



BWY

AT  
THE  
HEART  
OF YOGA

IN THE SOUTH WEST

**WITH THE FLOW**

Winter 2023

[www.bwy.org.uk](http://www.bwy.org.uk)

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Currently Vacant

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## Devon Area Rep

Mary-Ella Kyte

## PUBLISHING POLICY

Please send adverts to the Newsletter Editor and make payments as per the instructions on the invoice. If you wish to take advantage of members' rates, you will need to provide your BWY membership number. If you are part of a registered charity VAT will be deducted. Listings for BWY foundation courses, modules and teaching diploma courses within the region are free.

### Advertising Rates (inc VAT)

Half Page  
 Full Page  
 Back Page (Colour)

### BWY / Accredited Price Full Price

£18.00 £36.00  
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Edition 1 – 2024  
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 Edition 3 – 2024

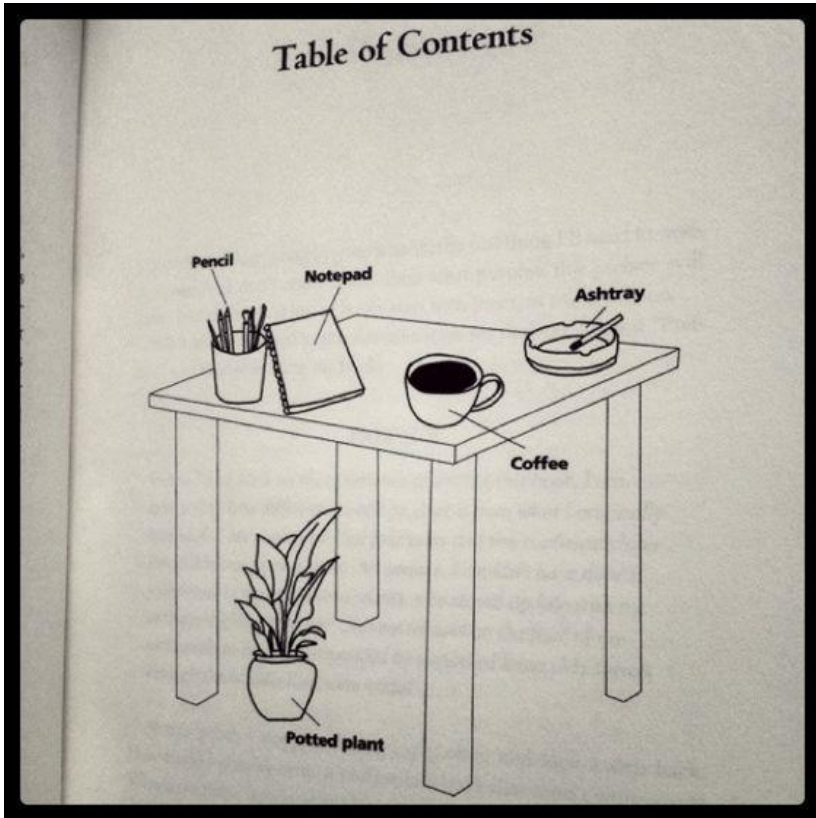
### Date Sent Out

13 February  
 27 June  
 24 October

### Copy Deadline

(Adverts and Editorial)  
 9 January  
 7 May  
 11 September

Please note: goods or services advertised are not necessarily BWY accredited. Views expressed are not necessarily those of the editor or the committee. Advertisements are accepted at the discretion of the committee, and are included on a first-come, first-served basis as space allows. Advertising of courses that offer 'yoga teacher training' will only be accepted if the course is BWY or accredited to the BWY. The British Wheel of Yoga is the Sports England recognised National Governing Body for Yoga.  
 Disclaimer: Please note that the views expressed in this newsletter are not necessarily the views of the editor nor the British Wheel of Yoga. Any advertisements are accepted in good faith and no responsibility can be accepted for the contents.



*(apologies for the ashtray – I couldn't find a modern version!)*

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## REGIONAL OFFICER'S REPORT



By this time you ought to have seen the new BWY website in all its glory!

It promises to make your lives easier when booking events, and volunteers are looking forward to the streamlined process too.

Please let us know what you think of it.

We have had fewer cancelled events recently so thank you everyone for your continued support and for booking in good time – it makes a real difference.

We are now down to just the three vacancies for Area Reps on the Committee, so if you are interested in a non-committal chat about these opportunities in Cornwall, Gloucestershire and Wiltshire, please get in touch with me or Tina. Our contact details are on Page 2 of this newsletter.

The Reps for Dorset, Devon and Somerset are still doing sterling work arranging CPD tutors and First Aid days for you and the forthcoming events are detailed in the pages that follow.

Don't forget to let them know what events you would like to see, or which topics you want us to find tutors for.

Namaste 😊

Keith

## REGIONAL TRAINING OFFICER'S REPORT



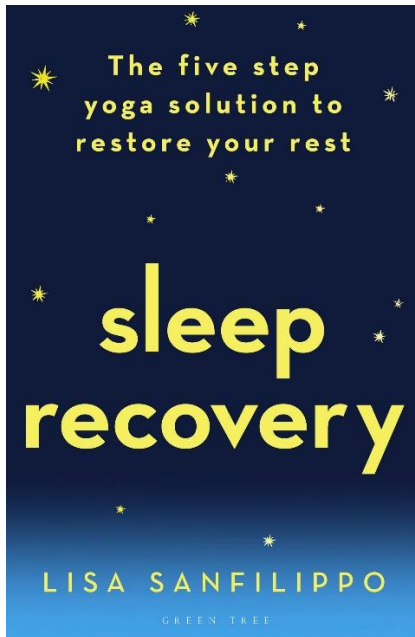
**Tina Bosley**

Dear Folks,

Are you well and relaxed following the summer break? I hope so. However, if you're not, if you're feeling stressed, tense from waiting to receive the children's exam results and/or possibly not sleeping too well, I have just the book for you to read.

**SLEEP RECOVERY** – The five-step yoga solution to restore your rest.

By Lisa Sanfilippo. Green Tree. ISBN 978-1-4729-5631-6



I was introduced to this great little book last year when undertaking the Yoga Therapy Foundation Course with Nikki Jackson.

Lisa Sanfilippo is a Yoga Therapist, Psychotherapist, and author of two books. Sleep Recovery, which I'm going to write about here and Yoga Therapy for Insomnia and sleep Recovery.

This little book gives us the knowledge, tools, and resources to repair our own natural ability to rest, this begins when you've read the first few chapters of this book. It describes a 5-step program taking us through from the time we identify a problem with our sleep pattern through to 'releasing fear and reawaken happy' (chapter 5).

It begins with a map of the essential elements we need to restore a healthy sleep pattern. It describes how to identify the type of sleeper you are. There is a 'sleep tracker' chart, a sleep quiz, and a simple Sleep Yoga Sequence.

The book describes our sleep patterns from childhood to adulthood.

It discusses Seasonal Affective Disorder (SAD), and gives tips for Jet Lag and Shift Working.

There's also a delicious recipe for Warm Milk and Soothing Spices. Also covered is the Parasympathetic Nervous System, Three Part Yoga Breath, Chandra and Surya Bhedana. There's even a section on a New Parents Rescue Kit, Kids and Teens.

There is so much in this easily readable book. As well as improving your own sleeping pattern Yoga Teachers could put together a great half term program for students or incorporate the learning into weekly sessions.

Enjoy

Namaste

Tina

## DEVON REPORT



**Mary-Ella Kyte**

It is with both pleasure and trepidation that I take on the role of Representative for Devon.

This is mainly Anna Elliott's fault. We were both attending Bill Wood's fascinating summer workshop in Draycott, Somerset, and she proposed that we take up the mantle for Devon together. As the role couldn't be shared, I somehow accepted being in charge. I feel fortunate to have a Deputy, and am looking forward to working with Anna, who is based in North Devon. Thank-you Anna.

By the time this has been published, I will have co-hosted Carol Trevor's 'Discovering Restorative Yoga' session along with the helpful and supportive Tina Bosley. I am sure it will have been a delightful day.

My initial curiosity of 'events to stage' takes me to Menopause Yoga, and how yoga can help cope with Chronic Pain. Both are areas close to my heart which have had a huge impact on my life over the last five years. Living in Saltash, I am keen to bridge the gap between the counties by hosting events in both Devon and Cornwall.

Please do let me know of any CPD you are happy to offer, and likewise anything you wish to see taking place.

Looking forward to getting to know some of you over the coming months,

Mary-Ella Kyte

## DORSET REPORT



**Hayley Giles**

Another report signals another season shift. The summer has been...interesting hasn't it? It almost feels as if it never quite got going, leaving us wanting for more time; for more light and warmth. Nature doesn't wait or want though and, as the leaves begin to fall, we begin feeling a pull towards change. This is a wonderfully motivating time of year. A time when we often take up new challenges and move towards more activity. If you're anything like me, you may feel the need for everything to change immediately and the desire to 'fix' or sort it ALL out simultaneously can become quite overwhelming. This is your gentle reminder, if that is you, that you have already achieved so much. Shifting towards a better and brighter you can only be a positive thing, just try not to do it from a place of 'lack'. Go steady, all in time. Remember to rejoice in all that you have already achieved, in all that you already are. You are awesome; perfectly imperfect. So celebrate you, your life, your desires, cherish the now as much as you can.

***'Be content with what you have, rejoice in the way things are, when you find there is nothing lacking, the whole world belongs to you'*** Lao Tzu

Very sadly, we weren't able to run Ade Beecham's CPD session on 'The Art of Skilful Touch' due to a lack of sign up. Thank you to those of you who did book onto the session, we were very sorry to disappoint you. Do let us know whether an online session would be more accessible to you, or whether you would like to see something in particular in the region; we are always here to support you.

***'From you I receive- To you I give – Together we share- By this we live'*** (A Sufi Prayer)

Love & gratitude  
Emma & Hayley



## SOMERSET REPORT



**Jo Webb**

By the time you read this we will be well into Autumn, with a change in season a different perspective.

We have responded to your requests for workshops and CPD, both in-person and online.

I am sure you are aware that decisions about whether an event is viable have to be made a fair way in advance, often dictated by contracts with halls and the amount of notice required or forfeit of fee if cancelled.

We also realise the financial situation is difficult and people are reluctant to commit, which those of you who are teachers will be familiar with. If you book and find you need to cancel please consider asking a friend to take your place. If that is possible, let us know, it may make the difference between a workshop going ahead or being cancelled. Having said that members are really positive when feeding back after events.

Falls Prevention with Anna Semlyen , online, has proved so popular that we are planning another for next year.

Wendy Teasdill's HYP in person we are working on part 2.

We also have Yoga for Hypermobility students, with Carol Trevor online.

And we are starting next year with Time for You- Yoga, Qigong, Self-massage, & Healing Sound, so why not treat yourself, or suggest to a loved one?

## How to create balance and harmony during autumn?

In Autumn, the first and most important thing is to keep yourself grounded and keep a regular routine and schedule. Your diet is also a powerful way to soothe vata this autumn.

Here are the key qualities for your diet to pacify vata:

- warm
- heavy
- moistening
- nourishing
- grounding

In other words, you want to opt for substantive, oily, nourishing foods that are high in protein, high in healthy fat, brought to life with warming, stimulating spices, and served hot. These foods will help you maintain your internal reserves of moisture and keep you grounded through the vata season.

### Diet for balance and harmony

#### 1. Healthy fats

Yes, absolutely, more fat means body insulation!

- olive oil, nuts (almonds, walnuts, cashews, hazelnuts)
- seeds (sunflower, pumpkin)
- avocado
- ghee (ghee is purified butter. It's sort of an Ayurvedic superfood)
- olive oil, sesame oil

#### 2. Warm, cooked and grounding foods

- cooked root vegetables (all the squashes, beets, carrots, potatoes, and sweet potatoes)
- stews & soups
- basmati or brown or wild rice
- dahl & kitchari
- cooked apples or pears (with cinnamon & ginger for example)

In Yoga Jo

## A DONATION TO THE WILTSHIRE AIR AMBULANCE



At our Sangha held on the 24th of June this year in the picturesque village of Holt we had a table of 'pre loved' items.

None were priced and you all gave very generously what you felt was a fair price for the item you chose.

The Wiltshire Air Ambulance base is just a couple of miles away from Holt and everyone agreed it was a fitting cause to donate the money we raised

A huge thank you, we raised £55 in total.

The photograph was taken when I visited their base on 7th July. I was shown around by Rob and honestly was absolutely amazed by the complexity of their jobs, the vastness of the area they cover particularly supporting other counties in emergencies.

Unfortunately we were unable to include a helicopter in the photograph as it was out on an emergency.

Namaste Tina

## EMAILS?

### CAN'T LIVE WITH 'EM, CAN'T LIVE WITHOUT 'EM!

Although there is evidence that the younger generation is scornful of email as a method of communication in preference to more modern platforms such as social media and messaging sites, you will probably know that we rely on them at the BWY, especially when organising events.



When you book an event, you get an email, when an event is cancelled you get an email, when On The Pulse is published you get an email, when your Region wants to communicate with you . . . you get the point.

That's why it's so important that we check our member profile at <https://www.bwy.org.uk/members/settings/communication/> to make sure we have opted in to receive emails from BWY.

We also need to look at our Junk/Spam settings to allow emails into your Inbox from trusted addresses, because sometimes important booking information or other BWY communications end up in Junk/Spam and cause delays and misunderstandings.

Spam/Junk filters do a much better job than they used to, preventing a lot of irrelevant emails invading our space, but sometimes they do their job too well and block emails that you actually want to see, and that's where reviewing your settings can help you receive the emails you want and need to read.

As well as blocking unwanted Senders you can also nominate either specific email addresses or whole domains (the part of the email address that comes after the @ sign) that you want to keep out of Junk or Spam.

These are the BWY domains you need to **Allow**:

- bwyregions.org.uk (from your regional and training committee volunteers)
- bwy.org.uk (from BWY Central Office staff and some Trustees)

If you can't work out where to do this, ask for help or search for Junk or Spam in your Email Help, or search for help in your search engine of choice.

And don't forget to check all your devices you receive email on because some email providers have different Junk/Spam settings on different devices for the same email address!

## BY THE WAY . . . .

We have been getting some enquiries about whether all online events are recorded.

The answer is that some tutors will record, others won't and there will be a time limit on replays-when they are available.

All this is the tutor's choice, and the Area Reps cannot control this situation, just pass on the information for each specific event.

## REPORT ON SOUTH WEST SANGHA



**It seems a long time away now but on 24 June we held our regional Sangha in Wiltshire with five online events on the same day.**

Fifteen were at the in-person day and nearly 100 went online to join our teachers there.

Here is a testimonial from one member:

"Thank you so much for a joyful and beautiful Yoga Sangha. It's one of the best events I've ever attended. The teachers were lovely and the classes were so different and yet their varied themes were all so beneficial. I know how hard you and your team must have worked to make it happen and I'm so grateful."  
Pam Flanagan, Andover.

And here are some words provided by one of our online tutors for the South West Sangha:

"I was very happy to teach a busy early morning session for BWY South West Sangha last month and surprised to see one my students logging in from the beach in Thailand! She had joined a class from her living room South East London earlier in the week! A day or two before Sangha, she had upped sticks and moved to Thailand to run a small hotel.

One of the fabulous benefits of Zoom classes is that we can stay in touch with students as they move out of the area and travel abroad.

I have another student who moved to Barbados who hasn't let the move prevent her from still attending classes and workshops.

Yoga is about connection, and it's how amazing that we can stay connected at such distances.

Zoe Knott, BWY DCT

## MAKING SOUND FINDING HARMONY – BRINGING NADA YOGA AND BONES FOR LIFE TOGETHER

By Marye Wyvill and Rajesh David



Siamang gibbons, who mate for life, jointly defend their territory. Every morning they sing together, building ever more spectacular, complex sequences. The couple's song reflects the strength of their bond. Other siamangs pay close attention. The more harmonious their duet, the stronger will be their defence. If their vocalisation is discordant, neighbours

sense an opportunity to move in. In this context, harmony is a matter of survival.

And harmony is what links the seemingly separate disciplines of Nada Yoga and Bones for Life. Nada Yoga encompasses a philosophy, and a series of techniques which utilise sound with the aims of developing inner harmony, and deepening spiritual practice. Bones for Life consists of simple movement processes designed to strengthen bones through a harmonious coordination of all the parts of the body. By combining sound work, reflections on philosophical texts and physical movement, both left and right sides of the brain are drawn on, enabling participants to experience the texts' meaning at a level far deeper than that of intellectual discourse.

Both Nada Yoga and Bones for life focus on refining perception and heightening awareness, for without awareness there is no possibility of meaningful change. We train and discipline body and mind through a variety of practices, but ultimately change occurs spontaneously. In Nada Yoga, the intention to be open to a divine inner presence is cultivated through the gradual withdrawal of the senses as the practitioner moves from sound to silence, passing through the portal to inner realms. In Bones for Life, we are invited to follow our sensations, and realise how some of the movement habits we have accumulated over a

lifetime are less than helpful. We awaken the body's innate intelligence and ability to choose better ways of sitting, standing and walking.

While Bones for Life is a safe and effective stand-alone movement therapy, it also enriches yoga practice and teaching. The programme, consisting of 90 movement processes, focuses on the enhancement of natural movement in order to develop the postural integrity, flexibility and stability that support strong bones. Movement reinforces whatever posture we adopt, and can therefore either heal or harm. For example, bouncing on the heels, used extensively in Bones for Life, powerfully directs bone-building pressure upwards through the skeletal system. However, if the vulnerable curves of neck and lumbar are misaligned, that pressure is dissipated, and the misalignment is reinforced. So first we learn how to secure those often weak links in the spine's chain.

The same attention to detail, and the ability to differentiate parts within a whole, is brought to the practices of Nada Yoga. For example, within a structure of Indian music scales, the practitioner focuses on chakra points, each chakra location reflecting a different aspect of harmony, whether it be a strategy for survival, as in the case of the siamang, or a deep sensing of the interconnectedness of all life. This is the first step towards developing a practice of meditation with sound.

One of the best ways of experiencing the complementarity of Nada Yoga and Bones for Life is in the spacious schedule of a retreat framework. Marye and Rajesh run a regular Making Sound Finding Harmony retreat in different locations. Their next retreat is in August this year, at Shepherds Dene Retreat Centre in Northumberland.

For more information about Rajesh, see [www.rajeshdavid.com](http://www.rajeshdavid.com)  
For more information about Marye and Bones for Life, see [www.movementintelligence.co.uk](http://www.movementintelligence.co.uk)



## BOOKING PROCEDURES AND INFORMATION

### EVENT BOOKINGS CAN BE MADE ON THE WEBSITE: [WWW.BWY.ORG.UK](http://WWW.BWY.ORG.UK)

The easiest way to view events as a BWY Member is as follows:

- Login using the Member Login button on the homepage
- Hover over the Events tab and enter your postcode
- A table of events from all regions close to you will appear
- Browse events, click on each one for more details and to book

### TO BOOK AN EVENT:

- Click on the title of the event
- Scroll to the bottom of the page to Ticket Types
- If you are logged in, but can't see any ticket types it means you are not eligible to book onto this event, ie; teacher only events
- Select type & number of tickets you want & complete the form
- Click submit

Please email queries to the organizer of that particular event as listed opposite or contact head office for technical issues.

### REFUND AND TRANSFER OPTIONS:

1. Cancellation prior to 30 days from due date of event – full refund. The amount can be used to off-set against the cost of another event subject to availability and at the discretion of the event organisers.
2. Cancellation within 15 to 29 days of event date – 50% refund. This amount can be used to off-set against the cost of another event subject to availability and at the discretion of the event organisers.
3. Cancellation within 0 to 14 days of the event date – no refund or transfer.

## CONGRATULATIONS TO YOGA TEACHERS COMPLETING A TRAINING COURSE OR MODULE

- Caroline Harris            L4 Teaching
- Cheryl Parr                 Yoga Therapy
- Tamsin Peachey            Yoga Therapy

“Teaching others is best  
done with love, once the  
heart has understood, the  
mind opens”

(unattributed but found here: [Teaching with Love...Onshantiretreat – 10 Secrets to a Balanced, Successful & Happy Life \(wordpress.com\)](#))

DATE	EVENT	VENUE	TYPE	CONTACT
11 November	Exploring Parsvottanasana Masterclass With Zoe Knott	Online	Workshop	Jo Webb
18 November	Emergency First Aid At Work With Alison Hawthorn	Shepton Mallet, Somerset	First Aid	Jo Webb
18 November	Integrating Mindfulness And Compassion Into Your Yoga Teaching And Therapy With Karen Atkinson	Kenton, Exeter, Devon	CPD 23/56	Mary-Ella Kyte
13 January 2024	Time For You: Tlc Yoga, Qigong, Self-Massage, & Healing Sound With Jo Webb & Sarena Mason	Dinder, Wells, Somerset	Open Day	Jo Webb
13 April 2024	Emergency First Aid At Work With Alison Hawthorn	Holt, Wiltshire	First Aid	Tina Bosley

## EXPLORING PARSVOTTANASANA MASTERCLASS WITH ZOE KNOTT



Date:

11 November 2023

9.30-12.30

This event is ONLINE

Cost: Membership/Accredited

Discount: £20

Non-Member: £30

An asana-based practice building towards Parsvottanasana, exploring the varied elements of the asana to deepen both our experience and understanding of the pose.

Do remember to have yoga blocks and a belt!

Zoe is a Diploma Course Tutor for the British Wheel of Yoga and served on the Training Committee for many years as DCT Training Officer.

With over 40 years of yoga practice with many different teachers from a variety of traditions, her fundamental approach is to build strength as the cornerstone of practice and from there all poses become possible.

For further details and booking information, see [bwy.org.uk/southwest/event/27/27/](http://bwy.org.uk/southwest/event/27/27/)

# EMERGENCY FIRST AID AT WORK WITH ALISON HAWTHORN



**Date:**

18 November 2023

9.30-4.30

**Location:**

St Michael's Parish Room

6 Park Rd

Shepton Mallet

Somerset

BA4 5 BP

**Cost:**

Membership/Accredited

Discount: £78

Non-Member: £85

**Also at Holt, Wiltshire** on 13 April 2024 – for more details and booking information, see [bwy.org.uk/southwest/event/2783/](http://bwy.org.uk/southwest/event/2783/)

The qualification is valid for 3 years.

The content of this course provides basic life saving first aid and workplace health and safety regulations

The fee includes a first aid manual and certificate.

Alison Hawthorn is a qualified first aid trainer and also a yoga teacher.

Please bring lunch, pen and paper, tea and coffee will be provided. Yoga mats and kit will not be needed.

For more information and booking visit [www.bwy.org.uk](http://www.bwy.org.uk)

THE HALL IS BEHIND THE CHURCH

For further details and booking information, see

[bwy.org.uk/southwest/event/2729/](http://bwy.org.uk/southwest/event/2729/)

## CPD 23/56. INTEGRATING MINDFULNESS AND COMPASSION INTO YOUR YOGA TEACHING AND THERAPY WITH KAREN ATKINSON



Date:

18 November 2023

10.00 – 4.00

Location:

Kenton Victory Hall

Kenton Hill

Kenton

Exeter

Devon

EX6 8JA

Cost:

Membership/Accredited

Discount: £35

Non-Member: £45

Aims:

- Teach the definition and concepts of Mindfulness
- Lead participants through Mindfulness practices
- Provide a framework of practice using the 8 attitudes of Mindfulness
- Explore the concepts of primary and secondary suffering and the efficacy of Mindfulness.
- Introduce the role of Compassion
- Explore the power of language
- Share the Iceberg Model
- Teach the neuroscience to substantiate teaching and practice
- Lead participants through Mindfulness and Compassion practices of compassionate mindful breath awareness and loving kindness meditations

For further details and booking information, see

[bwy.org.uk/southwest/event/2504/](http://bwy.org.uk/southwest/event/2504/)

## TIME FOR YOU: TLC YOGA, QIGONG, SELF- MASSAGE, & HEALING SOUND WITH JO WEBB & SARENA MASON



**Date:**

13 January 2024

10.00 – 4.00

**Location:**

Dinder Village Hall

Sharcombe Lane

Dinder nr Wells

Somerset

BA5 3PF

**Cost:**

Membership/Accredited

Discount: £40

Non-Member: £50

A deeply nourishing day to recharge your batteries, experience 'radical rest' and enjoy much needed 'me time'.

\* Qigong-Shibashi, This gentle, beautiful, and flowing Tai Chi Qigong exercise routine is both a joy to do and deeply relaxing for people of any age.

\* Holistic Yoga – Gentle yoga to soothe your body and mind, breathwork to boost your mood and naturally energise, plus Yoga Nidra for deep (radical) rest.

\* Healing Sound & Chant – From the simplest sounds such as humming or toning the vowels, to healing chants

\* Self-Massage Techniques – rejuvenate your body and mind through a simple self-massage practice. Learn how to revitalise when you're feeling sluggish or to soothe and calm when agitated...the perfect way to start or end your day.

For further details and booking information, see [bwy.org.uk/southwest/event/2749/](http://bwy.org.uk/southwest/event/2749/)



# LOVELY yoga

[www.lovelyyogacornwall.com](http://www.lovelyyogacornwall.com)



## Somatics in Cornwall

**Workshops, study days, retreats, immersive**

Led by Emma Mansfield Ba Hons, BWY+500 in Lostwithiel

For more information email [lovelypublications@gmail.com](mailto:lovelypublications@gmail.com)



### Somatic Recalibration Sessions

Sunday, 8 October 2023 11am - 4pm £60

Sunday, 3rd December 11am - 4pm £60

Sunday, 7th January 11am - 4pm £60

### Somatics, Reiki & Sound Healing

Saturday, 4th November 10.30 - 5.30pm

All workshops include delicious vegan and vegetarian food, all props and tuition £75



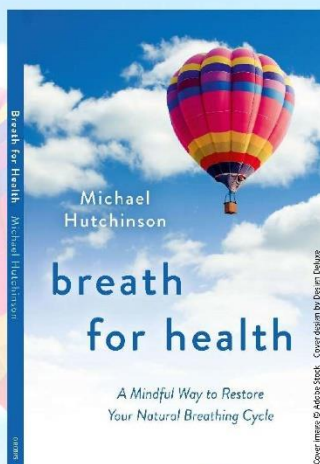
# BREATH FOR HEALTH

by Michael Hutchinson

a new book, based on the teachings of Sri T Krishnamacharya and TKV Desikachar and supported by modern physiology that will explain to beginner and teacher alike how it is we are meant to breathe and how, step-by-step, our natural, healthy breathing can be fully restored.

“This is the guide that every yoga practitioner, teacher and therapist needs to have. I will be using it for all of my yoga and yoga therapy trainings going forward.”

Dr Amy Wheeler, PhD, former president of the Board of the International Association of Yoga Therapists



Published in the UK  
and US by O Books,  
Winchester and Washington

ISBN 978-1-80341-440-9 Pre-order from major online booksellers £11.99

For a signed pre-release print copy visit <https://two-birds-yoga.sumupstore.com>

Or visit stall H15 at the Om Yoga Show 13-15 October <https://london.omyashow.com>



heartfirstbreath



breath4health

Cover image © Alpacas Stock Cover design by Dreamy Delux

The way you breathe is  
the way you think. The  
way you think is the way  
you breathe.  
(Sadhguru)



# PRANAYAMA



## INTENSIVE RETREAT

with *PHILIP XERRI*

Holland House, Cropthorne, Nr Pershore.

JUNE 10 -14,2024

A specialised retreat on the progressive practice of Pranayama. My approach is 'integrated', which means that although the focus is always Pranayama, integrated throughout the sessions are related Asana, Mudra, Bandha and Kriya practices.

This is the second year of this retreat and I cannot express how much I am looking forward to it. As well as my usual progressive teaching of Rhythms and Classical Pranayamas there will be a focus on some of the more 'advanced' practices that I have decided not to teach online and, for me, the truly exciting prospect of exploring some of the 'creative' adaptations of Pranayama practices, both general and Classical, that have surfaced in my own practice over the last few years

The Course is intended for Yoga students/Teachers with a minimum of 5 years experience, but please get in touch if you are unsure of your eligibility to discuss options as prior instruction can be undertaken.

Philip has been practicing/teaching Pranayama for over 40 years. Originally trained with Swami Gitananda in India, he has also worked within many other disciplines and Schools of Yoga. His first inspiration was Philip Jones – the 'Welsh Wizard of Pranayama' whose understanding of the connections between the Breath and Prana was profound.

It is these connections and their relevance to the deeper aspects of Yoga practice that we will be exploring on this Course.



**Further details/Booking** [pax\\_yoga@yahoo.com](mailto:pax_yoga@yahoo.com) 'Early Bird' offers available.

Web [www.yogaquests.co.uk](http://www.yogaquests.co.uk) and [www.controlyourbreath.co.uk](http://www.controlyourbreath.co.uk)

Mobile 07710185827

*"Prana is the sum total of all the energy in the Universe" Swami Sivananda*



# Yoga with Ruth White

Come and join us – you don't have to be “good”  
come with an open mind

All levels of ability are welcome and catered for

## Weekly Classes

**Beaconsfield Hall, OX7 6BQ**

Easy Yoga Tuesday - 7.30pm

Wednesday - 9.45am – 11.15am

You are welcome to stay for practical philosophy &  
meditation ending at 11.45am

**Fire College, Moreton in Marsh, GL56 0RH**

Easy Yoga Thursday - 11.45am

1 to 1 classes with Ruth in person and online



## A Different Day in Yoga

Every month at Beaconsfield Hall, OX7 5BQ

9.45am – 3pm

Take a further step into the peace and quiet of the mind  
through the practice of asana, pranayama & meditation

Wednesday 8<sup>th</sup> November, 6<sup>th</sup> December & 17<sup>th</sup> January



For those interested in Teachers Training for the 500-hour  
Yoga Alliance, please enrol now as it is the final time that

I will be offering this training

CPD Training continues

www.yogawithruthwhite.com - [info@yogawithruthwhite.com](mailto:info@yogawithruthwhite.com) - 07587 140032

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Silent Meditation Retreats



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Or email [info@mindfulnessuk.com](mailto:info@mindfulnessuk.com)



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