



Yoga (& Wellness) Festival

-Festival Presenters-

Jade Coles, *YoJaganaflow*



Session: “*Vinyasa Flow with Essential Oils*” - A gorgeous Vinyasa Flow with essential oils

About: An actress and yoga teacher having presented at many HUGE festivals I would love to be a part of this and bring the yoga community together.

www.yoganaflow.com

Michelle Anne Higgins, *Michelle Higgins Yoga*



Session: “*An Introduction to Ashtanga Yoga*” - Join Michelle for an introduction to this style of yoga. Ashtanga Vinyasa yoga is a dynamic challenging style of yoga where you move through a set series of asanas guided by the breath. It includes Sun Salutations, standing postures, arm balances, seated postures, and inversions. It is the perfect combination of strength stamina and flexibility. This session is ideal for you if you are reasonably fit and want a challenging movement-based practice, Or you already practice. Or you are returning to Ashtanga after a break and need to kick start your practice.

About: I live in Bitterne having started life in Blackpool gradually moving further south over the years until I reached Southampton in 2014. I have practised yoga since 2009 with a particular interest in the more dynamic or flowing styles. I completed my teacher training with Ashtanga Yoga Glastonbury in June 2017 and have been teaching my own yoga classes in Southampton since January 2017. I spent over 20 years working as a solicitor specialising in complex personal injury claims involving life-changing injuries. Having given up the day job I now teach Ashtanga, Vinyasa Flow, Gentle Yoga, Pranayama and Yoga philosophy full time. I am an Experienced Yoga Teacher accredited by Yoga Alliance Professionals. This means that I have in excess of 2000 teaching hours I offer public classes workshops and retreats. I am available for corporate yoga classes and bespoke personalized tutoring to guide you on your yoga journey. When not teaching I am passionate about expanding my own yoga knowledge and my own practice. I can also be found pottering around Southampton and enjoy spending time in France where I used to live. www.michellehigginsyoga.uk



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Ray Redman, *Ray Redman Fitness*



Session: *"Broga Fitness Yoga"* - Broga brings the benefits of traditional Yoga and holistic mobility to the fitness and performance community. Blending traditional Yoga with challenging blocks of exercise movement to improve physical performance and biomechanics - there is no end to the possibilities to a Broga session. You can count on classes that build progressively in difficulty, include repetitions and sets to master skills but are designed to be inclusive to ALL levels at all times. Yoga (just like most forms of exercise) can help achieve a peaceful body and mind bringing together physical and mental disciplines. As a by-product this can help manage stress/anxiety with relaxing breathing techniques whilst increasing flexibility, muscle strength and body tone.

About: An enthusiastic and natural leader who enjoys teaching and motivating others Ray loves nothing more than sharing his passion for good movement along with his joy of cycling. Beginning his career in fitness back in 1998 Ray has never stopped learning and sharing through the power of indoor cycling. A Master Trainer for Wattbike, Schwinn and Keiser Ray only found the confidence to become a Yoga teacher in 2019 following several years of ad hoc sessions and finding the correct practice for his teaching style. Join Ray on the mat for a bodyweight only workout designed to build your fundamental strength and fitness whilst developing your mobility and core strength. He is confident you will develop a better understanding of your body and therefore improve your day-to-day movement patterns.

www.instagram.com/rayredmanfitness

Sophie Henderson, *Yoga at Inspire*



Session: *"Mandala Flow"* - The Sanskrit word Mandala literally translates to circle, which is reflected in yoga through spiralling shapes and patterns. Explore circular movements with your body, moving around the mat at 360°, allowing you to enjoy a fresh, intuitive, and empowered way of moving.

About: I'm Sophie, Yoga Teacher and Studio Manager from Hythe, Southampton. I was first introduced to yoga almost a decade ago, during my BA Dance Degree and I've been in love with this transformative practice ever since. Linking movement with the breath, to bring complete presence and awareness to the moment is my



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personal meditation. My sequencing and movement style is super freeing and feel-good, and I encourage students to be individualistic, creative and playful in their practice. Every body is different and seeing a variety of variations in flow is beautiful. My mission is to create classes that make your heart sing; a safe space to feel empowered, to fall in love with your body and what it can achieve. www.momoyoga.com/yoga-at-inspire

Jess Macpherson



Session: *"Wild Woman Flow"* - A movement workshop to ignite deep, feminine creative energy. This session is an invitation to release your inner wild woman to take up space, expand and release. To find your unique movement story. This workshop takes inspiration from Jess' time spent studying a multitude of movement practices over the past 15 years from Body Weather, contemporary Improvisation, BMC, GAGA, womb yoga, and her own unique research in to embodied feminine practice.

About: I'm Jess a yoga teacher and dance artist living and working from Little Buckholt Farm, nestled on the Hampshire, Wiltshire border. I discovered yoga whilst training as a contemporary dancer in my teens and I haven't stopped practicing since. My classes blend yoga with somatic practices, embodied movement and ritual, bringing a playful approach to movement and meditation. I have a PhD in feminist performance practice, so my work often explores the unique challenges and joys of experiencing the world in a female body. I have spent my whole life moving and working creatively and I know that we learn so much about ourselves through creative play. I offer workshops and events that bring together artists, musicians, mystics and yoga to give you the chance of connecting to your innate magic.

www.jessmacpherson.com

Michelle Maslin-Taylor



Session: *"Reiki-Infused Chakra Yoga"* - Join Michelle for this unique reiki-infused yoga class where reiki energy healing is interwoven with a gentle yoga practice to facilitate deep healing and energy balancing through the chakras. Suitable for all abilities, this is a yin yoga based practice and hands-on healing is optional.

About: Michelle is an experienced yoga teacher and reiki master who helps burnt-out yogis facilitate deep transformational healing for themselves and their clients through reiki-infused yoga, weaving together yoga poses, energy healing and yoga psychology. Her own yoga journey began over 15 years ago,



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starting with a purely physical focus but finding it to be a life-changing practice for overcoming her own depression and anxiety. Since then she has discovered a passion for continuous learning, co-authored Amazon best-selling books, been featured in major publications and taught her specialist workshops online and in-person in the UK. www.michellemaslintaylor.com

Tamsin Kelly, Studio Yoga



Session: *"Here Comes the Sun"* - an energising session focused on Sun Salutations. Explore how to vary and extend them, and learn how this practice evolved from being a warm-up for body builders to being synonymous with modern yoga classes.

About: Tamsin has been teaching Hatha Yoga since 2008. She is a British Wheel of Yoga Foundation Course Tutor and a Yoga for Healthy Lower Backs teacher. She gets her inspiration from seeing the difference yoga makes to people's lives and tries to make her classes accessible to everyone, whatever their age, level of fitness or yoga experience. Tamsin owns Studio Yoga near Stockbridge where her classes are based.

www.studioyoga.co.uk

Helen Portas, Lim Yoga



Session: *"Slow Down & Flow"* - A gentle, slow flow class for all. Slow your roll and enjoy a practice for mind, body and soul!

About: I've been teaching yoga full time for over 7 years, having discovered it's benefits many years ago. I now get to share it with people of all ages and abilities in my classes which I hope are accessible, enjoyable and fun!

www.limyoga.co.uk



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Milton, Lissa Milton Yoga



Session: *“Strong Mind & Body”* - This class is a meditative practice to help you cultivate a strong mind and body. We'll create strength slowly and steadily with a flowing set of movements that build strength, mobility and flexibility that are linked with a calming breath.

About: I teach yoga in Somerset and live in the beautiful village of Horton, Ilminster, nestled on the edge of the Blackdown Hills. Discovering yoga was really transformational for me and helped me manage anxiety and live a more meaningful life, so it's something I love to share with others. I have been practicing yoga now for approx 20 years. I trained at Bristol School of Yoga and my classes focus on helping you feel strong mentally and physically. I have recently trained in Pregnancy & Postnatal Yoga with Baby Yoga and Massage with Katy Appleton of appleyoga and offer regular classes in a couple of locations. www.lissamiltonyoga.co.uk

Julia Chilcott-coombes, Yogaveda UK



Session: *“Feeling the Loveda With YogaVeda”* - Yoga forms a part of Ayurveda as it refreshes the body, relieves stress and improves digestion. Different Yoga asanas have varied effects on an individual's body. Each of us has a unique constitution governed by our physical and emotional make up as well as our lifestyle, daily routines, the foods we eat, what time we go to bed etc. These constitutions are called Doshas and are linked to the elements. The dosha are Vata (ether and air) Pitta (fire and water) Kapha (water and earth) Yoga helps to maintain a balance in the all the three doshas. Join Julia's session to experience the profound benefits of practicing dosha specific postures, breathwork, self-enquiry and deeper relaxation using mindfulness techniques.

About: Julia is a fully qualified and experienced Ayurveda Practitioner, Yoga Consultant, and Registered Therapist. Combined with her background as a secondary school teacher, Julia is perfectly placed to share her passion and enthusiasm for improving well-being, through clear and informative practices. Julia combines her traditional Indian yoga training with a fusion of western yoga teacher training to include aspects of Ashtanga, Sivananda, Hatha, Yin and Restorative yoga to meet the needs of her clients. Julia has developed her own thriving Ayurveda and Yoga practice, Yoga Veda UK based in Southampton (UK). As well as gaining an enormous amount of experience Teaching exercise, health & well-being since the 1980's Julia holds YMCA Level 3 Diploma in Yoga Teaching (360 hours) & Yoga Alliance 200 hrs Ashtanga, Mysore, India.



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Julia also has full Training School Accreditation from the Complementary Medical Association. (CMA) of which Julia is a Fellow. As well as being qualified as an Assessor, External Quality Assurance Auditor Julia also works part time as an Examiner. Building on her passion for teaching and improving well-being, Julia is also involved in developing 'Healthy Educational Curriculums'. As a Schools Lead in Mindfulness (MiSP) and a developer of programmes of Yoga for Teens Julia is a leading force in developing 'Community Wellbeing' as well as holding the part time post of Lead in Educational Staff health & Wellbeing. Whether it's a 1:1 consultation, corporate presentation, relaxation retreat or YogaVeda UK classes, courses or teacher training, Julia places emphasis on creating a positive and personable environment to practice and share her knowledge, to ensure the proven benefits of Ayurveda and Yoga are enjoyed. www.yogavedaukhub.com

Emily Dunstan, *Yoga by Emily*



Session: *"Move-Breathe-Flow-Recharge"* - Enjoy a gentle vinyasa flow yoga class with Emily, simply moving mindfully and exploring gentle body movements anyway which feels good for you. Come as you are, free from intimidation, free from ego and free from expectations. This class is simply about breathing, moving and feeling good!

About: Focusing on the need to nourish your body while creating a place for everyone, Emily teaches calming, empowering and energising yoga classes that offer opportunities for building strength, flexibility, promoting balance, and inducing physical and mental relaxation. Providing a modern alternative to traditional yoga classes her classes are fun, playful and light-hearted accompanied by power playlists, strong flows and contemporary mindfulness and breathwork techniques. You

may recognize Emily from one of her many free community Yoga events which she has hosted across Portsmouth and Hampshire, including most recently the free community yoga series in store at Nike Gunwharf Quays, as part of Nike Experiences Yoga Series. Free and accessible yoga has always and will continue to be a huge part of Yoga by Emily. Although Emily has practiced yoga for 6+ years, while also teaching alongside her corporate job she has recently pursued her passion and now teaches both yoga and meditation classes on full time basis. Emily's professional training consists of 200 hour Yoga Alliance Registered Yoga Teacher Certification (200RYT), 40 hour Yin Yoga Certification, 25 hour Restorative Yoga certification in addition to a 200 hour Meditation alliance registered Meditation Teacher Training (200CMT) and Pranayama (breathwork) certification. www.yogabyemily.co.uk



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Lorna Chapman, *Luna Yoga & Health*



Session: *"Release, Let Go & Relax"* - I'll take you through a flowing practice that will move your body in all directions, to free both mind and body. We will then re-ground ourselves and relax by lying directly on the earth.

About: I'm a British Wheel of Yoga Teacher and Foundation Course Tutor and have been teaching in and around Winchester since 2003, most 20 years. I teach paddle board yoga, paddle boarding and more. My classes vary from dynamic flowing styles, to very gentle to suit those who are less able, plus Restorative for relaxation and unwinding. I teach from teens to seniors. I also run regular yoga holidays abroad. www.lunayogawinchester.co.uk

Michelle Davis, *Flotsam Holistics*



Session: *"Group Tapping & Meditation"* - The ultimate release for your energetic body, releasing qi stagnations on an emotional, mental, physical and spiritual level. Join me for a group Tapping (EFT) session where we can collectively tap on any limiting beliefs that we are holding in our bodies as stress and tension. This guided session will enable you to gently tap on specific meridian points, allowing the body to lower adrenaline and cortisol whilst reframing limiting beliefs into positive affirmations. The session will end with a meditation where you will receive healing Reiki, the ultimate way to cleanse and heal all that has been released during the Tapping session.

About: Hello, my name is Michelle and I am an Advanced Reiki Practitioner and Emotional Freedom Technique (EFT) Practitioner. I work with clearing the fragments of energy that get trapped and stuck in our energetic body, manifesting in symptoms on our physical bodies.

www.flotsamholistics.com



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Bunny Randall, Pilates & Yoga With Bunny



Session: "Hypopressives (Breathwork & Postures)" - A low pressure way to improve your breath and pelvic floor health. Hypopressives are Postures and Breathing Techniques to Decrease the Excess of Pressure in the Abdominal Cavity. The session will take you through an introduction and a demonstration of Hypopressives and then together we will breathe, deepening and lengthening our breath to get the whole body relaxed and increase the capacity of the lungs.

Then moving into different positions and postures to increase full body muscle activity and learning how to expel all air and create a vacuum with no pressure or engaging of the pelvic floor. Improve lung capacity/ improve pelvic health / stretch all your internal muscles / reduce back pain / reduce the likelihood or may improve prolapse

About: There is a real buzz from the way I watch clients bodies get stronger and their posture improve. Reducing their daily pain and the ability to lead a functional life is HIGH on my agenda for all my clients no matter what the goal. Having lived with acute debilitating pain for so long quality of life is key. Believing that every person no matter of age, size, sex, experience, injury, disease and flexibility should make movement (even if modified) part of their weekly routine. As well as overall health and functionality, Pilates, Yoga and Calisthenics are my passions and I want it to be yours too. www.pilatesandyogawithbunny.co.uk

Emily Burrough, Emily B Yoga



Session: "Hatha Flow - Creating Space in the body"

About: Emily has been practicing yoga for over 10 years and teaching for over 6 years - much of her training has been with the British Wheel of Yoga, with whom she achieved her 500 Hour Diploma. In addition, Emily is trained to teach Aerial Yoga, Yin Yoga and Yoga Nidra. Emily teaches the majority of her classes from The Studio @ Ed Lodge on Castle Road in Salisbury, Wiltshire (although in the warmer months often takes classes outside, as well as working for Park Yoga UK during the summer in Salisbury). Emily offers both Hatha Flow and Aerial Yoga classes several times per week from The Ed Lodge Studio - her classes are warming with plenty of focus on the breath, various options are given throughout to ensure that classes remain suitable & accessible to all levels. Emily's aim is for her students to feel that they have challenged themselves, explored their edges and walked away from class with a sense of wellness in their bodies & minds and a sense of community in their hearts. www.emilybyoga.co.uk



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Laura Green, Laura Green Yoga



Sessions x2: "Thai Yoga Massage" & "Kirtan"

About: Laura Green is a Yoga teacher and Singer. She blends expert yoga tuition with life affirming tools to empower men and women to live the life they want. Laura is an inspiring and intuitive yoga teacher who helps people connect with their soul's longings and courageously step into their strength and the life of their dreams.

www.lauragreenyoga.co.uk

Amanda Ridgley, The Light Therapist



Session: "Conscious Connected Breathwork" - A deeply embodied journey to connect you with your ancestral imprints, illuminate unhelpful patterns and somatic resistance and to allow traumatic memories to be processed and integrated.

About: Amanda Ridgley of The Light Therapist is a Trauma Therapist, Senior Yoga Teacher, Mindfulness Teacher and Conscious Connected Breathwork Facilitator. Amanda completed a 200 hr Yoga Alliance certified teacher training in India in 2011 and further completed the 22 month Yoga Therapy Diploma programme with Yoga Campus in 2013.

Amanda's curiosity in mind-body healing led her to train as a Mindfulness Teacher with Breathworks and deliver Mindfulness Based Stress Reduction courses within many clinical settings for NHS patients and staff. She then went onto to work front line for South Central Ambulance during the first wave of Covid where she developed her interest in trauma and in particular how the mind and body heals from such life events. As such she became fascinated in the work of Gabor Mate, Babette Rothschild and Peter Levine and specifically how Somatic Practices can heal trauma from the bottom-up. She qualified with Integrative Breath as Trauma Informed Conscious Connected Breathwork Facilitator in 2022. She has extensive experience working in mental health, is currently studying Counselling and an MSc in Occupational Therapy where she hopes to bring the benefits of yoga therapy, mindfulness and conscious connected breathwork into the healing of trauma. www.instagram.com/the_light_therapist



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Dave Tipper, *Earth Resonance*



Session: *“Earth Resonance Sound Bath”* - During this sound bath you will be bathed in sounds produced by instruments such as Himalayan, Nepalese, crystal singing bowls, gong, frame drums and didgeridoo. These powerful tools of transformation can help you feel a sense of inner peace and offer the opportunity for deep self-reflection. The sound vibrations produced can be likened to the physically softening effect of a gentle body massage.

About: Dave Tipper and his practice ‘Earth Resonance’ has shaped over many years and expresses a distillation sound, meditation and movement practice, to help improve personal wellbeing and create a stronger connection to the natural world. From a foundation of deep respect for our planet, his practice draws upon ecocentric principles such as Druidry, Animism, Nature-based Spirituality and Sound Therapy. He sees the world as a beautifully complex living organism in which all living things are interconnected and aims to create deep personal change that supports a peaceful future for all.

www.earthresonance.co.uk

Naomi Hurst, *Doda Yoga*



Session: *“Yin Yoga”*

About: Naomi Hurst is an deeply experienced yoga teacher. She is registered with Yoga Alliance and is qualified in Ashtanga, Vinyasa, Hatha and Yin Yoga. She completed her 200 and 300 hours Ashtanga, as well as her Hatha teacher qualifications in Mysore, India under Praveen Somu. Her Yin qualification was completed with Bernie Clarke and Diana Batts. She is accredited as a continued education provider by Yoga Alliance, allowing her to teach advanced courses to yoga teachers. She continues to train and is currently studying advanced anatomy with Yoga Medicine to support her teaching.

Naomi can facilitate numerous wellness activities such as guided meditation, sound baths and Yoga Nidra (conscious yogic sleep). She is a qualified sound healer having studied under Nada Yogi Akhilanka at the Temple of Singing Bowls in Mysore, India.

www.dodayoga.co.uk



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Cheryl Theodorou Abela *Yoga Makes Me Smile*



Session: “Energetic Vinyasa Flow” - Inspired by Dharma and Ashtanga yoga and closing with a short grounding Yoga Nidra and Gong Sound bath

About: Cheryl is an experienced teacher, trained in a broad variety of Yoga practices with a deep passion for it. With 20 years of practice behind her, she has been teaching for the last 6 years to a broad group of people: children, mum’s to be, postnatal, teaching local community classes, in gyms and studios.

Cheryl was drawn to yoga in her early 20’s and felt a calling to train as a yoga teacher to be able to share the power and healing potential of the practice.

www.yogamakesmesmile.co.uk

Louise Pitman, *Louise Pitman Yoga*



Session: “Yoga for Women” - Do you love yoga but, some days, you just want to do your usual practice? Maybe it feels too fast, too intense, or too slow and you want to expand, or that your mind is just too busy and you feel too pent up to settle into a practice? Well , if you’re a woman I am not surprised. Women are cyclical beings, we were not designed to be the same each day. We are led by rhythms & cycles, the moon, your inner cycle, your hormones, the seasons. Join Louise for this creative journey, let your yoga practice meet you where you are.

About: I've been practicing yoga on and off for over 12 years. I noticed that the times I tended to return to practice was when I needed to bring some balance back into my life. It was following a bereavement in 2017 and at a low point that I can honestly say that yoga got me through. This wonderful practice brought me peace at a time I needed it most, it really is so beneficial for mind, body and spirit. I decided to complete my 200 hour yoga teacher training (YTT) in 2018, following the Sivananda lineage, in the Hatha tradition. I thrive on continuous professional development and have since furthered my offering by undertaking various workshops and training. My true calling is working with women and the scared womb, see the womb tab for these offerings. In my classes, 1:1 sessions, workshops and retreats it's important to me that I hold a safe space for all who practice with me. Paying particular attention to the breath, classes contain pranayama (breathing exercises) asana (the postures) and an opportunity for swadyaya (self study/self awareness). I encourage my students to develop a sense of curiosity in their practice to find what feels good. The individual yogi really does have the best knowledge of what their body is capable of, my job is to guide you safely. My 'other life' has been



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working within the Criminal Justice System for over 20 years, using psychological techniques to support people make effective change in their life. I am a Reiki Practitioner and love to infuse my restorative practices with Reiki energy. This rounded experience really does support me to take care of you mind, body and soul. www.louisepitmanyoga.com

Claire Bailey *Deep Rest Nature*



Session: "Deep Rest Yoga Nidra"

About:

www.instagram.com/deeprestnature

Georgina Watts *Round Wood Wellbeing*



Session: "Nia - Dance for Pure Joy" with Georgina - Move barefoot to inspirational music in a session created to condition your body, engage your mind and touch your soul. Dance skills are unnecessary.

About: Georgina Watts: Brown Belt level Nia Technique instructor and a Reiki Teacher. Nia has elements of jazz and modern dance familiar to my younger self with satisfying martial arts energy and releasing stretches from healing arts like yoga. Nia has allowed me to combine a knowledge of working with energy, a love of running around the sofa to music and the secret desire to be a Kung Fu master. If like me, you love yoga and stirring sound you will want to give Nia a try.

www.roundwoodwellbeing.co.uk/nia-with-georgina