

SOAS
University of London

BWY

AT
THE
HEART
OF YOGA

YOGA SUMMIT 2025

Yoga in the Age of Overload

Judy Hirsh Sampath is a yoga therapist (C-IAYT), yoga teacher (BWY), mentor and co-founder of Yogaunited.

During a painful time in her life, Judy searched for ways to recover. Through yoga therapy and experimentation with various healing arts, Judy came to realise that her body loved her unconditionally, and all she had to do was love it back. It shifted her understanding of life, her relationship with others and her Self. The research and practices she discovered were the starting point for sharing her work with other seekers.

Judy's passion is education – empowering health seekers to become experts in themselves and to celebrate wholeness by letting go of 'shoulds' and the tyranny of trying too hard.



Judy Hirsh Sampath

 @yogaunited

She blends movement and breath, embodied mindfulness, and many other practices with theory and philosophical discussion.

Her professional Yoga Therapy diploma and other courses are practical and soulful, and accessible for anyone interested in recovery and empowerment personally or professionally.

She runs classes, workshops, 1-2-1 sessions, trainings and retreats in the UK and India. She has worked in schools, mental health and fertility settings with people of all ages, sizes and abilities.