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University of London

BWY

AT
THE
HEART
OF YOGA

AUTUMN SUMMIT 2024

Yoga: Health, Harm and Healing

Uma met yoga in 1969, at the age of four, and fell in love. She's been practicing ever since, and sharing yoga since 1994. She co-founded the Yoga Nidrā Network and is the author of Yoga Nidrā Made Easy (Hay House 2022) and Nidra Shakti: the power of rest, an Illustrated Encyclopaedia of Yoga Nidrā (2024). She has developed Total Yoga Nidrā, Wild Nidrā, Yoni Nidra and Tarot Nidrā: radical creative and intuitive approaches to sharing yoga nidrā.

Uma's special interest is in the intersection of yoga therapy with devotional and intuitive healing arts (including dream decoding and tarot reading). Recovering intuitive embodied and cyclical wisdom is at the heart of her approach to yoga therapy which always includes yoga nidrā.



Dr Umā Dinsmore-Tuli



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A yoga therapist with special expertise in yoga therapy for women's health, Uma holds diplomas in Yoga Therapy from the Yoga Biomedical Trust, and Mukunda Stiles.

A mother of three, Uma has written four books on yoga for women. In 2020, she established the Yoni Shakti Campaign to Eradicate the Abuse of Women in Yoga. Following a two year court case she defended her right to publish details of abusers named in Yoni Shakti.

Uma co-created the annual community Santosa Living Yoga and Bhakti Camp which ran for 17 years (2005 – 2022), with five daily yoga nidrā practices at the heart of the camp schedule.