

Celebrate

BWY Yorkshire Festival of Yoga

Residential Weekend
3-5 July

BWY

SANGHA
IN YORKSHIRE

Cober Hill,
Scarborough
Tutor & Session
Details



A residential weekend with the option of either full board (en suite single rooms, all meals, 11 sessions) or day tickets

Includes Sound Bath, Accessible Ashtanga, Ayurvedic Yoga Therapy, Yin, Silent yoga, Iyengar, Kundalini, Chair Yoga, Fun & Psychodrama, a variety of meditation and pranayama techniques, philosophy, Qigong & Kirtan

[Link to event](#)



FESTIVAL TUTORS



YORKSHIRE FESTIVAL 2026

		Joseph Rowntree	Theatre
Friday 04			
15:00	Arrival		
17:00-18:00		Sound Bath (Louise) [1]	Yin Yoga (Jayadhara) [2]
18:30-19:30	Dinner		
19:45-21:00	Welcome	Meditation - OM Chanting (Claire) Booking not required – open to all	
Saturday 05			
07:15-08:15		The Silent Approach 1 (ONE) (Nestor) [4]	Qigong (Lucy) [5]
08:30-09:30	Breakfast		
09:30	Arrival of Saturday bookings		
10:00-11:00		Ayurvedic Yoga Therapy (Jayadhara) [8]	Accessible Ashtanga (Emma) [9]
11:00-11:45	Break		
11:45-12:45		Yoga, Fun & Psychodrama (Nestor) [12]	Kundalini (Louise) [13]
13:00-14:30	Lunch		
14:30-15:30		Accessible Ashtanga (Emma) [16]	Iyengar (Kate) [17]
15:30-16:30	Break		
16:30-17:30		Celestial Comms (Louise) [20]	Yin Yoga (Jayadhara) [21]
18:30-19:30	Dinner		
19:45-21:00		Kirtan led by Swami Gyan Dharma - open to all	
Sunday 06			
07:15-08:15		Chanting & Meditation (Swami Gyan Dharma) [24]	Surya Namaskara (Simone) [25]
08:30-09:30	Breakfast		
09:30	Arrival of Sunday bookings		
10:00-11:00		Ayurvedic Yoga Therapy (Jayadhara) [28]	Qigong (Lucy) [29]
11:00-11:45	Break		
11:45-12:45		Celestial Comms (Louise) [32]	Gitananda Pranayama (Catherine) [33]
13:00-14:00	Lunch & Farewells		

YORKSHIRE FESTIVAL 2026

		Lounge	Drawing Room
Friday 04			
15:00	Arrival		
17:00-18:00			Yoga Nidra (Simone) [3]
18:30-19:30	Dinner		
19:45-21:00	Welcome		
Saturday 05			
07:15-08:15		Surya Namaskara (Simone) [6]	Introduction to Meditation (Claire) [7]
08:30-09:30	Breakfast		
09:30	Arrival of Saturday bookings		
10:00-11:00		Gentle Hatha (Jayne) [10]	Philosophy - What Am I..? (Catherine) [11]
11:00-11:45	Break		
11:45-12:45		Iyengar Yoga (Kate) [14]	Philosophy - Kleshas (Catherine) [15]
13:00-14:30	Lunch		
14:30-15:30		Bija Mantras & Healing Sounds (Lucy) [18]	Chair Yoga (Clare) [19]
15:30-16:30	Break		
16:30-17:30		Gentle Hatha/Relaxation (Jayne) [22]	Introduction to Working with the Breath (Claire) [23]
18:30-19:30	Dinner		
19:45-21:00	Kirtan		
Sunday 06			
07:15-08:15		Yoga, Fun & Psychodrama (Nestor) [26]	Relaxation (Jayne) [27]
08:30-09:30	Breakfast		
09:30	Arrival of Sunday bookings		
10:00-11:00		Chakra Meditation & Relaxation (Clare) [30]	Introduction to Working with the Breath (Claire) [31]
11:00-11:45	Break		
11:45-12:45		Bija Mantras & Healing Sounds (Lucy) [34]	Chair Yoga (Clare) [35]
13:00-14:00	Lunch & Farewells		

JAYADHARA (JANE CLULEY)



I have used yoga as a journey of self-discovery and healing since my university days, practising with a wide variety of teachers and teaching since 1988. I am passionate about including all aspects of yoga and ancient wisdom in ways accessible to everyone and every body. I believe that my students are my greatest teachers and that I can learn from each and everyone of you by observing and listening. I believe the cornerstone of yoga is 'awareness' and that applying this throughout practice and life we can change our physiology and thinking mind for the better.

The key influences to my practice are Satyananda Yoga, Structural and Ayurvedic Yoga Therapy, Vinyasa, Fascial Yoga, Yin Yoga, and Mindfulness. I've trained dozens of BWY Level 4 yoga teachers, taught BWY Foundation Courses in Yorkshire since 2004, offer other in-depth independent study, workshops, yoga retreats and yoga holidays.

For many years I regularly visited India as part of my personal journey, staying in ashrams and attended the awe inspiring 2001 Kumbh Mela at Allahabad. I received my spiritual name, Jayadhara, in 1996 at the Bihar School of Yoga, Munger and I feel that I'm able to draw on many of these experiences to enhance my teaching and to make the essence of ancient yoga traditions relevant to modern life.

[Link to event](#)



JAYADHARA (JANE CLULEY)

AYURVEDIC YOGA THERAPY (AYT)

Yoga and Ayurveda are sister sciences from the Indian Vedic Tradition; these teachings are timeless and eternal. The classes will draw on the vinyasas developed by Mukunda Stiles to balance the three doshas of Vata, Pitta and Kapha through combining movement, breath and awareness. Vata sequences are rhythmical, emphasising connection to the breath; Pitta focus on the abdominal area and incorporate backward bends with more dynamic energy; Kapha vinyasas promote strength and stamina for the body with focus on the chest area.

The sessions end with relaxation for the body to absorb the effects and rebalance itself and closing mantras.

YIN YOGA

Yin is a quiet practice where poses are held for an extended time, giving us the chance to experience the poses at a deeper level. When holding a pose focus can rest on the sensations, the breath, flow of prana within, mantra or the voice of the teacher.

The value of Yin is in physically improving health of the fascia (a binding connective tissue) and in drawing the mind to a quieter place through an extended period of focus.

Please bring your yoga mat and as many props as you have.

[Link to event](#)



EMMA CONALLY-BARKLEM



Emma is an experienced eight limbs of yoga teacher with a daily practice.

Emma teaches inclusive and accessible workshops, classes, festivals and retreats both home and away. She combines movement for mental health with practical writing workshops and poetry in community settings.

Emma connects her yoga community via her YouTube yoga channel Emma Live Yoga and mentors new teachers. Emma is an author, poet and spoken word artist.

Her first novel 'Yoga Homicide' was shortlisted for the Book Editors Writer's Prize 2024. You can connect with her on Instagram @emmaliveyoga and find her work including her books at www.emmaliveyoga.com

[Link to event](#)



EMMA CONALLY-BARKLEM

ACCESSIBLE ASHTANGA

This session will be a fun and creative journey through Yoga Chikitsa or Yoga Therapy as the Primary Series of Ashtanga Yoga is known, but not as you may know it!

Emma, in the tradition of her teachers David Swenson, David Williams and Manju Jois, is keen to change the narrative about Ashtanga yoga and teaches it in the way it was originally intended, to help people feel better through breath and movement.

Emma will offer chair, seated and kneeling options for the practice, snippets of insights and tips from her own 25 year daily practice using her usual inclusive and accessible options for all.

Please bring a mat. No props are required unless you are using a chair or need support for your knees.

[Link to event](#)



LUCY CROUCHER



I first started doing yoga when I was at University, but it wasn't until I went to India in 2008 that I "got it". Since then I've learned from many different teachers, including David Svenson, Donna Farhi, Judith Lasater, Alan Finger, Philip Xerri, Maarten Vermaase, Swami Vedantananda and locally with Jayadhara and Amanda Latchmore. I've tried all sorts of yoga, including Satyananda, Ashtanga, Afrikan, SunPower, Iyengar, Dru, Yin and the practices of Mukunda Stiles. I have visited the Satyananda ashrams in Munger and Rikiapeeth, the Mandala Yoga Ashram in Wales and have even practiced yoga on an elephant!

During lockdown I trained as a Qigong teacher.

I am the Yorkshire Regional Officer, Editor and a BWY Trustee.

[Link to event](#)



LUCY CROUCHER

QIGONG

Qigong is a Traditional Chinese Medicine movement practice which is reputed to remove energy blockages in the body. It is beautiful, gentle practice using repetitive movements to relax and energise the body and mind.

If weather permits this session will take place outside.
Please bring a mat.

BIJA MANTRAS & HEALING SOUNDS

We will explore the Chakra Bija mantras and the Qigong Healing sounds. Please bring a mat and any props you need to sit comfortably; chairs will be available.

[Link to event](#)



KATE GOODWIN



I first practiced Iyengar yoga over 20 years ago, I still have the pleasure of being taught by the same teacher.

Once I had had my two children I began a 5 year yoga teacher training journey. I qualified as an Iyengar yoga teacher 8 years ago and have been teaching ever since. I absolutely love it. I love the people I meet and work with, I love the benefits the yoga practice brings, a beautiful combination of high vibration energy and a deep sense of peace.

As well as teaching yoga, I work as a reflexologist from my practice at home.

I work 1:2:1 with Women supporting them through health challenges they may be facing. Working on the mind, body and soul using Ayurveda and herbal medicine with monthly reflexology treatments. The Women's Wellness packages include an Ayurvedic health consultation and herbal supports and remedies to help support women back to balance and vitality. These packages take place over 3 months.

For more information
Kategoodwin@rocketmail.com

[Link to event](#)



KATE GOODWIIN

IYENGAR YOGA

An introduction to Iyengar yoga, including a combination of standing poses, seated postures, forward bends and twists. There will be a supine relaxation at the end which will be a brief yoga Nidra in savasana.

Standard Iyengar kit is, one belt, 2 bricks 4 blocks and a blanket, but please bring what you have, I will bring some extra.

[Link to event](#)



SWAMI GYAN DHARMA



Swami Gyan Dharma is a yogi.

He was born and grew up in Denmark. After finishing his education he travelled widely in Europe, the Middle East, the Indian Subcontinent and South East Asia as a part of his search for a way of life that made sense to him.

In the mid-1970s he became interested in psychology and he studied the field extensively. In the later part of the 1970s he started practising yoga and meditation and by 1980 he was living with his teacher Swami Satyananada at the Bihar School of Yoga in India.

The decade from 1980 to 1989 was spent learning yoga, meditation and chanting at his teacher's ashram. Since leaving India he has lived his life as a wandering yogi and also spent periods in retreat practising the yogic and meditative techniques he learned in India.

These days he writes, travels and teaches yoga, meditation and chanting in different parts of the world.

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SWAMI GYAN DHARMA

KIRTAN

Swami Gyan Dharma will be leading the kirtan session on Saturday evening.

Kirtan, derived from the Sanskrit word "kirtana," which means "to praise, glorify, or recite," is a tradition rooted in the Vedic period, evolving into a popular form of devotional expression in India. A key characteristic of kirtan is its call-and-response structure, where a lead singer or musician introduces a chant or mantra, and the audience or participants respond in unison.

Kirtan is used as a means of connecting with the divine, expressing devotion, and fostering a sense of community and unity.

No previous experience is required; you don't have to be a singer or a musician. Everyone is welcome.

If you have never experienced kirtan before come along with an open mind and heart. If you have experienced kirtan before you will know what an amazing practice it is.

CHANTING & MEDITATION

Swami Gyan Dharma will be leading the morning chanting and meditation session on Sunday morning.

Enjoy traditional yoga chanting and a focused meditation.

[Link to event](#)



CLAIRE HALL



My name is Claire Hall, eternal yoga student and teacher. The Hatha Yoga I teach is truthful, honest and respects the human body in all its greatness.

My Yoga journey started about eleven years ago with my teacher Bridget Rowan at Om Yoga Works. I qualified with a Level Four Diploma in Teaching Yoga in 2020. Training doesn't just end once you become a teacher and I continue to learn and grow through the guidance of respected teachers such as Peter Blackaby, Monica Voss, Lesley Dike, Judy Hirsh-Sampath, Philip Xerri, the work of Jivana Heyman and Susanna Barkataki and the teachers from the Mandala Yoga Ashram in Wales. An area of interest for me is the philosophy and history of Yoga. I am the West Yorkshire Representative organising events in the Yorkshire Area. I am also a BWY Foundation Course Tutor and CPD Tutor.

I have a particular interest in maintaining the natural functioning of the body, keeping our bodies healthy and strong so we can physically move through life in the best way possible. I also have a deep interest in the philosophy of Yoga and how the ideas and concepts can work for us as we navigate the choppy waters of life.

I also enjoy writing about Yoga ideas and philosophies.

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CLAIRE HALL

OM CHANTING

After the Welcome and Introductions, we will chant the mantra OM.

Please bring any props you need to sit comfortably; or you can sit in a chair.

AN INTRODUCTION TO MEDITATION

This session is for anyone who is not familiar with meditation practices. We will briefly discuss the history and benefits of meditation and then practice some introductory techniques.

Please bring a mat and any props you need to sit comfortably; or you can sit in a chair.

AN INTRODUCTION TO WORKING WITH THE BREATH

This session is for anyone who is not familiar with breathing practices. We will briefly discuss the history and benefits of breath work and then practice some introductory techniques.

Please bring a mat and any props you need to sit comfortably; or you can sit in a chair.

[Link to event](#)



CATHERINE HOPE



Catherine has been sharing Yoga with others since 2008, and since then, has gone on to become a BWY Foundation Course Tutor (since 2017) and a BWY Diploma Course Teacher Trainer (since 2020), Catherine is currently studying with Yogacharya Dr Ananda Balayogi Bhavanani undertaking a 500 hour course in the Pranayama's of the Gitananda Yoga Tradition.

Catherine's passion in sharing Yoga is to honour the roots and history of Yoga in an accessible way. Ensuring that Yoga is something that can be explored both on and off the mat, creating space for people to find their own connection to Yoga and what it might offer to them in their lives.

Catherine's academic background is in Forensic Psychology with a 20-year career across various Police Forces within the UK. Catherine is now a full time Yoga teacher with two children and a small herd of rescue animals living on a small holding in the countryside.

Catherine is the Yorkshire Training Officer.

[Link to event](#)



CATHERINE HOPE

WHAT AM I.....?

OPPORTUNITY TO EXPLORE THIS HUGE QUESTION FROM A YOGA PHILOSOPHY PERSPECTIVE

This will be a seated discussion where we will discuss the many ways in which we could play with exploring this question.

WHAT IS GETTING IN THE WAY OF TRULY KNOWING YOUR SELF?

DISCUSSION AROUND THE KLESHA FROM PATANJALI'S YOGA SUTRAS

This will be a seated discussion where we will explore the 5 kleshas, how they can contribute to negative thought patterns and unhelpful behaviours but also how we can thin them out.

PRANAYAMA FROM THE GITANANDA TRADITION - EXPLORING OUR CONNECTION TO PRANA AND LIFE

The Gitananda Tradition is a living lineage which focuses closely on the subtle practice of pranayama. If Yoga is about transformation, then prana is the force that creates this. This session will offer you a taste of the Gitananda approach to the magical practice of pranayama.

This session will involve some movement from seated and lying as we prepare for pranayama.

For all these sessions please bring a mat and any props you need to sit comfortably; or you can sit in a chair.

[Link to event](#)



JAYNE PENNOCK



I currently teach three classes each week, two gentle Hatha classes and a Chair based class, at Hatfield Community Library near Doncaster.

My yoga journey began around 20 years ago. Life then got busier, so yoga was put on the back burner. I returned to classes around eleven years ago and the yoga spark was re-ignited.

I have been a member of the BWY for several years now and completed the BWY Foundation Course in 2015, followed by the BWY Level 4 Diploma Course, qualifying in December 2018.

I am passionate about the benefits that Yoga has for our health and well-being and am keen to share this with everyone who comes to my classes. I truly believe that Yoga is for Every Body – if you can breathe, you can do yoga!

I volunteer with the BWY as the Yorkshire Secretary.

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JAYNE PENNOCK

RELAXATION

Gentle stretches, breathwork and guided relaxation.

This will be seated and laying (option to use a chair if needed).

GENTLE HATHA YOGA

Gentle stretches, breathwork and guided relaxation. The session will include laying, seated, all fours and standing.

Please bring a mat, block and blanket; plus any other props you normally take to a yoga class.

[Link to event](#)



NESTOR PORTNOY



I am a British Wheel of Yoga teacher and a general nurse with a long experience in neurological rehabilitation and other fields.

I teach several Hatha Yoga classes in York and surroundings villages and in the David Lloyd gym.

I specialise in teaching Yoga to students with special conditions, including students in wheelchairs, students living with neurological conditions, and I teach seated yoga in nursing and neurological homes.

I am a graduate of the Prison Phoenix Trust module, teaching yoga in prisons and security environments, with experience teaching residents and staff in several prisons and secure psychiatric hospitals.

I am also a Yin Yoga teacher and trained in several types of massage, including traditional Thai massage, that gave me a better insight when doing adjustments in my yoga classes.

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NESTOR PORTNOY

THE SILENT APPROACH I

A mindful workshop where the ambience, the emotions, and the pace of the breath are the main protagonists. Simple movements and postures done mainly in silence.

YOGA, FUN & PSYCHODRAMA I

A crazy, liberating and hilarious practice with elements of acting, performance, and Martial Arts.

Attendees are invited, not obliged, to participate actively. The drama is at the end.

[Link to event](#)



SIMONE SHANNON



Yoga has been around in the background all my life as my sister has been a yoga teacher for 20 years and my grandmother practiced Yoga until she was 95 years old!!!

In 2023, I completed the 500-hour Yoga Teacher Training Diploma with Jayadhara. I confess it was very hard juggling my work (full-time, lots of trips and very long hours) with my course work. However I persevered and the course was truly amazing, I learnt so much (Jayadhara is such a wonderful teacher and an inspiration) and I met some wonderful friends for life.

As Jayadhara mentioned to us during the Introduction course: “this course will change you” and it really has. So much that in 2025, I decided to leave my full-time employment and dedicate myself to yoga.

I am extremely passionate about how yoga can improve and change our lives. Yoga is a philosophy, a way of life. All my classes are structured in an accessible way around a theme, either physical, emotional, spiritual, key principles of yoga philosophy or Mother Nature.

I am also honoured to be a member of the BWY Yorkshire Committee and try to help promote the benefits of yoga practice across our region.

[Link to event](#)



SIMONE SHANNON

YOGA NIDRA

As if you are floating on a cloud, practitioners are taken to the place that lies between wakefulness and sleep. Yoga Nidra is an ancient and powerful relaxation practice, that has the following key benefits:

- Extremely restful as the brain produces theta waves associated with deep sleep
- It can provide effective relief for depression and long-standing anxiety
- It is said to induce deeper, more restful night time sleep
- Clears the mind for learning and absorbing new material
- Releases tension for body and mind
- Relaxes the mind

SURYA NAMASKARA

We will be practicing a few gentle warming up asanas and then a lovely Surya Namaskara (Salute to the Sun).

Surya means sun and Namaskara means to bow to. Surya Namaskara has been handed down from the enlightened sages of the Vedic age. The Sun symbolises spiritual consciousness and in ancient time was worshipped on a daily basis. This dynamic group of asanas is not a traditional part of Hatha yoga practices as it was added to the original asana group at a later time. It is a dynamic group of asanas. Main Benefits:

- Energising and effective way of loosening up, stretching, massaging and toning all the joints, muscles and internal organs of the body.
- Stimulate the neurological, circulatory, and subtle, energetic pathways, initiating conscious awareness and synchronisation of movement in the breath, body, mind, and spirit.

I will offer plenty of modifications and adaptations. We will perform it slowly and meditatively and this way our Surya Namaskara can become like a moving prayer.

[Link to event](#)



CLARE WALKER (SHE/HER)



Clare did her BWY teacher training with Paul Fox and Carol Price and her Diploma training with Jane Cluley (Jayadhara).

She is a student of Susan Lodge and Emma Conally-Barklem and teaches in North Yorkshire with classes in the villages around the Osmotherley area.

Clare is the BWY North Yorkshire Area Representative.

[Link to event](#)



CLARE WALKER

CHAKRA MEDITATION & RELAXATION

Using the chakras to deepen your meditation practice and supporting the parasympathetic nervous system with a restorative relaxation.

Please bring a mat, eye pillow and blanket; plus props to sit comfortably.

Chairs will be available.

CHAIR YOGA – MOVING MATTERS

Moving Matters for mobility, strength and building resilience.

A combination of movement, pranayama and relaxation.

Based on the BWY Gentle Years yoga module and ideal for getting the day off to a gentle start.

[Link to event](#)



LOUISE WRAY



I have been immersed in this amazing world of Yoga, Bodywork, Spirituality, Meditation, Sound & Mantra for over 30 years now, and it is such a joy to be able to share the teachings, offer treatments and assist people in their own healing journey.

My personal Yoga journey has been constant, diverse, and fascinating. Always curious and seeking inspiration, I've been blessed to work with some amazing teachers from different disciplines, from all over the world.

My classes have evolved to incorporate the Yogic tools I have found most effective through my own many years of study and personal practice, and I offer different classes in different Yoga styles, but always I will teach with warmth, humour and clarity to help you step into your true peaceful strength.

[Link to event](#)



LOUISE WRAY

SOUND BATH

Deep rest immersed in the vibration of gongs, Himalayan bowls, drum and sacred mantra.

Please bring a mat plus props and warm layers so that you can be as comfortable as possible.

KUNDALINI SADHANA

A session to connect with our radiance, clarity and personal power. With meditation, mantra, breath and movement and deep rest with the gong.

Please bring a mat plus props to sit comfortably.

CELESTIAL COMMUNICATION

A beautiful form of moving meditation combined with mantra to uplift, open the heart and expand into our radiance and divinity.

Please bring a mat plus props to sit comfortably.

[Link to event](#)



We look forward to welcoming you to
the Yorkshire Festival of Yoga at Cober
Hill, Scarborough

BWY Yorkshire Committee

*Catherine, Claire, Clare, Jayne, Lucy &
Simone*

*Any questions, please contact Lucy
(yorks.ro@bwyregions.org.uk)*

Link to event

