

CAMBRIDGE YOGA FESTIVAL GUIDE

SATURDAY 13TH AUGUST 2022

ST PAUL'S HILLS ROAD, CAMBRIDGE



**MOVEMENT
COMMUNITY
WELLBEING**

WELCOME

Welcome! We have wonderful classes all day on Saturday 13th August and a Wellbeing Market popping up from 10am-4pm too in collaboration with Be Social Cambridge!

Book on the website and join us for a special day (including a significant chance of freebies, too...) Enjoy!

9-10AM

ARRIVALS & QUIET SPACE // MAIN HALL

Come and get a cup of tea and settle in for your first classes at Cambridge Yoga Festival 2022!

10-11.25AM

JIVAMUKTI MASTERCLASS

ANDREA K // MAIN HALL

A dynamic and inspiring integration of postural practice, breath, philosophy and more.

Suitable for those with some experience of yoga flow.

10-11.15AM

BEGINNER'S-FRIENDLY YOGA

TBC! // UPPER HALL

Suitable for all levels.

11.30AM-12.15PM

CHANTING WORKSHOP

JAMES DOWNS // MAIN HALL

A fun intro to the basics of vocal technique, breath, and "finding your voice!"

No experience or confidence required! FREE to book.

11.30AM-12.45PM

FORREST-INSPIRED YOGA

ESTHER // UPPER HALL

Try a powerful and healing form of yoga practice for mixed abilities.

Not for absolute beginners

12-12.45PM

REFLEXOLOGY

VICKY MCFARLANE // GREEN ROOM

A mindful way to relax and connect.

Suitable for all and FREE to book.

12.30-1.30PM

LUNCH BAR // LOWER HALL

Donation-based lunch options with a range of plant-based nourishing salads, snacks and drinks

1-1.45PM

INTRODUCTION TO MINDFULNESS

JANINE TANDY // UPPER HALL

An informal talk and introductory practices focussed on mindfulness and mediation.

No experience needed and FREE to book.

1-1.45PM

SESSION TBC // MAIN HALL

FREE to book.

2-3PM

BARRE

AMY HOLLY // MAIN HALL

A fusion of dance, movement, strength and sweat - a dose of energy for the soul!

Suitable for those ready to work hard and enjoy a dynamic class!

2.30-3.15PM

TRAUMA INFORMED YOGA

AMBER // UPPER HALL

An introduction to trauma-informed practice in yoga

Open to all, no experience required and FREE to book

3.30-4.30PM

YIN YOGA

JANINE TANDY // MAIN HALL

A restorative and restful class focussing on ease and release.

Suitable for all levels, you are welcome to bring props if you like

3.30-4.30PM

MANDALA FLOW

LIV HASKEY // UPPER HALL

A flowing practice for all levels using the metaphor of mandala. Not sure what that is? Try it out!

Suitable for everyone with a little experience and above.

5-6.30PM

CLOSING CEREMONY

JAMES DOWNS // MAIN HALL

An extra special yoga class featuring live music, creating something artistic, and yoga movements for all levels.

Suitable for all levels including beginners.

