

# **BWY launches thought-provoking and celebratory online events programme for 2023**

**From deep dives into ancient history to today's quest for true equity, diversity and inclusivity in yoga, from six internationally renowned teachers.**

The British Wheel of Yoga (BWY) launches its new national online events programme with a focus on Equity, Diversity and Inclusivity, a powerful workshop that will provide a toolkit of practical steps to celebrate and increase inclusion in yoga.

Hosted online via Zoom on 26 January 2023 from 11am to 12.30pm, the bespoke session will be led by Josetta, a passionate advocate for bringing yoga to under-represented communities. Through Josetta's extensive EDI training, consultation, PHD research and lived experience, attendees will benefit from using EDI informed language to create and maintain more inclusive yoga spaces.

Further sessions in 2023 will be led by Bhaskarji Ramachandran, who will be decoding the ancient text of The Bhagavad Gita; academic Graham Burns, who will take us on an historical journey through yoga; renowned Ashtanga teacher and author Gregor Maehle who will lead a session on tantric meditation and the ever-popular Devon-based teacher Bill Wood, who will discuss one of his biggest influences, Scaravelli. Also joining BWY is Donna Noble who will explore body positive yoga, teaching us to embrace the skin we are in.

Each session costs £20, including a recording. Members can attend for free as a membership benefit.

Diana O'Reilly, Chair of BWY, said: "We are delighted and honoured that we can offer these inspirational and highly informative sessions to our members and to the wider community. It is a wonderful opportunity to learn about yoga's rich history, its unique styles and how we can connect with new communities to make yoga more accessible for all."

### **About BWY**

British Wheel of Yoga (BWY) is committed to promoting a greater understanding of yoga and its safe practice through experience, education, study and training. Serving yoga teachers and BWY members across the UK, BWY is a leader in developing high quality, yoga teacher training and continuing professional development. A registered charity and established in 1965, BWY is recognised by Sport England as the National Governing Body for Yoga in England and Wales.