

Frequently Asked Questions

We hope that this information sheet covers everything you need to know, but please don't hesitate to contact us at peace.day@live.com if you have any further questions.

How do I donate?

We suggest a donation of £20 on registration from yoga teachers. This helps us to cover the organisation and venue costs and to ensure we put a Yoga Club Peace Event on the calendar every year. Trainee Teachers, please donate whatever you can. We are currently sorting out a Paypal link. We will get back to you on this.

How do I get to the venue?

The Old Market is situated on Upper Market Street, just off Western Road, on the border of Brighton and Hove. It's about a 5 minute taxi ride from the train station or a 20 minute walk.

For maps and detailed instructions on getting there, please take a look at the information on the Old Market website: www.theoldmarket.co.uk/about-us-02.php

Is there parking?

Parking in Brighton is notoriously difficult and we urge you to take public transport if you can. However, if you do wish to bring a car, please let us know and we will try to arrange a temporary parking permit for you if we can (these are very limited). There is some Pay & Display parking available near the venue but it is only available for a couple of hours and is very expensive. There are NCP car parks as well but again these are very expensive.

Can I stay overnight?

We encourage you to make a weekend of it and stay over, if you are travelling from further afield. Please see the separate accommodation document for options if you wish to stay for the night or for the weekend. Brighton does get very busy at weekends and we urge you to book accommodation as soon as possible. Please let us know if you have any difficulties and we can try to help.

What do I need to bring?

Please bring a yoga mat (we will have a few spares) and a blanket if you wish. You may wish to bring a change of clothes for the evening and your bathing costumes for the beach and money for an ice cream. If you wish to bring any crystals, or articles to place at the shrine we are creating please do, you of course will be able to take them back after the salutations.

Are there changing rooms and showers?

Yes, there are a few changing rooms and a couple of showers. You may have to wait in line as there are only two showers at the venue. An alternative option would be to head to the beach afterwards

for a dip in the ocean and a shower on the beach. The seafront is just a five - minute walk away from the venue.

Can I leave my things at the venue between the peace salutations event and the Peace Party?

Yes you can. In the basement of the venue we can lock the doors.

What time do I need to be there?

Please ensure you arrive at the venue between 12pm and 12.15pm. We will start the salutations at exactly 1.08pm there will be strictly no entry after this time.

Will food be provided?

Free hot and cold drinks will be provided. Other refreshments will be on sale but you can BYO too if you wish.

Will the event be filmed?

Yes it will – If you do not want to be part of this film please let us know, the filmmaker can avoid you. We will ask some of the teachers to be interviewed but you are under no obligation to do this either just let us know. You will be able to view and download the film, which will be approximately 5 minutes long from YouTube after the event. We will let you know when it is available.

What time does the yoga event finish?

We expect to be finished by 3pm and we ask for everyone to have vacated the building by 4pm at the latest. Doors will open again at 7pm for the evening's party.

What is there to do in our free time?

Brighton is a vibrant city and we encourage you to make the most of your visit. The seafront is just a five - minute walk away. You may want to have a dip in the sea or visit the seafront Artist Quarter near the main pier. There is an Extreme Sports Festival taking place in Brighton on the same weekend which you may be interested in – www.whiteair.co.uk - Or perhaps you'd like to relax in the Royal Pavilion gardens? There are plenty of options and we suggest you take a look at www.visitbrighton.com

Can I come to the Celebration of Peace party in the evening?

Yes, we hope you will stay in Brighton and come to the party in the evening which will take place at the same venue (The Old Market) from 7pm. We will have guests artists, DJs and live performances.

All yoga teachers who have taken part in the daytime yoga event will be on the guest list for FREE entry to the evening party.

Can I invite friends to the evening peace party?

Yes, please do. You will be our guest on a free guest list and others can buy tickets from the box office. Single tickets are £10 each or a Paired Ticket is £18. Concessionary tickets (students/OAPS etc) are £8. Please encourage your yoga students to come along! And let us know if you would like some tickets to sell direct to friends and students we can do a reduced rate for this.

There are two websites and emails which ones do I use?

www.theyogaclub.co.uk is the general website and it is here where you register and pay the suggested donation on PayPal. www.peaceday108.com is a blog website and is continually updated with information about the event itself. For most queries and sending your small file photo use peace.day@live.com if you need to contact Ama Creative Director the The Yoga Club and Yoga Teacher use info@theyogaclub.co.uk please only use this for specific enquiries that cannot be answered by the team, ie specific to yoga, the salutations, chants, meditations.

The Yoga Club thank you for your presence and your peace for this special first time ever event in Brighton. If you have any other queries please do not hesitate to email us at peace.day@live.com and one of the team will get back to you as soon as possible.

Aum Shanti Shanti Aum