

THE POWER OF SOUND TO CONNECT

The first joint in-person aYs / TSYP Convention
Friday 11th – Sunday 13th October 2024

Sedgebrook Hall, Northamptonshire

**Plenary speakers:
R Sriram and Mekhala Desikachar**

Exploring various aspects of sound in all its forms during the weekend, we are delighted that our keynote speaker will be R Sriram, long-time student of TKV Desikachar and renowned teacher of over 40 years based in India and Germany. Mekhala Desikachar will also join us for a plenary session on Zoom.

The three days at Sedgebrook Hall in Chapel Brampton, Northamptonshire, will include plenary sessions, a choice of workshops, early morning yoga sessions and plenty of opportunities to rekindle friendships, meet other members, and spend a weekend as a community sharing experiences and studying together.

ASSOCIATION FOR
YOGA STUDIES



The Society of
Yoga Practitioners



ACCOMMODATION & COSTS

Sedgebrook Hall provides excellent accommodation, food and practice rooms in a very central location, just outside Northampton. You can find out more about this beautiful venue on this [link](#).

£419 for a shared room, £449 for a single (all rooms ensuite)
£175 for non-residential places from Friday to Sunday including Saturday lunch.

The price will include:

Lunch/dinner on Friday, breakfast/lunch/dinner on Saturday and breakfast/lunch on Sunday.

4 plenary Sessions and 4 workshops

Access to recordings of workshops and plenaries

Access to the gardens, gym and pool facilities

Time to connect with old friends and make new ones

Recordings if not attending in person:

£40 plenary only, £75 plenary and workshops.

OUR PLENARY SPEAKERS

R. Sriram

from Chennai has been teaching Yoga for 40 years, initially at the Krishnamacharya Yoga Mandiram and later, independently. His passion for Indian classical music has been a constant enrichment of his understanding of the breath, the voice and the emotional space. His first love within yoga is for its philosophical texts.

The subjects of breath and voice are his passions, and he teaches yoga to teachers of yoga in India, Germany and the UK. Together with his wife Anjali Sriram he runs the wilding project BASE NATURE ART YOGA in South India. Their latest publication is the book Natya Yoga. See his websites: [Sriram](#) and [BASE](#)

Mekhala Desikachar

Daughter of TKV Desikachar, like her father Mekhala trained originally as a civil engineer. A long-time member of the faculty of the Krishnamacharya Yoga Mandiram, Mekhala has taught yoga and Vedic chanting. See this [link](#).

REGISTER VIA
TSYP AND AYS
WEBSITES OR
EMAIL LINKS:

ASSOCIATION FOR
YOGA STUDIES



events@ays.org.uk

The Society of
Yoga Practitioners



events@tsyp.yoga

