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Yoga changed my life

British Wheel of Yoga London Festival 2014

A 2 day non-residential celebration of Yoga in central London offering workshops with some of the finest teachers in the country.

28th and 29th June
City of Westminster College,
Paddington Green Campus

List of tutors:

Richard Adamo
Leah Barnett
Marc Beuvain
Peter Blackaby
Tarik Dervish
Lesley Dike
Uma Dinsmore-Tuli
Colin Dunsmuir
Kate Ellis
Julie Friedeberger
Chrissie Harrison
Katrin Heuser
Alison Hogy
Bob Insley
Chris James
Richard Kravetz
Satish Kumar
Olga Levitt
Sarah Jane Minter
Thomas Mueller
Mara Musso
Santoshni Perera
Swami Pragyamurti
Jesse Saunders
Alistair Shearer
Maarten Vermaase
Julie Whitehead
Rosie Wright



For further information
and bookings visit
www.bwylondon.org.uk/festival2014

Yoga has been a lifelong love affair for new author Uma Dinsmore-Tuli

Name
Uma Dinsmore-Tuli
Age
48
Occupation
**Writer, yoga therapist, teacher
trainer and retreat leader**
Yoga Years
44



Why did you start yoga

I first practiced yoga when I was four. My mum and I were watching TV and a programme called Yoga for Health came on. I was totally captivated by it. I did yoga because it felt good. I carried on with the practice because it helped me to live my life with clarity and confidence.

How has yoga changed your life

Yoga gives me courage to be fearless and lucid, and to trust my heart. It brings me back home to my inner guide, to my own heart's truth. My practice is a daily 'deep clean' that helps me to see the world and my place in it clearly. It brings me joy in small things, and it gives me hope in dark times.

Best yoga moment

On the Atlantic coast of County Clare, Ireland, in 2011, when the vision of my latest book Yoni Shakti (yonishakti.co) arrived during a practice of yoga nidra. I sat up from the practice and knew straight away this was something totally vital and huge. There was a lot of hard work between then and the recent launch of my book in London, but now I see how completely the original vision of Yoni Shakti was manifested in that perfect moment.

Favourite yoga haunts

On the rocks in County Clare: there's no better place to practice than Burren Yoga (burrenyoga.com), where I run an annual women's retreat in the summer. In a Somerset meadow: my heart sings as the moon rises, above the hills around Glastonbury Tor, in a gorgeous meadow called the Healing Field, where we gather each August for the Santosa Living Yoga and Bhakti camp (santosayogacamp.co.uk). And I'm always pleased to be back home in the Cotswolds. My studio is on the edge of a place called 'The Heavens'.

What else

Yoga has brought me everything my heart could wish for: the most wonderful job in the world, my husband and my three children, and a supportive community of open-hearted, inspiring yoginis and yogis.

Uma Dinsmore-Tuli will be leading two sessions at the BWY London Festival on June, 28-29 (bwylondon.org/festival)