



BWY

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HEART
OF YOGA

IN SCOTLAND

IN THE LOOP

Summer 2024

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Regional Officer

Christie Wood
scotland.ro@bwyregions.org.uk

Regional Treasurer

POSITION VACANT

Regional Training Officer

POSITION VACANT

Regional Secretary

Nicki Walsh
scotland.secretary@bwyregions.org.uk

Aberdeen & Grampian Area Rep & Web Admin

Kelly Signorini
scotland.web@bwyregions.org.uk

Edinburgh, The Lothians & Borders Area Rep

Sharon Kigour
scotland.lowlandsrep@bwyregions.org.uk

Glasgow, West Coast & Ayrshire Area Rep

Fiona Marshall
scotland.glasgowrep@bwyregions.org.uk

Regional Editor

POSITION VACANT

Central Office

25 Jermyn Street Sleaford Lincolnshire
 NG34 7RU
 01529 306851 office@bwy.org.uk
www.bwy.org.uk

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)

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BWY / Accredited Price Full Price

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 £25.00 £35.00
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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.

SCOTLAND NEWS

Welcome to the Summer newsletter in Scotland.

Hi, I'm Lucy, the BWY Yorkshire regional editor; Sadly Carmita, your excellent Scotland regional editor stepped down last year. Please join me in thanking her very much for all her hard work and the beautiful newsletters she produced over the years.

If you are interested in becoming the Scotland regional editor please do get in touch (yorks.editor@bwyregions.org.uk); as you will see from the article on page 4, the BWY is about to change the way we produce regional newsletters and it is about to become a lot easier.

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Front cover: Gairloch Lighthouse, Speen Bridge
Back cover: Lichen covered tree, Loch Arkaig
Photos by Luch Croucher

YOUR REGIONAL NEWSLETTER IS CHANGING

BWY volunteers, with the help of staff and members, have been looking at how we can change the way you get your regional newsletters so it can make a bigger contribution to these objectives:

- reduce BWY's carbon footprint
- improve the experience for our regional Newsletter Editors
- reduce BWY costs

As a BWY member you currently receive your regional newsletter, delivered to your door, three times a year. Each newsletter has an average of 30 pages so you get approximately 90 pages a year. In round numbers BWY has 5000 members so that's 450,000 pages per year being printed and delivered to members.

Many members already choose to read their copy digitally by downloading it from the regional pages on the website and we want to make more members aware that this can be done, and to encourage them to choose that option in preference to receiving a printed copy.

Any member who wants to continue receiving a printed copy will be able to do so.

In a few weeks' time you should receive a communication asking you to indicate your preference on the website. Choosing the digital option will contribute towards achieving our key goal of having as little impact on the planet's resources as possible.

In addition, future newsletters will be formatted differently because we are simplifying the template used by Editors so their role is less about the challenges of using the template and more about delivering interesting and useful content to members. They will have more flexibility over the frequency of producing them as well, because there will be fewer cost implications per issue. Any changes to the frequency or size of digital issues will be at the discretion of each region so I will contact you again later in the year about how we see that working in Scotland.

In the meantime, if you have any queries, please send them to Lucy Croucher at yorks.editor@bwyregions.org.uk

MY YOGA JOURNEY

By Judy Cameron BSc (Hons) Health Studies; Retired Midwife & Nurse; BWY Teaching Diploma



I am never too sure whether my yoga journey began when I attended my first yoga class or well before that. As a child I spent a lot of time on my own, either out walking or simply in the garden. My brother and sister were sufficiently older for me not to be part of their world a lot of the time. Whether I was out for walks, on my bicycle or playing in the garden, there was

always time to imagine and wonder, to daydream.....an opportunity to enjoy the dance of the mind.

On the other hand, I also remember my cousin and I having great fun together during the school holidays - wrapping our legs into the lotus position. It was maybe around this time I came across the word Yoga. I never excelled at Games at school. I could not run fast enough and I always seemed to miss the ball. And yet I enjoyed running and walking, swimming and cycling in rural Herefordshire where I lived. I was content to enjoy these things in my own space where there was no judgement, no competition - just sheer enjoyment.

The first Yoga class I attended was in 1974. It was held in a small primary school in Bristol. What I loved about the class was the total mix of students. It made me realise that Yoga was something we could all access. The teacher was rather large, as I

remember, but in the nicest possible way. And yet she seemed to move so freely. She met the Earth with an awareness of her inherent lightness and she demonstrated a genuine kindness to all in her class. I was curious to find out more.

Once I went to live in London I followed my best friend to the Sivananda Centre which was then in Notting Hill. I was drawn to the ritual, the form of the practice and the way it made me feel. We both practised yoga throughout our pregnancies — and in fact, although I was by then living in Bhutan in the Himalayas where I was working as a VSO nurse, she sent me books and things to read to guide me in the right direction. Yoga enabled both of us to experience the most positive of pregnancies and birth experiences - far beyond anything I could ever have imagined.

Sadly my best friend died of a brain tumour in 1994 while I was staying with her. She had progressed further than I had on her yoga journey (or at least that is how I saw it at the time) and was already teaching. Following her death I felt a deep pull to travel to India to train with the Sivananda Yoga organisation - the source of yoga which had been so important for both of us in the beginning.

I took my 3 year old daughter with me and travelled around India together for 9 weeks. Shortly after my return to Scotland, John Stirk and Sandra Sabatini introduced me to the yoga of Vanda Scaravelli. This approach seemed to offer a deeper more intuitive way of working which I found irresistible. Prior to this I had been a follower of instruction and directions, attentive to follow the method and the formula. Now I had an opportunity to discover the magic from inside myself. This felt hugely liberating but quite scary too. Was I comfortable to discover what lay beneath? And when I did, how would I meet it? If it was to be through striving and doing, then I would surely miss it.

And so the journey continued. I qualified as an Active Birth Teacher in 1997, a British Wheel Diploma teacher in 1999 and then Midwife in 2002. The very positive experiences of the births of both my children together with my Midwifery background, allowed me to set up a BWY Pregnancy Module for yoga teachers. This I began in 2005, followed shortly after by the first YogaBirth Teacher Training course in 2006. I am happy to say that both courses are still running, although I ceased directorship

of the YogaBirth TT at the end of 2020. My next BWY Pregnancy Module starts Online in June 2024 followed by two in person weekends in Edinburgh.

During the years between my Active Birth Training and my Midwifery training, I returned to Bhutan with my family for another three and a half years. My husband was Project Manager for a National Park which led to us spending 6 months in a remote, high altitude village at over 12,000 feet and 4 days walk from the nearest road. This experience warrants a separate article - more like a book. One day maybe. On one memorable occasion I taught a yoga class up there - to members of a trekking party who were passing through. Perhaps more importantly it was while living in Bhutan I met a remarkable teacher Dzongsar Khyentse Rinpoche. He became my inspiration for my meditation practice and finally taking refuge in the Buddhist path in 2003.

Since I retired from the NHS in 2014, I have been able to dedicate more of life to Yoga - making my living and living my living. I became a Tutor for Yoga Scotland's Edinburgh Teacher Training Diploma in 2016. I am now the Lead Tutor for that course and also the Lead Tutor in teaching Anatomy and Physiology across all Yoga Scotland training courses.

Learning, refreshing, discovering more, going back to the beginning over and over. It never stops. Much of this derives from my own practice. However, I value hugely the guidance from Gary Carter - whose teachings I attend OnLine and regularly in person. My root teachers remain Diane Long and Sandra Sabatini - both former students of Vanda Scaravelli, living in Italy. I cherish every moment I spend with them - because nothing is ever quite as it seems, and it can be all too easy to lapse into complacency.

Please contact Judy on judycameron.yoga@gmail.com for more information about the BWY Pregnancy Module commencing online and in Edinburgh June 2024.

GRAVITY – OUR LIFELINE

by Marye Wyvill

Photo: Bruce McCandless II during EVA in 1984



If we think about gravity at all, we might assume that it works against us, dragging us down and ageing us.

Yet astronauts, who spend months out of contact with the earth's gravitational field, not only experience a deterioration in vision, hand-eye coordination and balance. They

also lose bone density at an alarming rate.

When we are upright, the force of gravity pulls through the body from head to feet, towards the centre of the planet. That pull is reduced considerably when we are lying down. Gravity centres and grounds us. It stimulates every cell, every nerve in our body, helping us to develop.

The problem of deteriorating bone tissue does not depend upon age alone but is in part conditioned on the reaction of the organism to its environment. When our habit is to collapse and shrink with every step, movement loses its joy, and decline on more than just a physical level is inevitable.

For an astronaut returning from space, initially unable to walk, a programme of exercise which produces pulsations of springy pressure through re-confrontation with gravity will re-generate their wasted bones. This can only be achieved if the skeleton is optimally aligned for an effective, continuous trajectory of pressure.

The **Bones for Life** programme, developed by the late Dr Ruthy Alon. is designed to maintain, and even increase, bone

strength through well-organized posture and dynamic, harmonious movement.

Here is a taster of a process which helps us to appreciate the role of the chest and rib-basket in weight-bearing posture, and shows us the advantages of lengthening, rather than collapsing:

Making a ‘steering wheel’

Stand comfortably. Place both hands on the centre of your chest, one on top of the other. The fingertips of the upper hand are level with the wrist of the lower hand. Imagine the hands are lightly glued together, and to the chest beneath.

Arrange the forearms in a straight line from elbow to elbow. If this creates too much tension in your shoulders, allow the elbows to drop slightly.

Steering

Direct your right elbow towards the floor and your left elbow towards the ceiling. Let the skin of your chest be dragged by the movement of the steering wheel. While doing this, keep your body upright.

Reverse the movement...now your left elbow moves down while your right elbow moves up.

Practise turning your steering wheel a few times, then rest your arms.

The symbolic walk

Walk slowly on the spot, lifting just your heels alternately. As one heel thrusts into the ground, the other heel lifts. You may feel yourself getting taller as a heel thrusts, and shorter in the moments between the heels thrusting.

Walking and steering together

We will now coordinate these movements in two different ways, one leading to collapse, the other to length.

Have your steering wheel level. Begin to slowly lift and thrust alternate heels. Turn your steering wheel in such a way that when your right heel thrusts down, your right elbow steers down, while your left elbow steers up. When it's the turn of your left heel to thrust down, the left elbow steers down. Notice that the distance between elbow and heel remains constant. This is the pattern of collapse.

*Begin again with the symbolic walk. This time, as the right heel thrusts down, steer the right elbow up; as the left heel thrusts, the left elbow steers up. Notice that the distance between elbow and heel gets shorter as the heel lifts, and longer as the heel thrusts down. This is the pattern of **lengthening**, which supports our weight as we move.*

The actual walk

Experiment with these two patterns in walking. As one heel strikes, let the elbow on that side steer down. Notice the tendency to collapse.

Now reverse the pattern, so that the elbow on the striking heel side lifts, and that whole side lengthens.

Rest the arms and continue to walk. Can you sense an echo of that lengthening, that successful confrontation with gravity?

For information about Marye Wyvill's 2025-2026 **Bones for Life** TTC, and upcoming retreats, see:

www.movementintelligence.co.uk

MANDALA YOGA ASHRAM

Mandala Yoga Ashram is world renowned for its residential courses based on the authentic teachings of yoga, advaita and tantra. Over the last two years it has also developed its 'Ashram Sangha', offering these timeless teachings online — both in live and pre-recorded formats. The Ashram Sangha is our way of making the teachings and spiritual life of the Ashram as accessible as possible to everyone, no matter where you are in the world. If you already have some experience of yoga or meditation and feel a calling to go deeper, beyond the weekly yoga class model, this community is for you. The purpose of the Sangha is threefold:

- To **deepen** your understanding of who and what you are essentially. Ashram teachings focus on aspects of yoga which are often not covered in a weekly class.
- To **renew** and refresh your practice and aspirations. This is especially important for yoga teachers who, whilst offering so much to others, may often struggle to find inspiration and nourishment for their own practice.

- To **connect** you to like-minded practitioners, giving you a sense of **belonging** and feeling of support from others.

Here's what others have said about the Sangha so far:

"As a newcomer to the Sangha, I appreciate feeling included and welcome and really value all the learning and input"

"Thank you for the beautiful practices and teachings...I am so grateful for this online Sangha"

"I'm enjoying all the practices in the sangha - it's such a joy to be able to tap into the ashram energies from so far away!"

"Thank you for the lovely Wednesday evening class. Even though I'm unable to join in person each week as I don't get home from my job until after 7pm, I love to catch up with the recordings on a Friday evening. It is a perfect ending to my week at work. Thanks to you all for your wonderful teaching"

As a member, you will receive regular live teaching sessions which are all recorded so you never have to miss out. We also offer audio downloads of all sessions so you can refresh your memory any time you want. You'll have access to a library of pre-recorded, downloadable meditations and morning chants. You can interact with other members and the Ashram teachers through the Kajabi platform, which hosts the website and all Sangha offerings, by leaving comments or questions on practice sessions. You can also join a private Facebook group for more direct communication with other members.

We offer a 14-day free trial to the Sangha, after which the cost is £25 a month, or £240 a year, saving £60. For further information and to join visit:
mandalayogaashram.com/ashram-sangha.

You can also check out our Free Resource Library on our website.

BWYT RESTORATIVE YOGA TEACHER TRAINING MODULE

September-November 2024
With Carol Trevor



Over the last few years, I've been hearing from many yoga teachers that students are increasingly requesting restorative yoga. They've heard about it or had a taste of it and intuit that it will support their health and wellbeing on all levels.

The benefits of shifting down a couple of gears through restorative yoga, as we nurture our parasympathetic nervous system and our physiological 'rest and digest' or 'tend and befriend' response is quite well known. Regulation and optimal functioning of our breathing, heart rate, blood pressure, digestion, sleep, menstruation, immune system, mood and natural cellular recovery to name a few, together with greatly reduced stress. The sheer relief, freedom and nourishment of the practice are palpable too.

So what happens when our body is skilfully and fully supported by various props and we allow ourselves to *be*, as the yoga teachings describe? How does restorative yoga feel, and does it work if we find it hard to slow down? Is it a practice for our harried times?

To explore this and more, all yoga teachers (with a minimum 200-hour qualification) are welcome to take part in this BWYT 30-hour Module.

Personally, restorative yoga initially supported me as a practitioner and teacher in busy London. Having come to yoga 'backwards' from meditation, I recognised the subtle effects of the practice through all our layers too. Later, living in Hertfordshire, I came to appreciate the true potency of this wise and gentle practice. Following a number of unexpected bereavements, an active yoga practice didn't feel possible, and restorative yoga was a steady and comforting companion through grief.

For all, the residue of restorative yoga is beyond value. When we exit practice, there can only be *ahimsa*, towards ourselves and others. Our loved ones, colleagues and strangers alike notice something about us that creates connection on a deeper level and makes life lighter. There is a presence that reflects our true nature, with an impact beyond what we can ever know. After all, we come to realise that we really are one, and do our best to live accordingly. Restorative yoga extends well beyond the mat.

For Module details: carol@yogacarol.co.uk or www.yogacarol.co.uk

BUILDING COMMUNITY AND CONNECTION IN ONLINE COURSES

Christiane Kerr - *Calm for Kids*

Though there are many benefits of online yoga teacher training, one of the challenges can be creating the connection and community that students experience with in person courses. Creating a form of Sangha not only helps students to connect but also greatly enhances our learning and practice.

Since 2003, I've been running workshops and training courses for yoga teachers who want to teach yoga and mindfulness to children and teens. I was lucky to have an artist friend who let me use his beautiful studio, complete with amazing artworks. The space was warm and inviting and set the tone for the training.

Since 2021, most of the teacher training I do is online via a combination of live Zoom sessions and self-paced lessons. With the online courses I was keen to create the same nurturing environment as the in-person courses.

Creating a Safe Space

As with any yoga class, it is important to create a safe space where every student feels seen and heard. It can be more difficult to pick up on individual cues online so regular check-ins, personalised feedback and giving students the opportunity to share their thoughts and experiences is key. Using tools such as the breakout room feature on Zoom, can facilitate group discussion and give quieter participants a voice, helping mimic the small group and pair work of in-person sessions. The Calm For Kids training course includes several live sessions and students connect with each other in a private group between sessions, helping to build a good rapport.

"I really enjoyed the live Zoom sessions. It was very helpful to connect with other students and share ideas with the input of the tutor." Sheilagh Hillyard

Icebreakers

When working with children and teens, icebreakers are a great way to build a good group dynamic. They can be designed to reveal participants' personalities, backgrounds and yoga journeys in a fun, non-threatening way. A simple way to do this is to ask one student to start by sharing their favourite food and something that they love to do. After sharing, they pass the same question on to another participant and so on until everyone has had a turn. You can ask questions requiring more considered answers in the main Zoom room, giving students a few minutes to note down their answers before putting them in pairs or small groups in the breakout rooms to discuss. Repeating this several times gives everyone the chance to meet and chat.

Another simple icebreaker is to ask everyone their name, their geographical location and how their internal weather is. For example, they may be sunny with a bit of wind - mainly happy but slightly anxious at the same time.

Creative Activities & Games

Engaging children and teens in yoga is one of the key challenges for teachers. It helps with behaviour management

when you have students' attention.

There are many standard children's games that can be adapted to include yoga elements and these can also be used in your adult classes to bring a lighter, more playful element. In live sessions, trainee children/teen yoga teachers have the opportunity to experience these games for themselves which helps hugely when teaching to others.

Musical statues can become yoga statues. Simon says (do this, do that) can become Yogi says. The traffic light game, where you do a different activity for each of the three colours, can be adapted as a yoga pose or activity for each colour, with students having to remember which pose corresponds to which colour.

You can ask participants to create yoga sequences in pairs, create a class plan or think of ways to adapt memory games. The main Zoom room is also a good space for group storytelling with everyone contributing a sentence.

Teaching Practice Sessions

Giving students the opportunity to practise their new skills on each other reinforces their learning and allows them to experience other participants' teaching. . "The teaching practice sessions were brilliant! It was great to see everyone's different sessions and also have the opportunity to receive comments and feedback, super helpful." Kate Holly, If your course has online teaching assessments, building up to these in pairs/small groups in the breakout rooms gives students the opportunity to get used to this before the final assessments. If participants are giving feedback to each other, be sure to give clear guidelines on what is appropriate. Meeting and training with other yogis in real life is hard to beat, but the convenience and accessibility of well-crafted online courses can enhance the way connection and community are created in the digital age, ensuring that each student feels valued, heard and connected.

COME AS YOU ARE – YOGA THE SECRET DOOR INSIDE THE WARDROBE

By Claire Hall (she/her)

In the words of Nirvana (the band, not enlightenment!) ‘come as you are.’ Not as you’d like to be but who you **really** are. Yoga invites you to drop the roles you play in life, whether that is a mother, daughter, father, son, sister or brother. It allows you to let go of being an employee, employer, a friend or enemy. Yoga gives you that chance to just be, just to be in that moment, on the mat moving through your practice.

Patanjali’s *Avidya* explains this. *Avidya* is that process of life based on ignorance, the ignorance of our spiritual nature. To live without ignorance of our spiritual nature or ignorance of our true self we need to know ones self. Aristotle said ‘*knowing yourself is the beginning of all wisdom*’

What then is ‘knowing the self?’ The self is never changing but *Avidya* or ignorance only sees the ‘nonself’ or ego, ‘I am a mother’, ‘I am a daughter’, ‘I am this’, ‘I am that’. ‘I’ has many roles, it is constantly changing to fit in with expectations. These expectations are set within society and we feel the need to fulfil them. Yoga practice gives the opportunity to leave the ‘nonself’ at the door, to leave the roles society sets for us behind. It invites us to just let go of those roles for a while but as I say to my students, those roles will still be there when you leave but maybe the burden of them will be a little bit lighter.

We engage in the practice of yoga as our true ‘self’, as we are, without burden or expectation and how wonderful is that? When in life do you ever get that chance? Yoga is that place where nothing else matters for the time we are on the mat.

In his book *Yoga Revolution*, Jivana Heyman puts this idea beautifully...

Yoga is like the secret door inside the wardrobe. Every time I practice I seem to go somewhere away from my daily worries and stress. And that is huge because so often I feel trapped in

*my own life*¹

Maybe Jivana is suggesting we are trapped in the roles that life has given us. Let go of these roles just for a short while, engage in your practice, however that looks for you, find your true self and be who you truly are.

Claire teaches classes and workshops in and around Leeds. She is a BWY Foundation Course Tutor and West Yorkshire Representative.



¹P78, Heyman, J, *Yoga Revolution: building a practice of courage and compassion*, 2021, Shambhala Publications, Boulder, Colorado, United States of America.

BOOKING DETAILS FOR CPD EVENTS

BWY guidelines state that participants for a CPD day can be

- ☪ BWY DCTs and Diploma Holders
- ☪ Recognised and Accredited Teachers
- ☪ BWY Diploma and Certificate Course Students
- ☪ Teachers of other Yoga Organisations (BWY members)
- ☪ BWY Members can attend if spaces are available
- ☪ The maximum for each event is 30 attendees

Please book early via the regional website
www.bwy.org.uk/scotland

If you do not have internet access, please contact the appropriate Area Rep providing the following

- ☪ Your name, BWY number, address & telephone number
- ☪ Course Reference, Tutor / Subject
- ☪ A cheque, made payable to **BWY Scotland Region**

REFUND AND TRANSFER OPTIONS:

If you are unable to attend a particular event you should contact the event organiser.

Cancellation prior to 60 days of event date – full refund.

Cancellation within 15 to 59 days of event date – 50% refund.

Cancellation within 14 to 0 days of event date – no refund.

Transfers to an alternative event can only be made 15 days or more before the event and only to an event on the same platform (Zoom or in-person).

If the event is cancelled, you will be refunded in full

BWY CPD EVENTS

Date: Saturday 26 October 2024
Tutor: Zoe Knott
Subject: Developing Strength with Single Leg Poses
Venue: The Church of Good Shepard, 13a Murrayfield Avenue, Edinburgh EH12 6AU
Organiser: Sandra Cook



Tutor:

Zoe is a Diploma Course Tutor for the British Wheel of Yoga and has 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. Asana are broken down and analysed. Zoe looks at the muscles that need to be strong or flexible and works in detail gradually

building up the components of a pose. Zoe has taken the additional BWY modules in Pranayama and Pregnancy. As well as running regular yoga classes, the Foundation Course, Teacher Training and travelling round the country giving Workshops and taking In Service Training, Zoe runs regular yoga holidays in warm sunny countries.

CPD Information

The workshop will explore single leg poses, looking at areas that need to be strong and areas which need to be flexible. Consideration will be given as to how to incorporate relevant preparatory techniques into general class teaching.

Zoe says:

I have taught yoga for a long while now. During this time I have learnt that in order to protect the joints, we should bring strength to our practice. This has been the underpinning nature of my teaching throughout my career. Many of you have joined me at the 'Strength in Asana' CPD Workshop.



Through breaking my leg at the age of 65, (I include 'age 65', as I was shocked at the views of so many as to this being the end of the road for me at this age; down hill from now on.....), I became aware of how practicing single leg yoga poses develop strength even more powerfully. And this is what I would like to share with you at this CPD Day.

My aim is for yoga teaching to be accessible to all who come to class and work with a staged approach. So this session does not

looking at intricate, gymnastic, anatomically complex poses, but moves that are possible for all, that are very much a part of our yoga practice.

It will be obvious to yoga teachers and experienced practitioners that working with single leg poses will improve muscle strength through the standing leg and beyond. We can deepen the muscle loading in many ways, such as bending the standing leg in single leg poses. So simple yet so effective. Yoga is often a resistance practice, using different parts of our body as weights as we move into and out of gravity with control. Again the strength work intensifies in single leg poses.

What becomes really interesting is that we develop strength in many areas in addition to the standing leg as it necessary to recalibrate our balance. To do so, the brain has to engage to adjust to the unfamiliar setting of standing on one leg. The eyes, ears, muscles and joints send messages to the brain; the brain then responds. Thus strengthening the neural connections; keeping the brain on its toes.

Falls are a serious health issue and I was surprised to learn they are the second most common cause of accidental deaths. Every time we work in single leg positions, we develop the tools to prevent falling.

As with all strength work, if we keep at it, balance will improve surprisingly quickly.

So as we work through familiar sequences we will experience how we can intensify the strength work at various stages by taking the body weight through just one leg.

Even though we are working with single leg poses, you may think we will simply strengthen the legs, but actually I will sneak in a few of the other key areas that need strengthening too.....

All that I cover during the Workshop will be utterly suitable for mixed ability class teaching.

Yoga Nidra

Teacher Training Course

With Nickie Short (aka Tulsi)

For all yoga teachers, qualified or in-training
6 month online course starting Sept 2024



Yoga Nidra is a profound, powerful practice giving deep relaxation on all levels - physically, mentally, emotionally and spiritually. It not only releases tension but provides an introduction to deeper meditative states and the opportunity to get closer to the deeper aspects of our Being.

Given the many stresses experienced in modern life, this accessible practice can be of great value to yoga teachers and their students whatever their experience or ability.

Over 6 months this course will introduce you to all eight stages of the classical practice as taught by Bihar Yoga, together with providing you with the experience, skills and confidence to safely share this practice with a wide range student groups

Your commitment:

- Daily yoga nidra practice
- Attend all online sessions
- Submit regular feedback to tutor
- Submit audio recordings of Yoga Nidra teaching
- £295 (plus BWY registration)

What you get:

- 5 online Sunday afternoon workshops
- Tools to improve your teaching skills
- Teachings to safely and confidently share Yoga Nidra in a class or workshop setting
- Regular tutor contact and support
- Ongoing assessment
- Pre-recorded Yoga Nidras each month
- Handouts from all sessions

*Online session will take place 16:00-18:30 on the following Sundays:
29 September, 27 October, 24 November, 26 January and 02 March*

Your tutor: Nickie is a Satyananda Yoga teacher with over 20 years teaching experience. She is currently the manager and a senior teacher at Mandala Yoga Ashram in Wales.

For more information email nickie.short@icloud.com or tel 07799 032824



British Wheel of Yoga
Pregnancy Module

REVISED START DATE

JUNE 2024

with
Judy Cameron & Kathleen Beegan



Cost: £660 (£720 if paid by instalment)



For more details contact:
judycameron.yoga@gmail.com

3 weekends 2024

Weekend 1: 22/23 June Zoom
Weekend 2: 7/8 September Edinburgh
Weekend 3: 7/8 December Edinburgh

The Ashram Sangha

Join our online community for experienced yoga practitioners





SCAN ME

What you'll get:

- Weekly live teaching
- Library of additional practices, including chanting
- Monthly live mini-retreats
- Private Facebook group to connect with other members
- Weekly meditation recordings
- A variety of teachers with 100+ years experience
- Recordings of all live sessions
- 14 day free trial

www.mandalayogaashram.com
info@mandalayogaashram.com





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Facebook, Instagram and Spotify

TEACHING YOGA TO CHILDREN & TEENS BWY ACCREDITED MODULE

Do you want to inspire and empower the next generation of yogis?

On this module you will gain the skills and confidence to safely teach yoga to young people from ages 2 1/2 to 18.

This module is run fully online and combines the connection of live Zoom sessions with the convenience of self-paced learning through pre-recorded material available on our course learning platform.



The module will include:

- ✦ Anatomy and physiology for each age group.
- ✦ Social, emotional and cognitive development of children and teens.
- ✦ Simple neuroscience.
- ✦ How to adapt asanas for safe teaching practice.
- ✦ Breath awareness and simple pranayama exercises for young people.
- ✦ How to teach meditation, mindfulness and relaxation.
- ✦ Ways to plan, structure and manage your children's yoga classes.
- ✦ Creative ways to engage each age group with yoga.
- ✦ **AND MUCH MORE**

The course is suitable for yoga teachers and trainees from all traditions.

The module tutor is **Christiane Kerr of Calm for Kids**, a senior yoga teacher with **over 25 years of teaching and training experience**. Christiane is also a qualified mindfulness teacher and author of six children's yoga books.

" I wanted to say a massive thank you for the online course. I loved all the material and teachings, particularly the games, practicals and watching the educational videos."

Donna Ward, Yoga Teacher



Next module starts on **January 18th 2025**

Time commitment, approximately 52 hours



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PRANAYAMA FOUNDATION COURSE

Online via Zoom with *PHILIP XERRI*

September 2024 – March 2025 6 tuition Days, several practice sessions, recordings of all sessions available to download and keep.

The course offers

A structured & supervised personal development programme enabling you to expand & deepen your own practice. A full set of hand-outs for each Day. A comprehensive illustrated Course Manual covering all the practices on the course. Videos/Cds/Mp3s covering many of the main practices. Certificate on completion. Based on attendance of 5 of the 6 days. Individual zoom sessions can be arranged if this becomes a problem.



PRANAYAMA INTENSIVE



Holland House, Crophorne, Near Evesham

October 4 – 6th. 2024 with PHILIP XERRI

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.

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



Details/Booking for both Courses please contact me at pax_yoga@yahoo.com

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Booking www.yogaquests.co.uk

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