



Dutch Yoga Festival Terschelling 2021 Program

Dive in a sea of relaxation on the island Terschelling
14th Yoga Festival, 24 - 27 June 2021

Enjoy many inspiring workshops about consciousness, personal growth and a healthy & active life style. Amidst the beautiful nature of the island with a great variety of yoga under guidance of dedicated international teachers and musicians. The pre program starts on Thursday at 16.00 and the main program on Friday at 17.30. Participants are both days welcome to arrive after 13.00. The closing ceremony of the festival takes place on Sunday at 15.00

A festival full of Nature

This year's festival theme is One with Nature. Explore the treasures of Terschelling with all your senses! Become one with the sea, the dunes, the forest and your own nature. Experience the unique fusion of nature's beauty with yoga, inspiring workshops, delicious food and live music at Yoga Festival Terschelling.

The festival's charity: Duniya Foundation

For the seventh year the festival supports the Duniya Foundation by providing school books or meals to 100 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 various classes and announcements will be in English. Most Dutch teachers also speak English.

In this program booklet only the English speaking teachers and musicians are mentioned, in alphabetical order. For the content of all the workshops and live music see the **Dutch program** (written in Dutch and in English)





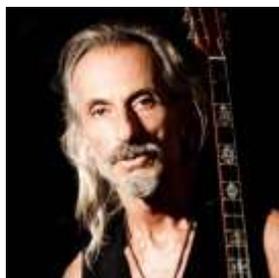
Anoshe Overington is Vinyasa- and Yin yoga teacher, practising since 1982. Anoshe loves the balance between slow, deep, rhythmic Vinyasa and the static surrender of Yin yoga. She is passionate about guiding others into the deeper layers of Yoga. Her sequences are based in the nadi or meridiansystem, she works with the deeper intelligence of the invisible layers of nature. She focusses on finding inner stillness and embodying this. She leads Yogini circles for women and runs with her husband Nigam Overington Yin yoga & Mindfulness Teacher Trainings, Advanced Yin/Yang & 1 year Meditation Trainings in the Forests of Doorn.
More information: www.stillnessinyoga.com

Thursday 18.00-19.15: Yang Yin flow Gayatri
Friday 7.45-9.15: Yang/Yin Tara flow
From 19.00-20.15: Yin Yoga Inner Nature. Live music Lilian van Dam.
Saturday 7.45-9.15: Yang Yin flow Devi
From 15.00-17.00: Yogini Circle (women). Flow with the nature of your Goddess.
From 18.15-19.45: Yin yoga Nature of the Buddha. Live music Lilian van Dam.
Sunday 7.45-9.15: Yang Yin flow Wild Nature
From 13.45-15.00: Yin yoga True nature. Live music Lilian van Dam.
Workshops in Dutch and English. Please bring a pillow or blanket.



Antar Khirad was born in Northern India in a Shatriya family and raised with 'Sanatan Dharma' (Eternal Religion). He was with several mystics and masters and lived in communes and ashrams. Antar owns Rishi's International, a yoga & meditation school in Rishikesh. He is a contemporary teacher of yoga and meditation in Asia, Europe and the Netherlands. Leading workshops and individual sessions, to share different spiritual practices such as yoga, tantra, vedanta and sufism.
More information: www.rishisinternational.com

Friday 11.00-12.30: Hatha Yoga
Saturday 18.15-19.45: Yoga Pranayama. Taking you in the deeper core of yourself with conscious dynamic breath.
Sunday 7.45-9.15: Hatha Yoga & Mindfulness. With meditative movements, letting you experience one self.
Sunday 13.45-15.00: Ayurvedic Massage workshop (with oil). Please bring your own towel.



Avi Adir, originally from Israel, an unique expressive authentic vocalist and multi-instrumentalist. Each performance is a new stream unfolding in the present moment, that touches and inspires the audience in their own creativity and their love to sing and dance. Among the instruments he plays are the Bouzouki, Silver Flute, Bansuri, Duduk, Shakuhachi, Ney and Harmonica.
More information: www.aviadir.bandcamp.com

Saturday 18.15-19.30: Workshop Free your Authentic Voice. Offers different ways of singing and breathing for strengthening the experience of our true nature. This helps us to open our voice, bring power into it and use it for heart opening, healing and the joy of a no-mind musical journey. We create a musical space for singing and musical improvisation, letting life energy transform itself into melodies and sounds. Anyone can join the workshop. Past experience with singing or playing an instrument is not required.



David Lurey (USA) teaches yoga workshops worldwide. He's an international highly renowned yoga teacher who offers an international teacher training course. David lives in Mallorca, Spain co-creating courses and trainings to 'Open Consciousness and Vitality' with his wife, Mirjam Wagner.
More information: www.findbalance.net

Friday 14.30-16.00 and 19.00-20.15: Vinyasa Yoga, One With Movement. Explore many ways to move parts independently and the complexity of combined movements.
Saturday 7.45-9.15: Five Elements Asana Practice. Earth, Water, Fire, Air & Space.
From 15.00-17.00: Men Circle at the lake (no yoga class). From 19.45-21.00: Live music Mantra's & Heartsongs with David & friends. Sunday 10.30-12.30: Nature Games. A Variety of playful experiences to connect to nature through movement, meditation, breathing and connection.





Doris Lilienweiss is a certified Anasura inspired yoga teacher emphasising alignment and tantric/ayurvedic philosophy. Her JaiMa Flow Vinyasa Teacher Training (in Arnhem and Germany) is inspired by the five elements. She is part of the Anasura Yoga Community as well as the Rasa Yoga Collective and the team of ProYobi Berlin. Doris runs her own Yogapoint Studio in Arnhem. Her teaching language is English, Dutch and German. Meer informatie: www.yogapoint.nl

Saturday 10.45-12.00: Anusara Yoga on the beach. Flowing with the five elements of nature, aligning with a state of balance where Prana can flow. Departure 10.15 at the bikes to Noordzee beach (West aan Zee beach entrance Knrm). Saturday 15-17: Anusara Yoga. You touch the heart in a self -uplifting way with a backbend practice and open to the true essence of your nature. Sunday 7.45-9.15: Anusara Yoga. Set a personal intention (Sankalpa) and dive in a state of clearness to let your nature reveal to herself. (Departure at 7.15 on the bicycle to the beach West aan zee, entrance Knrm)



Mark Dowe is an international Vinyasa & Yin yoga teacher with 20 years of teaching experience. He is a senior teacher at Svaha Yoga, Amsterdam, where he teaches a dynamic Vinyasa yoga flow. Mark ties mindfulness and philosophy playfully into his Flow classes, always with a great sense of humour. Marks mantra: 'Take the practice serious but don't take yourself so serious'. Information: www.markdowe.yoga

Dynamic Vinyasa Flow classes:
Friday 19.00-20.15,
Saturday 10.45-12.00, Saturday 15.00-17.00,
Saturday 19.45-21.00,
Sunday 7.45-9.15. Sunday 13.45-15.00.
As we are just waves in an ocean I want to remind you in these classes to be the craziest wave that you can be. Embrace the oneness, without losing your delicious, quirky, unique nature.



Megan Riley received level 2 authorization from her teacher Sharath Jois in India in 2012, after many years of study and practice. She runs her own Mysore program in Greenwich, Connecticut. Her teachings encourage surrender to meet yourself where you are. To explore and recognize old patterns of the mind and body. Currently she teaches Ashtanga yoga in Den Haag. At the festival she teaches with her partner Jurre Twijnstra. More information: www.delightyoga.com.

Saturday 7.45-9.15: Mysore Ashtanga Yoga. Self practice under supervision. From 15.00-17.00: Vinyasa Yoga. Asthanga Yoga on the rhythm of the breath. Sunday 10.30-12.30: Mysore Ashtanga Yoga. Yoga to experience oneness with nature and non-violence towards everything that is alive.



Nicola Helmink is a certified Acroyoga teacher, creative freelancer and actress born in New Zealand. Her passion for holistic health and spiritual development, has made Nicola practice and teach yoga, Acroyoga, massage and meditation for more than 10 years all around the world. Additionally Nicola offers 'one to one' sessions: Acroyoga and 'Lunar' therapeutic/coaching. Her welcoming presence and deep, intuitive touch supports relaxation and healing. More information: www.nicolahelmink.com

Saturday from 10.30-12.30: Community Beach Practice. Departure at 10.15 on the bicycle to the beach (West aan zee, entrance Knrm). From 20.00-21.30: Therapeutic flying. Sunday 10.30-12.30: Backward therapeutic flying (at duinmeer/at the lake). You will receive clear instructions and get prepared in a playful way to base, fly and catch in a safe way.





yoga!

