

There are so many styles of yoga and this festival is an opportunity to try each one without spending a penny



WE LOVE

Festive feeling

Embrace your love for yoga this Valentine's weekend at YogaFest Middle East, a free community event that raises funds for charity

THIS YEAR IS SET TO BE THE BEST YET FOR YOGAFEST Middle East, a free event that takes place on February 14 and 15 in the Internet City Amphitheatre. Classes are given every hour from 8am to 6pm, in a variety of styles, taught outside in the fresh air—and it's totally free.

Launched in 2010, the festival has grown steadily each year, with 2,500 in attendance in 2013. One participant from 2013 described the event as, 'A zen day where you can feel positive vibes around you. This recharges your batteries for the month.'

YogaFest builds community by inviting teachers from Dubai's studios to come together and share their passion with as many people as possible, and by giving to charity and allowing people to donate what they can. Look for new additions such as a healing tent, chill tent, Pilates, a healthy food market, kids' yoga

and two concerts to finish off each day. There is also the chance to win prizes through a raffle, including a week at Yoga Magic in Goa, India.

This year, featured teachers include Stephanie Sageh from Istanbul, who will offer an 'open your wings' inversion class, as well as led pranayama sessions in the meditation tent. A prenatal teacher from Saudi Arabia, the owner of Yama Yoga in Doha, Valerie Jeremijenko, is flying in; and guest presenter Nadine McNeil, an American en route to the Bali Yoga Spirit Fest, will lead an 'African beats' vinyasa class.

Experienced yogis and novices alike will find something new to try at YogaFest. There are so many different styles to choose from and this is a rare opportunity to try each one without having to spend a penny. In the meditation area, visitors can learn that yoga is so much more than just the physical practice. The legends behind the yoga poses will be explained, as well as how to do various pranayama exercises to improve your ability to breathe and calm the mind.

All funds raised at the event will go to Harmony House, a charity set up by Dubai-based couple Gaurav Sinha and Lucy Bruce. A non-profit organisation

YogaFest highlights

- 1 FAMILY FUN** Don't miss the mum and baby yoga at 8am on Friday, February 14.
- 2 TRUE COLOURS** Get your aura read in the healing tent.
- 3 IT TAKES TWO** Try partner yoga with a special someone.

For more YogaFest highlights and a list of teachers, classes and exhibitors, visit www.yogafest.me

in Gurgaon, just outside of Delhi, Harmony House offers women and children education, food, medication, hygiene facilities and social services. During YogaFest, Lucy Bruce will share a video and speak about how the project started, what they have achieved and their plans for the future.

Babies, toddlers, teenagers, men, women, grandparents - there is a class for everyone at YogaFest. "I really see this as my gift to the city of Dubai, creating a beautiful free event in the heart of this busy city," says founder Elaine Kelly. ✨

WORDS: TEJ RAE. IMAGES: SUPPLIED.



(Left): YogaFest Middle East organiser Elaine Kelly, centre.