



BWY

AT
THE
HEART
OF YOGA
IN YORKSHIRE

BEYOND THE MAT

Litha 2024

<http://www.bwy.org.uk/yorkshire/>

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PUBLISHING POLICY

Please send adverts to the Editor via email in MS Word and pdf format. Please ensure pdfs are of a reasonable quality and the correct size. Adverts will only be published if full payment is received before the deadline. The Editor will provide payment details on receipt of your advert. A receipt will be sent to you by the Treasurer following the posting out of the newsletter. **Listings for all adverts, BWY foundations courses, modules and teaching diploma courses are charged as follows:**

Advertising Rates (inc VAT)	BWY / Accredited Price	Full Price
Half Page	£15.00	£30.00
Full Page	£25.00	£35.00
Back Page (Colour)	£40.00	£75.00

Issue	Date Sent Out	Copy Deadline (Adverts and Editorial)
Samhain – Winter	14 October 2024	09 September 2024

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. Goods or services advertised are not necessarily BWY accredited. Advertising of courses that offer 'yoga teacher training' will only be accepted if the course is BWY or accredited to the BWY.

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Front cover: Incense sticks, Hue, Vietnam
Back cover: Sign at My Son, Vietnam
Lucy Croucher

EDITORIAL

A huge thank you to all those who completed the survey about our BWY 60th anniversary Yorkshire celebrations next year. We had a really good response with 47% of the respondents saying they would definitely be interested in attending a weekend retreat at Cober Hill in June/July 2025 and 52% saying maybe.

The main reasons you indicated for attending the event were:

- ☺ Learning skills or something you could apply in your own practice or teaching (63%)
- ☺ A variety of styles of Yoga (62%)
- ☺ Time to spend with likeminded people (54%)
- ☺ Reasonably priced tickets (51%)

The survey also indicated that we should offer both day and weekend tickets.

Thank you also to those of you who provided suggestions for tutors and venues.

On the basis of the survey results we have booked Cober Hill and are looking at tutors from a whole range of different traditions and with a variety of different styles and approaches to yoga.

We are still very much in the early stages of planning so if you have any thoughts or suggestions please do get in touch with me (yorks.ro@bwyregions.org.uk) - all ideas are very welcome. Keep an eye on future issues of the newsletter, our membership emails and social media for updates on our progress.

Coming back to this year and this newsletter, there are plenty of events and workshops for you to choose from and some articles which I hope you find interesting.

Hope to see you somewhere very soon on or off the mat.

Enjoy!

Love Lucy / DharmaKirti



SAVE THE DATE

**BWY Yorkshire
Sangha**

04-06 July 2025

at

**COBER HILL
Scarborough**

Further details to follow

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 the Yorkshire region.

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

BWY CPD EVENTS

CPD Ref: 24/04
Date: Saturday 31 August 2024
Tutor: Tarik Dervish
Subject: Asana with an Ayurvedic Approach
Venue: Trinity Church Hall, New Side Road, Rawdon
Organiser: Claire Hall, West Yorkshire Area Rep



Tutor:

Tarik is a qualified and experienced Yoga Teacher/Trainer for BWY and Ayurvedic practitioner. He runs workshops and courses in Yoga and Ayurveda for Yoga practitioners and teachers. He specialises in training Yoga teachers with an Ayurvedic approach. He also has a small

Ayurveda clinic in Kings Cross and central Brighton. He's been teaching Yoga since 1997 and has had a wide variety of training including Iyengar, Satyananda and Scaravelli traditions. His main approach is to help students establish a sound physical practice that is appropriate for their Ayurvedic Constitution as a foundation for deeper, subtle meditative work. For more information please visit his website www.yogawell.co.uk

CPD Information

There are a bewildering number of Yoga styles these days but which style is the best? Every style offers a particular approach to Asana and to a great extent, we make our decisions based on practical considerations like time of the week or location. But there are other factors that make us keep going to a class. We notice the benefits. We are of course, all different and understanding something about our uniqueness can be enormously helpful in deciding what kind of Yoga class is best suited for us. Often, we will come out of a Yoga class feeling worse afterwards or the next day and we are not sure why. This workshop will explore the principles behind why certain systems suit us better than others and how we can adapt our own practice and potentially the classes we run for our students to take Ayurvedic principles into account. The following considerations might include: The season, the time of day, the time of life and some basic common ailments.

BWY CPD EVENTS

CPD Ref: 24/05
Date: Saturday 12 October 2024
Tutor: Mary Mackie
Subject: How Life Moves
Venue: Well House Yoga Space, Harrogate HG3 2LN
Organiser: Clare Walker, North Yorkshire Area Rep



Tutor:

Mary is a senior tutor on the faculty of 'Yoga United Yoga Therapy Teacher Training Course' and a member of C-IAYT (International Association of Yoga Therapists) and as well as being a BWY dip holder and a retired BWY DCT.

CPD Information

Mary says "I've called this day 'How life Moves' an overview of the evolution and development of body systems and how we can use this knowledge to explore modern, functional movement in yoga: The Sub-title of the day refers to The Nervous, Endocrine and Digestive systems as these are fundamental to our evolution, physically, mentally, emotionally. It's a fascinating exploration of how the whole being revolves around the felt awareness of ourselves, the chemicals deployed by our nervous and endocrine systems and the microbiota of our digestive systems".

BWY CPD EVENTS

CPD Ref: 24/07
 Date: Sunday 27 October 2024
 Tutor: Anna Semlyen
 Subject: Postural Stability & Falls Prevention
 Venue: Zoom
 Organiser: Lucy Croucher, Regional Officer

Tutor:



Anna Semlyen provides gentle, effective, evidence based yoga classes to help you feel healthy and whole. She is the BWY specialist on Back Care and Therapeutic Research and co-author of Yoga for Healthy Lower Backs

www.yogaforbacks.co.uk.

She gained an Ayurveda Foundations certificate from Integral Ayurveda in 2004 and has Level 2 certificates in Mental Health Awareness for Adults and Children. Anna teaches the Otago Falls prevention programme and Get Up and Go exercise - proven to lower incidence

and severity of falls.

CPD Information

As people age, risks of falls rise. The most cost-effective investment in avoiding care costs (£1000 – £1700 a week for a care home) is to learn stability exercises. Yoga teachers can hugely contribute to students being stable, steady and keep upright. Chair exercises aren't enough.

This day will cover how falls can be prevented, practicing various techniques to prevent falls which can be incorporated into a yoga class, including the Otago Falls Prevention programme and techniques for getting from lying to standing.

BWY CPD EVENTS

CPD Ref: 24/06
Date: Sunday 10 November 2024
Tutor: Swami Krishnapremananda
Subject: The Bandhas – the Core Practices of Hatha Yoga
Venue: Zoom
Organiser: Lucy Croucher, Regional Officer



Tutor

Swami Krishnapremananda has been living, practising, serving and teaching in the Mandala Yoga Ashram (www.mandalayogaashram.com) in Wales for many years. He is a senior teacher within the Ashram and directs its Yoga Teacher Training Course. His experiential understanding has continued to mature over the years through

ongoing contact with inspirational teachers, combined with sustained and dedicated practice. Whilst living in the Ashram, he has trained in many aspects of yogic study and practice, gradually deepening his capacities to deliver the teachings to others in a clear and accessible way and endeavouring to imbibe and live the spirit of Yoga in and through daily life. During 2007, he furthered his understanding and experience by participating in a 12 month Vedanta training course in India.

He regularly teaches both within the Ashram and further afield on many aspects of yoga, for example, Mudra, Bandha, Chakras, Koshas, Meditation, Pranayama and the yogic texts such as the Bhagavad Gita, Katha Upanishad and Vigyana Bhairava Tantra.

CPD Information

An opportunity to explore the practice of the 3 bandhas under the skilful and accessible guidance of Swami Krishnapremananda. The 3 bandhas can add so much to our yoga practice, stimulating energy and spaciousness and are thereby an excellent preparation for meditation.

BWY Yorkshire Sangha

**06 July 2024
10:00-16:00**



Two venues in Yorkshire, linked via Zoom, hosting an in person event with our delightful BWY teachers:

Hannah Penn
Emma Conally-Barklem
Carolyn Clarke
Mookaite Jasper

Choose from one of the venues for an in person experience or join us via Zoom.

Sheffield Yoga School
Well House Yoga Space, Harrogate

To book your place please go to the BWY website and select one of the 3 booking options.

FIRST AID TRAINING

SOUTH/EAST YORKSHIRE

Date: Saturday 22 June 2024

Venue: Darby and Joan Hall, Finkle Street, Cottingham HU16 4AZ

WEST YORKSHIRE

Date: Saturday 10 August 2024

Venue: Om Yoga Works, 15D, Springfield Commercial Centre Bagley Lane, Farsley, West Yorkshire, LS28 5LY

Date: Saturday 05 October 2024

Venue: Outlane Methodist Church, 940 New Hey Road, Huddersfield HD3 3FE

ALL COURSES ARE:

09.30 – 16:30

Limited to 12 students

Cost:

BWY Members/Affiliates: £55

Full price: £70

Please go to <https://www.bwy.org.uk/yorkshire/> for more details and to book your place.

We are very happy to organise further courses if there is sufficient demand. If your First Aid certificate is going to expire in the next 6 months please contact our Regional Training Officer, Catherine (yorks.rto@bwyregions.org.uk).

WEST YORKSHIRE FEDERATION OF YOGA

2024 Programme

The Robert Craven Memorial Hall, Old Lane, Bramhope, nr
Leeds LS16 9AZ

Fees: £15 per session

Annual membership: £135

Please contact Sonia Gill

(westyorksedyoga@btinternet.com) for more
information.

14 July Vicky Jennings – *tbc*

August – *no session*

01 Sept Ellie Chitham – *tbc*

13 Oct Lucia Gomez – *Somatic / yin blend
targeting the nervous system*

10 Nov Barbara Sylwestrowicz & Sara Richard
– *Moon & Space: Two tutors
with complementary themes
and approaches to yoga*

01 Dec Kath Morgan-Thompson – *tbc*

**We aim to create an inclusive, non-
judgemental and supportive yoga community.**

NORTH YORKSHIRE YOGA FEDERATION

2024 Programme

The Village Hall, Stockton on The Forest, York, YO32 9UR

Saturday Mornings 10am-12noon

Saturday sessions are face to face & include a Zoom option for members when possible. No booking needed.

Saturday sessions free to members, £8 non members,
£20 annual membership.

Please note some date changes

***20 Jul** Eric Wilkinson *"Integrating the Practice of Yoga and Somatics"*

14 Sept Judi Needham-Crane *"Sthira, Sukham, Asanam: sutra 2.46 - stillness & ease"*

12 Oct Jacqui Jones *"Virya- Fill Your Life with Positive Energy"*

14 Dec Tony Byrne *"The Physics of Yoga"*

Zoom Summer School see separate advertisement

Weekly July 23rd to 22nd August on Tuesday_OR Thursday evenings 7-8.30pm.

With a variety of teachers & styles

Booking & Payment is essential to receive your Zoom link

Day of Yoga see separate advertisement

Sunday 03 November Chris Noon

"Sthairyam & Sukkha: From Steadiness & Ease to One-ness and Yoga"

Please do check the website & members emails & Facebook

"North Yorkshire Yoga Federation" private group for recent updates.

Contact & booking:

nyyf_membership@btinternet.com

<https://yogaextra.chessck.co.uk>

North Yorkshire Yoga Federation

Autumn Day of Yoga 2024

Sunday 03 November 10am-4pm

Park Grove Primary Academy, Park Grove, York, YO31 8LG

Chris Noon

"Sthairyam & Sukkha;

From Steadiness & Ease to One-ness & Yoga"

*"Asana is steady, comfortable posture.
By lessening the natural tendency for
restlessness and by meditating on the
infinite, posture is mastered.
Thereafter one is undisturbed by the
dualities."*

Patanjali defines & guides Yoga asana in verses of the Yoga Sutras. When we are steady and at ease, centred in the infinite space of the present moment, we find the one-ness of Yoga. This can be applied to everything we do and this is the theme for this workshop.

In our movement and postures we will find steadiness and support that enables loosening of tension and ease of movement. We will bring awareness inside the body and find quietness. This is the foundation of relaxation and meditation.

NYYF members £30, non-members £35

For payment information and booking contact

nyyf_membership@btinternet.com

More information at <https://yogaextra.chessck.co.uk>

Tea & coffee provided.

NORTH YORKSHIRE YOGA FEDERATION

Zoom Yoga Summer School 2024

Weekly: 23 July - 22 August 22

7:00 - 8.30pm Tuesdays OR Thursdays

Join us for **five live** yoga classes via **Zoom**.
Recorded & available for 4 weeks.

Cost: 5 sessions £25 non-members, **£20** members

Booking & payment is essential by contacting
nnyf_membership@btinternet.com by 19 July 19

Early confirmation: 23 July Jan Anthony Buck,
22 August Louise Wray.

3 more UK wide teachers soon to be announced.

Updated information visit yogaextra.chessck.co.uk

RIPON SUMMER YOGA

Wednesdays 7.30 – 9.00 pm at
AllHallowgate Methodist Church Hall
Victoria Grove HG4 1LG

Drop in sessions for all abilities from 16 years old
£7 (cash only) per session – no booking required

17 July Anna McIntee
24 July Michelle Tarling
31 July Kirsten Agar Ward
07 August Sarah Sutton
14 August Annie Raynor
21 August Lee Bloomfield

Wear loose clothing and bring a yoga mat [some available]

For more information please contact:

Sarah Sutton 01845 567890 Lucy Croucher 07740 803663

**Yoga Earth – Catherine Eastwood
Huddersfield, West Yorkshire**

**BWY Foundation Course 2
*starting in Huddersfield in July 2024***

Foundation Course 2 offers the opportunity to study content, share discussion, and explore Yoga, far deeper than Foundation Course 1. Ideal for those who have completed the Foundation Course 1 but don't necessarily want to go on to teach. Also suitable for those who have completed a BWY Teaching Diploma and who wish to revisit some of the deeper practices and Yoga philosophy as continuous professional development.

This course delves into asana and further development of a personal practice, along with a rich dive into Yoga philosophy and some of the more subtle practices such as mudra, bandha, pranayama, and meditation. The course aims to provide a structure for the widening of practical experience and to encourage personal development.

Foundation Course 2 deliberately provides emphasis of pranayama and meditation as the basis for personal development, with an understanding that this will also inform a deepening of our asana practice.

This will be a 10-month course, meeting one Saturday each month.

**BWY Foundation Course 1
*starting in Huddersfield in June 2025***

If you love Yoga and want to learn more to develop your personal practice and understanding of all things Yoga, this is the perfect course for you.

Meeting for one Saturday a month over an 11-month period we will explore Asana, Pranayama, meditation, and relaxation, along with Yoga philosophy and history.

This is a wonderful personal development course or can be an excellent foundation for going on to train to teach Yoga.

There will be an introduction day held in April 2025 for prospective students to come along and get a taste of the course before signing up

For more information on any of the above or my regular classes, to register an interest, or to book a place please contact me:

Catherine Eastwood – Qualified BWY teacher for over 15 years,
Foundation Course Tutor and Diploma Course Tutor

www.yogaeearth.co.uk

Telephone - 07814 019379 - Email - cath3hope@hotmail.com

Facebook -

<https://www.facebook.com/YogaEarthCatherineEastwood/>

Instagram -

<https://www.instagram.com/yogaeearthcatherineeastwood/>



BWY Foundation Course 1, York

Monthly Saturday meetings, 12 October – July 2025

9.30am – 4.30pm

Love yoga and yearn to know more? Want to learn why we do what we do? Want to deepen your practice? Want to bring yoga into your daily life? A course to meet like-minded souls and possible preparation for yoga teacher training.

Just be Yoga Weekend

Cober Hill, 4 - 6 October



Relax, refresh, restore, take time for yourself in the beautiful surroundings of the North Yorkshire coast, just a short walk to the sea. Combine exploring a wide variety yoga practices, pranayama, mudras, Yin Yoga, guided meditation and Yoga Nidra with just being in the moment. All ensuite rooms. From £370pp.

Coniston Yoga and Walking Holiday

16-21 March 2025

40+ hrs yoga workshops, 2 daily guided walks

A holiday to nourish and bring joy in the stunning surroundings of the Lake District. Comfortable ensuite single, twin, double rooms, 3* HF Holiday Hotel, freshly cooked food. Wide variety of tutors including Rebecca Lawrence, Jayadhara, Minker Chang, Cheryl Lee-Appleby.

Outdoor Yoga with Alpacas

20 June, 13 & 18 July, 15 August, 19 September

Yin Yoga with Live Music from Handpan Joe

Husthwaite Village Hall, YO61 4PF

September, date tbc

moonriseyoga.co.uk

janecluley@gmail.com

07906 652669



'Yoga for Resilience'

How can we use Yoga to be more resilient?

17th November 2024
10am-4pm
Om Yoga Works, Farsley,

Storms will come, how can we ride the storms, what can we learn from them and how can we come out stronger? The ancient teachings of Patanjali offer answers to all these questions and they give us guidance on how to build resilience in our lives. During this day through asana, pranayama, mudra, mantra, meditation and relaxation we will explore how these teachings can guide us towards being more resilient beings.

Claire Hall (she/her), is a BWY teacher, Foundation Course 1 Tutor and West Yorkshire Representative. She has an interest in the ancient roots of Yoga particularly the teachings of Patanjali and its relevance to the modern world. All are welcome, from interested students to teachers.

Investment: £50 full price/£40 for members of Om Yoga Works/£30 concessions



Contact Claire yeadonyoga@gmail.com to book or 07722241676



Heart and soul workshop

28 September 9.30 - 13.00 at Well House Yoga Space, HG3 2LN.

The morning will comprise an experiential approach to the visceral and autonomic nervous systems. We'll explore these systems through slow, inwardly focused inquiries and outwardly focused flowing dynamic movements/asana. It'll be an opportunity to practise moving with ease, becoming deeply relaxed through both inner inquiry and through engaging with others. £40

www.harrogateyoga.com amanda@harrogateyoga.com
07742 962057

CALMA YOGA

EVENTS

www.calmayoga.co.uk/events

Summer-Light Wellness Day @ Boston Spa



Come and celebrate the light of June, and within, embracing wellness, at our Summer Calma Yoga Day, including: Green Space Yoga outdoors (weather permitting). Uplifting physical practices. Sound Healing with Chrissie Wright. Includes a wholesome vegetarian lunch inspired by The Tree Retreat.

Sunday 30th June 2024 – 10am-4pm Boston Spa Village Hall

£42 including lunch and refreshments.

Leave feeling restored and invigorated after practicing Calma Yoga indoors and outside in a green space, aimed at boosting your wellbeing and happiness.

India 2024 - Yoga Capital of the World & more

Embark on a once-in-a-lifetime adventure with Calma Yoga's exclusive India Yoga Small Group Tour. The tour is guided by Jacqui Jones and is a unique opportunity to delve into the rich tapestry of yoga and wellness, while uncovering the cultural treasures of India. Traverse the vibrant streets of Delhi, find serenity in the ashrams of Rishikesh, and marvel at the iconic Taj Mahal. Join us to nurture your body and mind through yoga, but also to absorb the spiritual essence of India's diverse landscapes and traditions. 25th Oct to 4th Nov 2024



More info here:
<https://www.calmayoga.co.uk/events>
 Contact: jacqui@calmayoga.co.uk
 07979007677

The Tree Relaxation Retreat



The Tree is a renowned retreat venue near Pickering in North Yorkshire where Calma Yoga will be for a special weekend retreat on **Friday 21st to Sunday 23rd February 2025**.

Leave your everyday stresses behind and enjoy the soothing benefits of yoga, meditation, delicious vegetarian food & holistic treatments. Set just outside the peaceful village of Rosedale, The Tree offers a cosy home from home atmosphere where you can totally relax and restore your energy & equilibrium.

★★★★★ "One of the Top 20 Retreats in the World" **THE TIMES**
 ★★★★★ "One of the 25 best Yoga Retreats in Europe" **theguardian**



SHEFFIELD YOGA



DAYS

5th & 6th October : Brahmananda :

Siva & Shakti – The Internal & External Paths, £140

14th September : Sarah Wilson & Helena Turner :

Autumn Yoga & Well-being Workshop

19th October : First Aid Training £65

20th October : First Aid Training £65

9th November : Hannah Penn :

Release, Refresh & Renew

23rd November : Katyayani (Kerry Gallagher) :

Finding Balance – Practice to support well-being

2025

8th February : Chris Noon :

Foundations, Flow & Space in Body, Breath & Mind

1st & 2nd March : Philip Xerri :

Going Deeper into Pranayama, £155

22nd & 23rd March : Bill Wood :

Moving into Stillness, £145

Sheffield Yoga School, South Road, S6 3TA

www.sheffieldyogaschool.co.uk

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

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



www.calmforkids.com
info@calmforkids.com
07973953812



Siva and Shakti : The Internal & External Paths



Brahmananda

5th & 6th October 2024
Sheffield Yoga School £140

Yoga aims to find balance between internal and external life. In this 2 day programme we draw widely from the various branches of yoga (including Mudra & Bandha, Japa, Mantra & Kirtan) and immerse ourselves in practice!

Going Deeper into Pranayama



Philip Xerri

1st & 2nd March 2025
Sheffield Yoga School £155

Includes lesser known Pranayamas, Kriyas and Mudras, Rhythmical Breathing and Classical Pranayama. Philip Xerri has been at the heart of Pranayama teaching in the UK for decades.

www.sheffieldyogaschool.co.uk

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, Crothorne, 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

TUESDAYS 6 – 6.45pm Pranayama Class

Booking www.yogaquests.co.uk

One2One Sessions via zoom offering progressive training in the process of Pranayama, therapeutic breathing patterns, aspects of personal practice.

Please contact me at pax_yoga@yahoo.com

BWYT RESTORATIVE YOGA MODULE

TEACHER TRAINING SEP-NOV 2024



30-Hour Online CPD
Open to all qualified yoga teachers

An invitation to explore this practice for our time, nourish yourself and enhance your teaching skills in a supportive group

BWY Certification and Yoga Alliance CEUs

With Carol Trevor
Experienced teacher training and CPD tutor
BWY Dip., E-RYT500, YACEP, MA

For details and to apply:

carol@yogacarol.co.uk

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www.yogacarol.co.uk

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Tutor: Marye Wyvill, Co-Director Movement Intelligence UK

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For more information & prospectus, contact: maryewyvill@hotmail.com

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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

The details of her upcoming 'Yoga for Resilience' One Day Course can be found on page 19.

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.

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

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

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.

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/yorkshire

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 Yorkshire Region**

COST

In-person events: £50 (full price), £40 (BWY members).
Zoom events: £40 (full price), £30 (BWY members).

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

WELCOME

to our forest



TAKE NOTHING

...but pictures



LEAVE NOTHING

but footprints

KILL NOTHING

but time