



HOLISTIC
MANCHESTER



MODERN
MEDITATION



SOUNDWAVE
HEALING



JIVAMUKTI
YOGA



AYURVEDA
FOOD DEMO



LAUGHTER
YOGA



RAJ YOG
MEDITATION



YOGA
PHILOSOPHY

YOGA



YOGA DANCE



MANTRA
SINGING



HOLISTIC
LIFE COACHING



SPIRITUAL
SCIENCE



CACAO
MEDITATION



YOGA FOOD



LIVE
INDIAN FOOD



THE LITTLE INDIAN
MARKET PLACE



KUNDALINI
YOGA

International Festival of Yoga
Victoria Baths | June 30 & July 1, 2018

Namaste HIFY Tribe,

We wanted to share with you a few bits of important information so that your experience at HIFY can run as smoothly & wonderfully as possible!

What time does the festival start & end?

11.00 AM - 5.00 PM

Doors open at 11.00 AM Saturday & Sunday.

The festival finishes at 5pm both days.

Where is the Venue?

The festival venue is about 1.5 miles from Manchester City Centre.

The address is Victoria Baths, Hathersage Rd, Manchester M13 0FE.

How do I get there?

By Car

If you are travelling by car there are two car parks close to Victoria Baths:

- Q-Park Manchester Hospitals, Hathersage Rd
- Hathersage Rd Multi-Storey Car Park, Hathersage Rd

These car parks carry standard rates so we do recommend (for financial & environmental benefit) travelling by car-share or public transport where possible

There is a limited amount of free parking on the streets running off Hathersage Rd & surrounding Victoria Baths, if you arrive early you may be lucky to get one of these but it's not guaranteed

By Bus

Nearest Bus Route is the 50

The 50 runs from Manchester City Centre (Princess St) to East Didsbury. Get off at the junction of Upper Brook St, Anson Rd and Hathersage Rd. Walk east along Hathersage Rd to the Baths (1/4 mile)

Or use the 147 "Oxford Road Link" - see below

Other buses from Piccadilly Gardens include the 41 - 44, 48, 192

More information on how to get here can be found on the VB website

<http://www.victoriabaths.org.uk/visit/find-us/>

Do I need to bring a yoga mat?

No. Yoga mats are provided for all sessions, but if you wish to bring your own mat you may do so.

Will there be a place to store my belongings?

There are no lockers or designated storage for personal belongings, but while practicing yoga there will be some space to keep your shoes & bags, etc.

Are the sessions included in the ticket price?

All sessions are included in your ticket price except one children's yoga session & the Sound Wave session. These carry an extra fee.

Will there be food available?

Yes! Delicious Vegan & veggie food & drinks will be served throughout the day. *Food & drink is not included in the ticket price.*

How can I pay?

Cash and card payments will be accepted. Some stalls may accept cash only so it is a good idea to bring some cash.

Is there a cash machine on site?

There is no cash point in the building, the nearest one is a 15-minute walk away.

Are there sessions for children?

Yes, Kids Yoga sessions are happening throughout the day & all except one session are included in the children's ticket price. There is a full Kids Yoga schedule which you can collect on the day & view online. Sessions are designed for ages 5-11 years. If your child is under 5 they must be accompanied by an adult during the sessions.

We look forward to celebrating yoga with you.

Namaste,

Team Holistic Manchester

