

YOGA, AYURVEDA, AND THE CULTIVATION OF HARMONY

June 30th to July 2nd - University Campus, Lampeter

Weekend Programme

Friday 30th June

- 16:00-18:00** Arrivals and Registration (Cloisters, St David's Building)
18:00-19:30 Evening Meal (University Refectory)
19:45 Welcome, featuring music and song from Rajesh David and Indo-Celtic Trio Tŷhai (Arts Hall)
From 21:00..... Refreshments and Charity Bar Open (Old Hall)

Saturday 1st July

- 07:30** Morning Yoga Practice with Diana O'Reilly (optional) (Old Hall)
07:30-09:15 Breakfast
09:30 Daniel Simpson (Oxford Centre for Hindu Studies) 'The History of Yogic Healing'
10:30 Refreshment Break
11:00 Professor Gavin Flood (University of Oxford) 'The Yoga of the Netra Tantra: The Eye of Siva'
12:30 Lunch
14:00 Diana O'Reilly (Chair of the British Wheel of Yoga)
15:00 Refreshment Break
15:30 Rajesh David: 'Nada Yoga: The Yoga of Sound and Vibration, Harmonisation and Healing' (including practice)
18:00 Evening Meal
19:30 Catrin Finch, Feature Concert
From 21:00..... Refreshments and Charity Bar Open (Old Hall)

Sunday 2nd July

- 07:30** Morning Yoga Practice with Audrey Blow (Old Hall)
07:30-09:15 Breakfast
09:30 Anne McIntyre: 'The Principles and Practice of Ayurvedic Medicine'
10:30 Refreshment Break
11:00 Dr Graeme Tobyn (University of Central Lancashire): The Western Holistic Tradition: Why aren't we talking about Hippocrates and Galen?
12:15 Closing of formal part of conference with specially recorded contributions from Dr Michael Dixon and Michael Dooley of the College of Medicine and Integrated Health
13:00 Lunch
After lunch, free time to discuss, practise, plan, and play. Gradual departures.