

SOAS
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BWY

AT
THE
HEART
OF YOGA

YOGA SUMMIT 2025
Yoga in the Age of Overload

Theo Wildcroft PhD is a writer, scholar and yoga teacher dedicated to exploring how yoga can support healthier relationships with ourselves, our communities and the natural world.

Her research focuses on "post-lineage yoga" – how practice is shifting beyond guru-led traditions, with grassroots communities finding new ways to share meaning and stay true to yoga's deeper purpose.

She is a lover of vulnerable people, of wild things and places and of the simple miracle of life itself.



Theo Wildcroft PhD

 @theodorawildcroft

She is an Associate Lecturer at the Open University and editor of the BASR Bulletin. Previously, she coordinated the SOAS Centre of Yoga Studies and she is an honorary member of the BWY, also registered with Yoga Alliance (E-RYT® 500, YACEP®).

Theo is the author of several books, including Post-lineage Yoga: From Guru to #MeToo, The Yoga Teacher's Survival Guide, and Yoga Studies in 5 Minutes, with more publications on the way. Her work bridges academic insight and lived experience, offering practical wisdom for practitioners and teachers navigating yoga in a changing world.