

**SOAS**  
University of London

**BWY**

AT  
THE  
HEART  
OF YOGA

**AUTUMN SUMMIT 2024**

Yoga: Health, Harm and Healing

**Jo is a full-time yoga therapist and has been teaching yoga since 2013. She has specialist expertise in yoga therapy for mental health, chronic pain and women's health.**

She is an examiner and also teaches professional practice and ethics for a British Council of Yoga Therapy (BCYT) approved Yoga Therapy Diploma. She is a founder member of the Yoga Therapy Association, founder and director of Yoga Health Connect CIC, and is the Regional Officer for British Wheel of Yoga (BWY) in Wales.

As a younger woman Jo obtained an LLB (hons) and distinction in postgraduate professional training to become a solicitor, with focus on Legal Aid practice areas.



**Jo Bogacz**

She has worked in the third sector as a project manager and advocate, her clients have included the most deprived in the Welsh Valleys.

Her commitment to social justice has continued as a Yoga Teacher (BWY) and a Complementary and Natural Healthcare Council (CNHC) registered Yoga Therapist (Yoga Focus).

She has personal lived experience of a long-term chronic health condition and how the transformative power of yoga as a psychosomatic technology coupled with compassion-based practice fosters healing, change and choice.