. Or alternatively reach out to hello@bristolyogafestival.com

See you soon.

www.bristolyogafestival.com