



Dutch Yoga Festival 2017 Program (draft)

Dive in a sea of relaxation on the island Terschelling at the 11th Yoga Festival, 23 - 25 June.

The Pre festival program begins Thursday 23 June and the After festival program is until Monday 27 June at noon.

The main program begins Friday at 17.30 and the closing circle ends Sunday at 15.45. Participants are welcome to arrive on Friday from 12.00. Then there are already a lot of workshops, yoga and live music.

Festival theme: Discover

What would you like to discover at the Yoga Festival 2017? Inspiring workshops, yoga, stillness, heart opening mantra's, delicious vegetarian food, dancing on live music, connecting, discovering yourself, all in a warm yogic atmosphere in the pure nature of the island Terschelling.

The festivals charity: Duniya Foundation

Since a few years the yoga festival supports the Duniya Foundation by providing school books or meals to Indian school children in the slums of Varanasi, India. *Learn to love & love to learn*: we, yoga teachers & yogi's, go to India to learn about yoga, from our heart we give to these children, so they can also learn and develop a better future.






For more information: www.duniya.org.





Main program in English


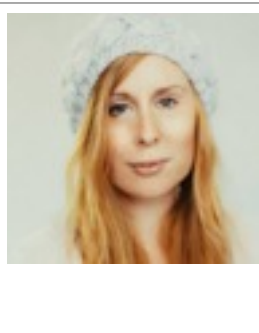

The main language at the festival is Dutch, although some classes and announcements will be in English. If you don't understand Dutch (in a Dutch spoken workshop), please tell the teacher in advance. Most teachers speak English.

The next pages show the content of workshops spoken in English. The names are listed in alphabetical order. Teachers who offer six or more workshops at the festival are mentioned first.

For the content of all the workshops we refer you to the **Dutch program** (in written in Dutch). Check the: **main program schedule** for an overview of all classes, workshops and live music.

	<p>David Lurey (USA) teaches yoga workshops worldwide. He's an internationally and highly renowned yoga teacher and offers an international teacher training course. Due to his knowledge and experience every class, with a focus on breath, live music and flow, is a unique experience! While strength and flexibility grow and the magic of breath, stillness and pure consciousness arise. David's classes are taught in English. For information: www.findbalance.net</p>	<p>Friday 14.30-16.00 Vinyasa yoga. From 19.00-20.15 'The Journey Home': a vinyasa practice Remembering what really matters. From 21.30-23.00 Mantra kirtan concert in the Tipi. Saturday 7.45-9.15 'Thoughts & Feelings': vinyasa yoga as a cumulative practice of Remembering in Body, Mind & Spirit. From 15.00-17.00 'Green yoga experience': asana's & games to celebrate the earth. This class is next to the lake. From 18.15-19.30: Mantras & Heart songs: 'May you Remember' in the tipi. Sunday 10.30-12.30 'Integration & Inspiration': pranayama & meditation to Remember the gifts of the Festival. Classes are English.</p>
	<p>Nianna Bray (USA) is a prolific yogini, teacher, fire keeper and world traveller with a dedicated practice. As a catalyst for transformation she inspires to grow and empowers to live someone's truth. Her eloquent yet fierce teaching is based on 17 years of experience with diverse methods, blessings from her teachers, rigorous self-study, applied knowledge, courage, and spiritual wisdom. She teaches and travels globally sharing her love and passion for yoga, transformation, life and humanity. Nianna's classes are taught in English. More information: www.niannabray.com.</p>	<p>Friday 19.00-20.15 Tantra Vinyasa: 'Increase your fire' with breath work, sensual meditation, kriya and liberated asana. Saturday 10.30-12.30: Shoulder Clinic: a deeper look into arm balances. From 15.00-17.00 'Strength & Surrender': powerful kriya to energize, then a soulful flow and deep stretches to inspire the heart. From 20.00-21.15 Summer Solstice Celebration: Creative flow yoga, ecstatic dance, moving meditation and chanting. Sunday 7.45-09.15 'Hridaya: Awakening the Spiritual Heart': flow with the rhythm of your heart and discover bliss through asana, breath, intention and love. From 10:30 -12:30 Women's Sensual Empowerment - Women only.</p>
	<p>Vijay Gopala (India), founder of Yoga Gita has been studying and practicing yoga from a very young age. Yoga has been passed on to him through generations. He has a master degrees in yoga and in philosophy. In his teachings he approaches the ancient subject from a scientific angle on today's society. Vijay's aim is to spread the knowledge and practice of self awareness, which is the core element in yoga. This becomes the basic preparation for all the different ways of yoga. Yoga Gita offers Teacher Training Courses (RYS) in India and the Netherlands. Vijay also offers individual sessions on request at the festival. His workshops are in English and suitable for all levels. More information: www.yogagita.org.</p>	<p>Friday 19.00-20.15 'Why do yoga': practical techniques to understand the practice of yoga. How to connect with your path of manifestation & self awareness. Followed by a satsang of Q&A. Saturday 7.45-9.15 'Remember your inner sun' with Sun Salutations: a very ancient powerful practice bringing you on a beautiful path of remembering your Self and to shine your sun within your heart. From 15.00-17:00 'Remember your breath': pranayama is the art of breathing through different techniques. Receiving more life energy and expression through your heart. Sunday 7.45-9.15 'Remember your Self': the yogic science of doing postures. Practical knowledge of ancient texts (Patanjali) in practicing postures. From 10.30-12.30 'Meditation & the art of bandha's (lockings): knowing this art will deepen your expression of life & build a strong personality of heart.</p>
	<p>Anoshe Overington is a certified 500 RYT Vinyasa- and Yin yoga teacher, practices since 1982. She loves the balance between rhythmic muscular vinyasa and the static surrender of Yin yoga. Yin softens us back in the here & now. She guides safe alignment and breath initiation to integrate body and mind. She is passionate about finding inner stillness and embodying the Consciousness within. She also leads Yogini circles, with the focus on spiritual practices for women. With her husband Nigam Overington she runs a Yin yoga & Mindfulness Teacher Training (1 & 2). At the festival her workshops are in Dutch & English. Bring blanket and/or pillow. More information: www.stillnessinyoga.com</p>	<p>Thursday 17.30-19.00: Vinyasa slow flow 'Inspire the heart by honoring earth', grounding & chest opening. Friday 7.45-9.15: Yin Yang flow 'Feeding the Fire'. From 19.00-20.15 Yin yoga: 'Arriving in your Heart', nurturing sequence, bring sleeping bag. Saturday 7.45-9.15: Vinyasa yoga, 'Remember your inner strength'. From 15.00-17.00 Yogini Circle with Anoshe & Lilian: 'The compassion of Durga', riding the tiger to remember your true power (women only). From 19.45-21.00 Yin yoga: 'Mingling Heaven & Earth in the Heart'. Sunday 7.45-9.15 Yin/Yang flow: 'Krishna Flow feeding the heart deeply within'. From 13.45-15.00 Yin yoga 'Smriti': remembrance of who we truly are. Some workshops will be accompanied by live music: Lilian's beautiful voice with guitar and Ed on the hang.</p>
	<p>Pam Paramjit Anand is an international spiritual teacher especially known for her Full Seven System, inspiring people to tap into their full seven chakras and thereby live at their fullest potential. She teaches an unusual fusion of sacred ancient Indian and Chinese wisdom and practices to empower people to create highly powerful healings and energy shiftings. She was initiated by Guruji Dev Baba in India to teach to the west in 2012. She is a Master Soul Healer and teacher with Dr Zhi Gang Sha, a renowned Miracle Healer. Her workshops are in English. More information: www.thefullseven.com.</p>	<p>Friday 19.00-20.15 Ancient Himalayan Kriya yoga 2. Saturday & Sunday 10.30-12.30 Ancient Himalayan Kriya yoga 1: 'Remember the Infinite': this profound meditation technique brings healing on physical, emotional, mental and spiritual level. Done with awareness, this will awaken the chakras (centers of energy) purifying the channels through which the life energy flows effecting the rising of kundalini shakti. The practice consists of pranayama, meditation, mantra's and use of the bandha's. Saturday 18.15-19.30: workshop to learn an ancient four power healing technique 'to Forgive & clear karma'. Sunday 13.45-15.00 Ancient Himalayan Kriya yoga 1: 'Remember the Infinite' (description see Saturday).</p>

	<p>Prashant Tewatia (India) was initiated into yoga at an early age, watching his grandpa in a headstand every morning, being taught Hatha Yoga at high school in Delhi. His experience in India of Vinyasa flow in Rishikesh, Shivananda Yoga in Kerala, Sri Sri Yoga in Bangalore and Restorative yoga. His most extensive and most recent training has been the B.K.S Iyengar methodology under senior Iyengar teachers. He has developed a passion for Yoga Therapy. The exploration, via yoga, Zen and Tantric principles of self- observation, self-acceptance and inner relaxation is the driving factor behind Prashant's current teaching practice. On request he offers Thai massage at the festival. Bring your own props (block, strap) to the Iyengar workshops! The Sunday workshops are for experienced practitioners. Information about Prashant: www.yogamc.com</p>	<p>Pre program: Thursday 17.30-19.00 'Spread your toes': focusing on your feet in all basic postures. Friday 7.45-9.15: 'Introduction to Qi Gong'. This form is one of the four methods officially recognized, in China. Each movement comes from observing wild animals' behavior. From 19.00-20.15 'Tough love': introductory Iyengar yoga workshop to develop strength, flexibility and balance, while cultivating discipline, courage and sensitivity in mind, body and spirit. Saturday 7.45-9.15 'Heal your lower back': for reconditioning the spinal cord and perineum area. A well-conditioned back can withstand stress and protect your spine better. From 15.00-17.00 Qi Gong 'the Animal forms': we will imitate a tiger, a bird, through ten movements and also getting into their personalities. Sunday 10.30 -12.30 'Being upside down': elementary poses are held for longer time increasing the intensity. More difficult standing poses with variations of full arm- and elbow balances. From 13.45-15.00 'Remember your heart': intensive heart opening back bends and twisted spine postures.</p>
	<p>Lilian van Dam is a certified 800-hour Jivamukti yoga teacher. She is owner of the beautiful and intimate studio 'Yogasalon' in Amsterdam from where she teaches yoga, mantra and Indian classical vocal music. Jivamukti yoga is a rigorous form of vinyasa yoga and a path to enlightenment through kindness, joy and compassion for all beings. Although the asana flow of Lilian's classes can be demanding, the added elements of hands-on-assists, and a carefully chosen playlist will make your yoga experience easeful and light. Lilian is also a musician at the festival. Recently she has been to Varanasi (India) to study Indian classical music with her singing teacher. More information: www.yogasalon.nl</p>	<p>Friday 19.00-20.15 & Sunday 13.45-15.00 Jivamukti yoga. 'Synchronise: A sequence to remember'. As we start to move as one to the musical beats in this fun and powerful vinyasa class we remember our interconnection with each other and all of existence. Saturday 15.00-17.00 Yogini Circle with Anoshe: 'The compassion of Durga: Riding the tiger to remember your true power' (women only). Saturday 19.45-21.00 musical accompaniment at Anoshe's Yin yoga class: 'Mingling Heaven & Earth in the Heart' (bring blanket or pillow). Monday 7.45-9.15 Jivamukti yoga.</p>
	<p>Nigam Overington has been singing kirtan for 30 years. On his journey meditation, mantra, kirtan and Heart songs have been his constant companions, leading him to Osho sannyas in Pune in 1991. He has spent much time on silent sitting retreats around the world with Baba Purmanand. He and his partner Anoshe currently run a successful Yin yoga & Mindfulness Teacher Training (1 & 2) in Doorn. At the festival Nigam plays together with Frank Jenniskens, Eddy Binnekamp and other musicians. Bring blanket or shawl for meditation. His workshops are in English, all welcome, no experience required! More information: www.stillnessinyoga.com</p>	<p>Thursday 16.30 mantra's, followed by 17.00 opening of pre festival program. From 20.30-21.30: Mantra's & heart songs (Nigam, Eddy & friends). Friday 14.30-16.00 Chant & meditation: 'from head in to heart'. Friday, Saturday & Sunday 7.45-9.15 Chant & meditation workshop: vedic mantra chanting & silent sitting meditation. Saturday 15.00-17.00 Osho Gibberish meditation & silent sitting. Gibberish comes from a Sufi mystic Jabbar who never spoke any language. Still he had thousands of disciples because what he was saying was: 'your mind is nothing but gibberish'. Go crazy with absolute awareness so that you become the center of the cyclone. Simply allow whatever comes to create the space in which the Buddha appears. Sunday 13.45-15.00 Osho Kundalini meditation & silent sitting: introduction and practice of Osho's famous shake, dance and silence.</p>
	<p>Avi Adir is a vocalist, plays many instruments and travels the world giving concerts & singing improvisation workshops. He has more than 35 years of musical practice and performing experience. Started as a songwriter and later on exploring different flutes and instruments, studying with master Hariprasad Chaurasia. Avi shares a deep flow of music as a tool for creativity and improvisation. More information: www.aviadir.bandcamp.com</p>	<p>Sunday 10.30-12.30: Deep flow concert: a magic improvisation flow 'Remembering our heart'. At the festival Avi will play together with other musicians, like Friday from 22.00 with Heiko Dijker in TablaTronic. Saturday 21.00-23.00 at the 10th anniversary party with a tribal trance dance.</p>

	<p>Heiko Dijker felt attracted at a young age to the beauty of India and Indian classical music. In India he was educated by Shri Bhaswaraj Bhendigeri and master Faiyaz Khan. At the Rotterdam Conservatory he won the Masters degree in classical Tabla by Ustad Faiyaz Khan and Ted de Jong. Heiko has worked with major Indian classical and also less classical musicians and dancers, as well as fusions of traditional and innovative music and dance. He is a teacher at the music school in Rotterdam SKVR and provides global classes and demonstrations at conservatories and other institutions. More information: www.heikodijker.com</p>	<p>At the festival Heiko plays together with Sharad Srivastava, Igor Bezget and other musicians. Friday 21.00-22.00 unique Indian classical concert Sharad on Indian violin, Igor on sadod & Heiko on tabla. First they play warm Raga music, classical melodies and then from 22.00 to 23.00 flowing over into Tabla Tronic with Heiko tabla, live electronics. Sunday 7.45-8.15 Meditative Indian classical concert: a beautiful Morning-Raga, fully adapted to the atmosphere of subtle energies in the early morning.</p>
	<p>Jai Kartar is a singer songwriter and musician from the UK living in the Netherlands. She is passionate about creating with her music, deeper consciousness, expression & enjoyment of who we are. She is also a teacher of the deepening work, a form she has developed through her work and her own life experience. A way to deeply live in the body, through breath, sound, dance & sharing. Working with subtle internal energy and deeper awareness. More information and her music: www.jaikartar.com.</p>	<p>Friday 14.30-16.00 and Sunday 13.45-15.00 womens circle 'Being Together': in the midst of the festival, there is a place to come and just to be. We will together create an oasis of beingness to come to share honestly how you are, to be heard, seen and allowed by all the women in the circle. Saturday 18.15-19.30 Concert SHE sings: 'Remembering the Love'. A concert celebrating the heart of the feminine with Jai Kartar & friends. This year you are invited to be opened into the heart of love and flowing into the voice of Jai. Accompanied by all female musicians in a uniquely created concert. Jai's songs are a blend of mantras, incantations & songs.</p>
	<p>Peter van der Burg is the founder of the Yoga Festival Foundation and together with Indra Bose he organizes the annual Dutch Yoga Festival. Peter is an internationally certified Hatha yoga teacher. He has completed the Kundalini- and Anusara yoga teacher training and teaches full of enthusiasm various forms of yoga like Hatha- & Kundalini yoga. His profound self practice consists of Anusara and Kriya yoga. With lots of joy he organizes yoga retreats on the island Terschelling & de Veluwe. More information: www.yogaterschelling.nl</p>	<p>Saturday 5.15 departure to the beach (West aan Zee entrance Paal 8 at Knrm) from 5.30-7.15 Hatha yoga 'One with the Ocean': a powerful practice at sunrise following the waves of the breath and and taking a deep dive in the sea of consciousness. The class closes with live mantra music by the Kundalini's. At 10.15 departure to the beach (see morning class). Starting with swimming and a yoga circle, 11.00-12.30 Hatha yoga 'Breath of the Ocean: a breath inspired class with powerful asana's to open the heart and giving a profound connection to our breath. For stillness, energy and consciousness.</p>

Thank you on behalf of Team Yoga Festival!

Looking forward to see you at Terschelling,

Namasté,

Peter van der Burg & Indra Bose,

Yoga Festival Foundation

