

IYOGA Fest 2026, a four-day residential Iyengar yoga festival
1–5 September
YMCA Fairthorne Manor
Hampshire, UK.

IYOGA Fest is now in its sixth year and has grown into a warm and welcoming annual gathering for the UK yoga community.

This year's programme includes:

- Daily yoga classes and pranayama with four celebrated senior Iyengar Yoga teachers: Alan Brown, Kirsten Agar, Debbie Bartholomew and Jayne Orton (see flyer for details)
- Evening cultural events including storytelling from Emily Hennessey and Sheema Mukherjee, live music from The Trouble Notes (Germany/USA/UK), and traditional Indian Kathputli performance
- Ayurveda talks with Harshini Wikramanayake
- A range of accommodation options including onsite rooms, camping, "Glamping", or stay offsite in a local hotel

Getting here from Europe is very straightforward. The venue is just 20 minutes from Southampton Airport, which has direct flights from the Channel Islands, Spain, Holland, Portugal, Switzerland and France. Bournemouth Airport, around 40 minutes away, offers additional connections from across Europe. London Heathrow is also around 90 minutes away, and the venue is easily accessible from Southampton and Portsmouth ports, which serve the Channel Islands and the French coast. For those travelling by rail, Botley is the nearest mainline station.

Many attendees come through recommendations from the Iyengar community, studios and teachers around the UK and further afield, so I wondered whether you might be happy to share this information with your community or include it in a newsletter or noticeboard if appropriate.

You can find more information at www.iyengaryogafestival.com and I've attached a flyer should you wish to circulate it.