



History of the Brighton Yoga Festival

The Brighton Yoga Festival was founded by Davy Jones and Mikaela Perera as a way of bringing the local yoga community together and to spread the word about the benefits of yoga more widely. The first one day festival in summer 2014 attracted around 1000 people. Subsequent events were held over a weekend and attracted between 2000 and 3000 people. During Covid, online events were held. In the last two years the Festival has been organised by Danny Griffiths and the Brighton Community Events (BCE).

The Festival was also instrumental in Davy Jones' launch of the Brighton Yoga Foundation (BYF) charity in 2016 as a way of raising funds to take yoga to those who would not normally have access to it - either for cultural, health, economic or social reasons. BYF was highly successful and recently merged with the Brighton Natural Health Foundation (BNHF) which emerged from the closure of the Brighton Natural Health Centre. BNHF continues the work of BYF and also provides classes to a similar clientele but in a wider range of mindful movement activities. BYF has also acted as a catalyst for the establishment of a national network of organisations and individuals providing yoga community outreach - the UK Community Yoga Network.