



BWY

BRITISH  
WHEEL OF  
YOGA

# SPECTRUM

magazine

## Rainbow nation

Race and representation in the yoga space

## Dharma diary

The history and relevance of ahimsa

## Working in the NHS

spring 2026

£3.95 free to members

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The British Wheel of Yoga (BWY) is the largest yoga membership organisation in the country and the Sport England recognised national governing body for yoga. *Spectrum* magazine is our publication made available to our members three times a year. At our core remains our guiding philosophy to promote a greater understanding of yoga and its safe practice through experience, education, discussion, study and training.

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The Editor and *Spectrum* reserve the right to select or reject letters for publication and to edit for grammar, length and style. We will only publish items appropriate for a magazine that promotes the principles of yoga and harmony and reflects the values of BWY.

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**Cover photography**

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## Dear members

When yoga teachers get together, the conversation often veers towards the commercialisation of yoga. This trend is a natural outcome of yoga's success in the Western world, the outcome of which is often expensive clothing brands, bendy, beautiful, but not always yogic influencers, and even cheap, short and shallow teacher training.

As members of BWY, we can be proud that our organisation has stayed true to our mandate of bringing high-quality yoga to the public, providing excellent teacher training and supporting research into the benefits of yoga. Look out for details of a study by Sheffield Hallam University and BWY's Rebecca Allen in a later issue of *Spectrum*, or our collaboration with Parkinson's UK (page 7). We are the longest-standing organisation in the UK to have retained charitable status while steadfastly upholding the true values and principles of yoga. As such, we are the National Governing Body for Yoga in England and Wales.



**Diana O'Reilly, BWY Chair**

For the BWY to further prosper, we need members to participate in and engage with the organisation. That may mean volunteering, writing articles for *Spectrum* or your regional magazine, showing up for teachers' meetings and events or just voting in our elections. Your commitment to the organisation will enable us to thrive. So, if you lament the commercialisation of yoga, step forward and engage with us, so that we can truly be the member-led charity and National Governing Body for Yoga that we intend to be.

### *Strengthening our foundations*

I'm delighted to formally welcome Natalie Rooney, our new Marketing & Events Manager. Although she has only been with us a short time, Natalie is already making a significant impact in the way we present and promote BWY. From strengthening our brand across print, digital, social media and events, to leading the planning and delivery of high-quality national gatherings – including the recent and very successful SOAS/BWY Summit – Natalie's work will help us connect more clearly and consistently with both members and the wider public.

Alongside this, we are also recruiting a Quality & Curriculum Officer. This key appointment will ensure we continue to meet our Quality Assurance obligations while thoughtfully shaping the future development, breadth and content of the courses we offer.



**Peter Tyldesley, BWY CEO**

Lastly, I'm pleased to share that we are in the process of establishing an exciting new partnership with Parkinson's UK. As part of our Yoga in Action and Yoga in the Community initiatives, this formal collaboration will help make yoga more accessible to those living with Parkinson's, extend our community reach and support wider membership growth. These developments reflect a BWY that is evolving with care and intention – grounded in our values and committed to sharing the benefits of yoga ever more widely.



## The heart of BWY...

Several years ago, while on a counselling course, I learnt a new, heart-focused meditation. Approaching the practice with some trepidation, I expected it to put me in touch with my vulnerability or perhaps some unresolved emotional trauma. Instead, to my surprise, I found a deeper connection, a sense of quiet stillness and unshakeable strength I can still access today.

When we think of the heart, we often associate it with kindness and tenderness, but this is only part of its gift. The Sanskrit phrase 'Hridayam janati' (the heart knows) reminds us that when we connect deeply to the wisdom at the centre of our being, there is so much it can teach us. You, the members, are the heart of BWY, and listening to your ideas, needs and suggestions is central to the team here at Spectrum.

We have a shared vision of making this magazine one in which you have a meaningful involvement. So with this in mind, we've introduced a new section, called 'In Focus,' and positioned it at the centre of the magazine. Here, each month, you'll find three features enabling you to share your learning, wisdom and experience. First, following a suggestion by Angela Ashwin, we have 'Dharma diary' (page 20), a dedicated space for established teachers to delve into the philosophy and Sanskrit theory that underpins our practice and our teaching. Next, in 'Study notes' (page 22), those of you undergoing teacher training can share your progress, reflect on your experience and offer insights that might help other students clarify their thoughts. And finally, in 'On the mat' (page 23), an established Diploma Course Tutor (DCT) takes us on a deep dive into one asana.

We'd love to hear what you think of the new section, as well as ideas for other content you'd like to see in future issues. We'll be setting up a dedicated area on the website for you to make your suggestions but, in the meantime, you can email your ideas to [spectrum@bwy.org.uk](mailto:spectrum@bwy.org.uk). It's your magazine, so do let us know your thoughts.

Finally, as this is my last issue as editor, I'd like to thank all of you for your thoughtful and inspiring contributions to Spectrum over the past year, and for your commitment to BWY. I wish you well on your journeys, wherever your heart takes you.

Namaste,

Eve Boggenpoel, Spectrum Editor

## Meet the contributors...



DCT **Andrea Newman** takes a 360-degree look at side angle pose, in our new section *In Focus: On the mat*, on page 23.



**Nahdeannah Francis-Pennant** reflects on race and representation, in *Who gets to belong?*, on page 28.



**Louisa Flynn** shares how yoga can help you navigate uncharted waters, in *Between wind and wave*, on page 31.

## WHY THE SOAS BWY YOGA SUMMIT MATTERS

The recent SOAS BWY Yoga Summit asked a question that's been on many of our minds: how can yoga help us cope with overwhelm? Between endless notifications, burnout that seems almost normal and the dizzying pace of change, the speakers offered something valuable: a way to see yoga not just as something we do for ourselves, but as a practice that builds resilience in our communities and helps us show up more ethically in the world.

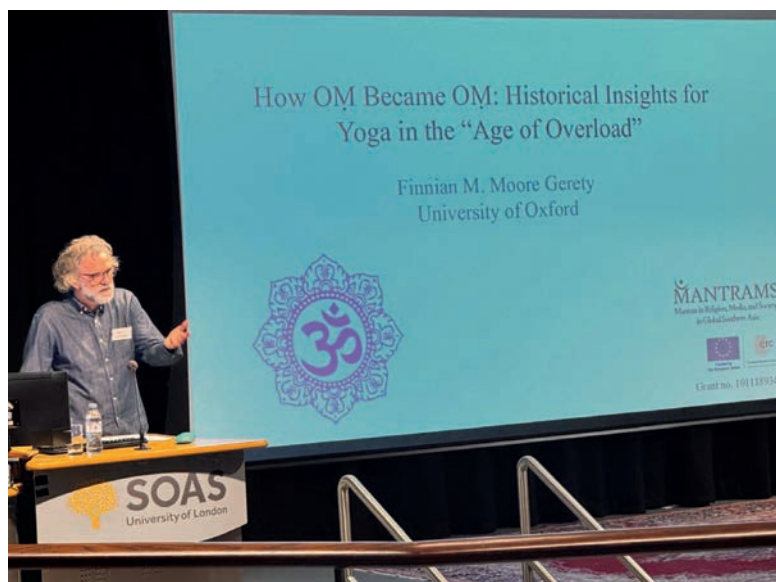
### WHAT WE LEARNED

SUZANNE NEWCOMBE reminded us that yoga has quietly supported social change for decades – from early radio teachers such as Jean Morton, to activists including Rosa Parks. Her message? We need to stop seeing yoga as just a tool for personal self care, but a practice that helps us recognise ourselves as part of a wider social and environmental fabric.

JULIA HOBSBAWM, OBE, dissected our AI-disrupted, post-pandemic workplaces and made a bold claim: yoga practitioners hold 'the secret sauce' for what comes next. While technology reshapes everything, humans remain central – and we need social health (balancing activity, mindset, connections, time and space) to thrive. Yoga teachers already demonstrate what we need now: recognising when something isn't working, adjusting without losing their footing and fostering real connection over corporate rigidity.

THEO WILDCROFT, PHD, took on the attention economy with refreshing bluntness: stop chasing online validation. Use digital platforms for first contact, then move offline into real community. Competition tears communities apart, while genuine connection builds them. She asked for something simple: pause before you react, stay kind when everything gets noisy – yoga's true gift in an age of distraction.

DOMINIK WUJASTYK offered ancient medicine for modern anxiety: love, compassion, joy and equanimity. Tracing this through Patanjali's *Yoga Sutras*, he showed how a 2,000-year-old emphasis



**Professor Finnian Gerety on the history of Om**

on mental peace and clarity speaks directly to our fractured present. He also revealed that modern scholarship argues that the traditional commentary on the sutras was likely written by Patanjali himself, proving this ancient wisdom travels unbroken through time.

AMARJEET S BHARMA explored how Vedic sciences connect to nervous system health, introducing concepts such as marma points and ayurvedic diagnostics as potential bridges between traditional and modern healthcare approaches.

PROFESSOR FINNIAN GERETY took us on a journey through the history of Om, revealing how its various forms – sound, silence, symbol – give us tools for finding focus when everything feels too much.

### CATCH UP

If you missed the live event, full recordings are available for private study, complete with talks, practices and Q&A sessions. Watch at your own pace, deepen your teaching and earn CPD credits – particularly valuable for BWY members thinking about yoga's wider role in society. The recording is available to purchase for £45 on our website. Simply search for 'SOAS' in the Yoga Search.

**JOIN US IN NOVEMBER** Our next summit is called ‘Yoga & the Subtle: Body, Breath, Beyond’, where we’ll open a dialogue between traditional models of the energy body and emerging research in neuroscience, physiology, fascia, psychosomatic studies and consciousness science – exploring yoga as both science and mystery.

We’ll also ask how prana, subtle energy and collective resonance may shape the future of global healing and modern medicine. See the Summer issue of *Spectrum* for final details on the date and times the event will take place.

## TSYP BECOMES A BWY RECOGNISED CENTRE MEMBER

The Society of Yoga Practitioners (TSYP) has become BWY’s second Recognised Centre Member. Last year, TSYP was approved by British Wheel of Yoga Qualifications (BWYQ) to run Level 4 Certificate and Diploma teacher training courses, and now also has BWY quality assurance backing for its programmes.

This development deepens a long-standing relationship and shows a shared commitment to high standards in yoga teacher education. It also supports BWY’s aim of honouring different yoga traditions and lineages, while working together for the benefit of teachers and students.

TSYP was established to promote health and wellbeing through yoga in the tradition of T. Krishnamacharya and his son, TKV Desikachar. This lineage is known for its focus on the individual, adapting practice to each person’s needs, abilities and vulnerabilities.

‘The Society of Yoga Practitioners is delighted to become BWY’s second Recognised Centre Member,’ says Michelle Tarling, Head of Education and Training for TSYP. ‘BWY offers an umbrella that brings together different approaches and traditions, so we can stay true to our roots while opening up broader benefits for our members. For us, this partnership is about collaborating to maintain high-quality training and strong support for teachers.’

## PROFESSIONAL SUPPORT FOR YOGA TEACHERS

In 2025, BWY partnered with The National Governing Body for Group Exercise and system partner to Sport England, EMD UK, to develop a yoga-specific scope of practice framework. In January this year, Dan Rees, CEO of EMD UK, led a webinar explaining what the framework is and how it supports yoga teachers professionally.

The scope of practice introduces professional recognition for yoga teachers. It sets out the knowledge, skills and qualifications needed to teach at different levels, with Level 3 as the entry point. This means teachers are recognised for what they’re trained to deliver, and participants are protected when teachers work within their training boundaries.

Professional recognition is not regulation or insurance. Instead, it confirms your teaching meets an agreed standard, giving employers, insurers and the public confidence in your qualifications. Existing BWY Certificate and Diploma holders can opt in to the EMD UK registry at no extra cost as part of their membership by emailing Natalie Lyndon at E: [communications@bwy.org.uk](mailto:communications@bwy.org.uk)

The framework supports high-quality, inclusive yoga teaching in line with Sport England’s Uniting the Movement strategy, helping teachers demonstrate their qualifications and expertise as the profession develops.

- *Further details, including a video explainer, are on the website under Teacher Resources > Miscellaneous resources for teachers.*



## SUMMER SOLSTICE CELEBRATIONS

Tickets are on sale for our online Summer Solstice: Grounded in The Glow. Join us on Friday 19 June for a full day of connection and uplifting yoga, led by five expert BWY instructors, including:

**NAHDEANNAH FRANCIS-PENNANT** – In Bloom:

A Summer Solstice Sojourn

**EMMA TURNBULL** – Seasonal Wisdom

**VICKY ARUNDEL** – Cooling the Fire: Myofascial Release, Acupressure & Nervous System Regulation

**RICHARD KRAVETZ** – Sense the Season: Chair & Wall-Supported Sensory Yoga for Solstice

**EMMA TIAN WILLIAMSON** – Mindfulness, Qi Gong and Yoga.

Expect inspiring practices, quiet reflection and a warm sense of community as we come together to honour the height of the light. Early Bird tickets are £40 for members & £60 for non-members. Once these have sold-out, tickets will be £45 and £70.

## NEW MARKETING ROLE AT BWY

Exciting changes are taking place at BWY, with the appointment of Natalie Rooney as Marketing & Events Manager. Natalie replaces Deana Morris and Katherine Nicholls, whose roles have been combined to create a dynamic post heading up the communications team and taking a lead on BWY events.

Natalie has a strong background in marketing, having delivered strategic, multi-channel campaigns alongside extensive experience in event management, putting her in a strong position to forge a clear pathway through the next phase of BWY's growth.

If you haven't already met Natalie, I'm sure you'll join us in welcoming her to BWY. If you have any questions or suggestions for events, feel free to contact her at E: natalier@bwy.org.uk



Richard Kravetz will be running a chair yoga class

## FREE CHAIR YOGA SESSION

BWY is teaming up with Parkinson's UK to develop resources and on-demand training for sharing safe yoga practices. We're kicking off with a free online Chair Yoga for Parkinson's session on Friday 10 April to mark World Parkinson's Day, led by Richard Kravetz. Book your spot now on the BWY website.

### GET INVOLVED

If you teach yoga for Parkinson's, let us know! We'd love to list your classes in Parkinson's UK's online directory and gather case studies showing yoga's benefits. We'd also like to hear your experiences of living with Parkinson's or supporting someone who does, and how yoga has helped. Send your thoughts to E: communications@bwy.org.uk. See 'How adapted yoga is supporting Parkinson's' (right) for more on how it can help those with the condition.

## NEWS IN BRIEF

● **OUR MEMBERS SESSIONS** are now called **Yoga Masterclasses** – and they're more **accessible than ever**. These live online sessions remain free for BWY members and are open to non-members for just £25. Recent guests include Esther Ekhart and Mark Stephens. Find upcoming Masterclasses in 'Yoga Search' on our website and watch recordings anytime in My Resources > Video Library.

# HOW ADAPTED YOGA IS SUPPORTING PARKINSON'S

When British Wheel of Yoga (BWY) teacher Susan Prosser qualified 25 years ago, she taught what she describes as 'normal yoga classes'. Over time, more and more people began approaching her to say they couldn't manage a traditional class but still wanted to experience the benefits of yoga.

Trying to integrate them into existing groups didn't work, so Susan began to specialise – first adapting a class for people with MS, then, as her own father developed Parkinson's, exploring how yoga could support people with neurological conditions more widely.

Around two and a half years ago, the local Parkinson's UK group in Solihull approached Susan to ask if she would teach a dedicated yoga class as part of their programme. Now, every Thursday morning at a retirement village in Shirley, she leads a 60-minute class for up to 12 people with Parkinson's. Funded partly by Parkinson's UK, the class runs alongside the group's regular coffee morning.

The sessions are predominantly chair-based, with around three-quarters of the practice done seated. Props – Pilates balls, resistance bands, yoga blocks and small massage balls – play a big part in making movement both effective and accessible, and students are encouraged to wear everyday clothes. Familiar postures are broken into smaller, manageable steps, with clear explanations of the benefits, so participants understand the reason particular poses have been chosen.

Susan draws on specialist training in yoga therapy and yoga for people with life-changing illness, combined with nearly 20 years of experience adapting postures. The group is mixed: men and women, people at different stages of Parkinson's, and even one participant living with both MS and visual impairment.

'Yoga is one of the most beneficial complementary therapies for Parkinson's,' Susan explains. 'It helps

increase flexibility, improve posture, loosen tight and painful muscles, and rebuild confidence.'

The results can be striking. 'One man who at first couldn't walk into the class was able to stride out by the end of the session,' she says. 'This group tends to be especially committed, and they often tell me they feel a real boost in their wellbeing and self-worth, because they know they're actively investing in their own health.'

Breathwork and relaxation are woven throughout every class, with techniques such as ocean breath, lion's breath and humming bee breath used to support mood, anxiety and sleep. Several students have told Susan they use the breathing exercises during medical appointments and scans. 'It helps calm them, especially if the news isn't what they were hoping for,' she says. 'They also tell me the postures make a real difference to everyday independence – from getting in and out of bed to managing hospital appointments.'

Beyond the physical and mental benefits, community matters, too. The class has its own WhatsApp group, providing peer support between sessions. Susan is clear about the wider need: 'Standard classes can be inaccessible or even risky for people with Parkinson's. This space gives them something that is truly theirs – somewhere they can move, breathe and be themselves without fear or embarrassment.'

Susan's advice to anyone considering adapted yoga is simple: find a teacher who can tailor a class to your needs and give it a try. 'It can change your life,' she says, 'and support growth in more ways than you might imagine.'

● Susan Prosser is a BWY Teacher. For more information about her adapted yoga classes visit: [W: localsupport.parkinsons.org.uk/activity/yoga-parkinsons-solihull](http://W:localsupport.parkinsons.org.uk/activity/yoga-parkinsons-solihull)

# SEEING THE LIGHT

*BWY's new membership category paves the way for parity, inclusivity and acceptance – expanding our reach to recognise the light from teachers with different training backgrounds, as **Natalie Lyndon** explains*

**W**hen BWY launched its Associate Teacher Membership last October at the Om Yoga Show, it sent a powerful message: all lights in yoga have a home with us. For Pauline Steenbergen, a Scottish-trained teacher in Cumbria, that message was profound. As BWY's first Associate Teacher Member, she embodies what this new pathway represents: acceptance, parity and inclusivity across training backgrounds and borders.

'It feels so authentic,' says Pauline. 'I'm Scottish, live in England and have been teaching here for eight years. I wanted to honour my roots and recognise my Yoga Scotland training, but I also wanted professional recognition and parity in the country where I teach. This membership brings those threads together.'

## **BREAKING DOWN BARRIERS**

The Associate Teacher Membership was created to welcome qualified, experienced teachers from respected schools beyond BWY into a professional community. For teachers like Pauline, who qualified in 2018, the pathway is about recognition, belonging and the understanding that excellent yoga teaching comes from many training traditions.

'It's a deep honouring of my training, my practice and my identity,' says Pauline. When she received her confirmation, tears came. 'The only thing that had ever divided me was nationality and geography. Now that has been bridged.'

The heart of what Associate Teacher Membership represents is the understanding that the yoga community is strengthened when we recognise and celebrate diverse training pathways rather than creating unnecessary divisions. Pauline sees this as BWY modelling its values in action.



**Pauline: bridging borders with BWY**

'This shows BWY walking the talk of equity, inclusion and acceptance. And not just within BWY. It's also about how we work alongside other providers. It opens the door for collaboration with Yoga Scotland, Yoga Alliance and others. It's a dual passport and that's hugely powerful.'

The membership is also about recognising that experienced teachers deserve access to the resources, community and professional support that help them practise and live their yoga. Associate Teacher Membership gives teachers access to everything they need to grow, connect and serve their students well:

**PROFESSIONAL RECOGNITION:** Associate Teachers are eligible for EMD UK Professional Recognition, which Pauline describes as 'hugely helpful, especially for those of us with blended training backgrounds'. Working in a leisure centre, she knows the importance of having professional recognition.

**CPD THAT'S FIT FOR LIFE:** BWY's CPD resources include live sessions and a video-on-demand library. For Pauline, this flexibility is essential: 'These resources support how I evolve as a teacher.'

**COMMUNITY AND CONNECTION:** 'Being part of the local BWY community as a teacher, especially here in Cumbria,' is what Pauline likes most. 'Having colleagues to connect with, learn from and share experiences with enriches my practice and teaching.'

**MARKETING AND VISIBILITY:** The ability to promote classes and retreats through BWY channels means wider reach and credibility that being part of a respected yoga charity offers.

### A TEACHER WHO LIVES HER YOGA

Pauline's path into teaching was shaped by deep personal inquiry. She discovered yoga in 2008, when a physiotherapist recommended it for a knee injury. What she expected to be purely physical rehabilitation became something more profound.

'I didn't expect to have a spiritual experience,' she says. Working as a hospice chaplain in Carlisle at the time, she often sat with people in their final days. 'Breath has such meaning in that setting. I became fascinated by prana (life force), and by the way we can breathe with another person in compassion.'

'I want to celebrate this achievement, and I hope it shows other teachers there's a pathway for them, too – one that honours the training they already have'

Her first BWY connection came through Jean Rhodes, a student of Pam Horton, who taught in a village hall near Carlisle. Jean became Pauline's mentor and, once qualified, Pauline inherited Jean and Pam's cohort – a lineage she honoured by teaching their classes from 2017 until early 2025.

Today, Pauline blends her classical hatha yoga training with Pilates, barre and other movement disciplines. 'Younger people coming through social media may not find classical hatha immediately appealing. Offering a blended approach helps reach them. But I still honour the lineage by weaving

philosophy into every class. That's the spirit of hatha yoga, after all: finding unity between mind and body.'

Pauline has founded a WhatsApp group, Yoga and Christians UK, and has written a book *Embody Lent in 29 Yoga Postures* (Wild Goose Publications, £10.01). 'There's still resistance in some Christian circles to yoga, but there's curiosity, too. The wonderful thing about yoga is how it unites all faiths and none.'

Everything about Pauline's teaching demonstrates what it means to live your yoga – to integrate practice with life, to honour lineage while staying relevant and to serve diverse communities with authenticity and skill.

### OPENING DOORS FOR OTHERS

Pauline hopes her experience as BWY's first Associate Teacher Member will help others see what's now possible. 'I want to celebrate this achievement, but I also hope it shows other teachers there's a pathway for them too, one that honours the training they already have.'

The application process, she notes, is 'simple, stress-free and welcoming'. What the membership represents goes far beyond any individual story. It's evidence of a cultural shift toward genuine collaboration between BWY and yoga organisations and training traditions across borders. 'This is about building bridges,' she says.

When asked what being part of BWY means to her, Pauline's answer is heartfelt: 'I am so thrilled to be the first BWY Associate Teacher Member and to have finally bridged the gap between Yoga Scotland and BWY as a Scot, living, teaching and working in the North of England.' Her story shows what becomes possible when barriers come down and when acceptance, parity and inclusivity become more than values we talk about, but pathways we create.

### COULD YOU BE NEXT?

If you trained with a recognised yoga school and want to be part of a professional community that values your experience and gives you the resources and tools to live your yoga, there's a place for you here at BWY.

● *Learn more about Associate Teacher Membership and begin your application on the Member Benefits page of the website [W: bwy.org.uk/about-bwy/benefits](http://W: bwy.org.uk/about-bwy/benefits)*

## BWY YTT, FOUNDATIONS, AND SHORT COURSES

### BWYQ YTT (Yoga Teacher Training)

*Gain confidence teaching yoga to all abilities on our 300-hour Certificate or 500-hour Diploma; 200-hour yoga graduates from reputable providers can upgrade via the Advanced Integration Certificate.*

#### **L3 Certificate in Teaching Yoga**

19 Sep  
Audrey Blow and Di O'Reilly  
Caerphilly, CF83 3DF

#### **L4 Certificate in Teaching Yoga**

12 Apr  
Perry Lewis and Dawn Wesselby  
Leicestershire, LE17 4JX

17 May  
Roberta Jesson  
Hybrid/Oxfordshire, OX2 OAU

27 Jun  
Hayley Giles  
Dorset, BH21 1LN

18 Jul  
Hana Saotome  
Hybrid/London, N1 1SF

30 Jan, 2027  
Clare Gibson  
Hybrid/Surrey, KT10 8EG

#### **L4 Diploma in Teaching Yoga**

19 Sep  
Michelle Griffiths  
Barnsley, S70 6HL

#### **Progression to Diploma in Teaching Yoga**

26 Feb, 2027  
Clare Gibson  
Online

#### **Advanced Integration Course (AIC)**

7 Nov  
Clare Gibson  
Online

*For more info go to Training Search on the website and search Certificate, Diploma or Progression.*

### BWYT Foundation Course 1

11 Apr  
Catherine Hope  
Huddersfield, HD3 3FE

13 Jun  
Paul Smith and  
Stephen Smith  
Cheshire, CH48 3JT

19 Sep  
Hayley Giles  
Dorset, BH21 1LN

20 Sep  
Paula Wade  
Hertfordshire, SG14 1AS

3 Oct  
Tori Lang  
Cardiff, CF64 1EU

18 Oct  
Anna Ferla and  
Michele Misgalla  
London SW2 1PX



### BWYT Foundation Course 2

*For more info open search on the BWY website, select Courses, filter for BWYT Foundation Course Level 2.*

## BWYT Short Courses

28-29 Mar  
Yoga Therapy: Introductory Module  
With Judy Hirsh Sampath  
Online

2 May  
BWY Yoga for Athletes Module  
With Hayley Winter  
Online

3 May  
Menopause Yoga  
With Petra Coveney  
Online

17 May  
Pregnancy Yoga  
With Michele Misgalla  
and Judy Cameron  
Retford, Nottinghamshire

11 Aug  
Menopause Yoga  
With Petra Coveney  
Brighton

19 Sep  
Learn to Teach Yoga &  
Mindfulness to Children  
and Teens  
With Christiane Kerr  
Online

19 Sep  
Yin Yoga Teacher Training:  
Lower Body  
With Gillian Cawte  
Online

20 Sep  
Yoga Nidra Training  
With Nickie (Tulsi) Short  
Online

24 Sep  
Ayurveda in Action  
With Tarik Dervish and  
Cathy Mae Karelse  
Online



27 Sep  
Restorative Yoga  
With Carol Trevor  
Online

*For more info go to Training Search on the website and select the filter for Short Courses (up to 30 hours or 30+ hours).*

## Distance Learning Courses for Teachers

*For information, open search on the BWY website, select Courses, filter for Distance Learning.*

## CPD Online Opportunities

28 Mar  
Tensegrity Yoga: A 2.5-Hour  
Masterclass  
With Kate Ellis

10 Apr  
Teachers Discussion Group

10 Apr  
World Parkinson's Day  
Free Chair Yoga  
With Richard Kravetz

11 Apr  
Exploring and Enjoying  
Meditation and Yoga Nidra  
With Nickie (Tulsi) Short and  
Nick Edge (Swami Satayadaya)

12 Apr  
Eastern Region Earth Buzz  
Sangha

19 Apr  
Tongue Power: Unlocking  
Balance & Strength from Within  
With Hayley Winter

6 Jun  
Morning Masterclass: Building  
Towards Upavista Konasana  
With Zoe Knott

19 Jun  
Summer Solstice Festival  
With Nahdeannah Francis-  
Pennant, Emma Turnbull, Vicky  
Arundel, Richard Kravetz and  
Emma Tian Williamson

26 Jun  
Teachers Discussion Group

2 Aug  
Bones for Life  
With Marye Wyvill

4 Sep  
Teachers Discussion Group



Join your local

# BRITISH WHEEL OF YOGA FESTIVAL

🌀 Earth Day Buzz - 11 April, Cambs

🌀 Earth Day Buzz - 12 April, Online

🌀 Yoga Festival - 16 May, Hampshire

🌀 Day of Sangha - 27 June, Wales

🌀 Festival of Yoga - 3-5 July, Yorkshire

🌀 Sangha Festival - 12 July, Durham

🌀 Festival of Yoga - 7 Nov, Shropshire

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## Recognised Centre Members

**MindBody Wellness**  
mindbodywellness.org.uk  
office@mindbodywellness.org

**TSYP**  
tsyp.yoga  
chair@tsyp.yoga

If you're interested in being a Recognised Centre Member, contact E: training@bwy.org.uk



## Recognised Centre Members' courses

16 May  
L3 Teaching Postnatal Yoga for Mums & Babies (May-Jul)  
With MindBody Wellness  
Online

19 Sep  
L3 Teaching Yoga Certificate  
320 hours  
With MindBody Wellness  
Hybrid/WA3 6JZ

Oct (date to be confirmed)  
L4 Diploma in Teaching Yoga  
With The Society of Yoga Practitioners (TSYP)  
Nr Worthing, West Sussex

1 Oct  
BCYT accredited Yoga Therapy Diploma  
With TSYP  
Hybrid/KT10 8AU

1 Oct  
L4 Certificate in Teaching Yoga  
With TSYP  
Worthing, West Sussex

3 Oct  
L3 Certificate in Teaching Yoga  
With MindBody Wellness  
Hybrid/WA3 6JZ

24 Oct  
L4 Teaching Gentle Years Yoga  
With MindBody Wellness  
Hybrid/ WA3 6JZ

## Accredited Training Organisations

**Intelligent Yoga Teacher Training**  
07747 196914  
IntelligentYogaTeacherTraining.co.uk

**Teach Yoga Naturally**  
07722 868397  
info@teachyoganaturally.org

**The Yoga Academy**  
07770 222042  
theyogaacademy.org

**Trueyoga**  
info@trueyoga.co.uk

**Yogacampus**  
020 7042 9900  
yogacampus.com

**BWY Teacher Training**  
A full list of upcoming BWYQ courses can be found on the BWY website, select Courses within the Search options.

**CPD listings**  
For CPD in your region/nation, turn to our regions/nations pages from page 41. Full listings on the BWY website, select BWY Events in the Search bar.

# BREATH, BIRTH AND BEYOND

*With the launch of the next BWY Pregnancy Yoga Course in May 2026, tutors **Judy Cameron** and **Michele Misgalla** share what makes pregnancy yoga such a unique and rewarding area of teaching*

For many, pregnancy yoga is where their yoga journey begins. It's a time of discovery – of both breath and body – as they learn to adapt, relax and connect with the changes taking place within. Whether newcomers or long-time practitioners, students find that pregnancy yoga meets them where they are, offering comfort, connection and confidence through every stage of pregnancy.

A student's experience of pregnancy yoga isn't solely restricted to the mat. Simply having the chance to connect with others who are pregnant, while enjoying a practice created uniquely for their growing, changing bodies, can bring both relief and reassurance. The benefits are physical, yes, but also emotional and social – easing discomfort, reducing stress and building confidence as birth approaches.

Common issues during pregnancy can range from leg cramps, insomnia and low iron, to more



complex concerns such as gestational diabetes and pregnancy-induced high blood pressure. Being connected to local services and resources allows pregnancy yoga teachers to signpost students towards appropriate support, helping to make the journey more comfortable and enjoyable.

## AND BREATHE

Breathwork lies at the heart of every yoga practice and pregnancy yoga is no exception. As students tune in to their breath and deepen their body awareness, they build tools that can help them stay calm and balanced no matter what twists and turns their labour or birth may take. The journey of pregnancy can be unpredictable and, at times, brings moments of uncertainty, but learning to return to the breath as a steady source of support helps students feel safe and better able to cope.

A typical pregnancy yoga class begins with a circle of sharing, where students can discuss how they're feeling in a safe space. This may open up opportunities for guidance, from recommending a pregnancy massage or supportive sleep positions to signposting local midwives or therapy services.

A gentle breathing practice follows, helping students to settle in and make that initial connection with their breath and their baby. After simple joint-freeing movements, the class progresses through a series of accessible postures and sequences designed to ease common discomforts such as lower backache, sore hips, tight ribs and neck and shoulder pain. The aim is to restore comfort, flexibility and strength while preparing body and mind for birth. Emphasis is placed on creating

the space baby needs to find the most favourable position to begin their birth journey.

Classes often conclude with calming breathing practices, such as the golden thread breath and humming bee breath (bhramari). Both are very simple and easy to access, yet deeply effective. Designed to lengthen the exhalation, they activate the parasympathetic nervous system and support the release of oxytocin – the ‘love hormone’ vital for labour.

Finally, deep relaxation allows students to unwind completely, supported by bolsters, cushions and blankets for maximum comfort. This is often their favourite part of class as it offers a rare opportunity to fully let go and experience a sense of stillness that can be hard to find in everyday life.

As Sandra Sabatini beautifully writes in her foreword to *Preparing for Birth with Yoga* by Janet Balaskas (Thorsons, £4.99): ‘Yoga gives the mother the capacity to adjust to inner and outer changes with extraordinary flexibility... while her body maintains a sense of cleanliness and lightness.’

‘As students deepen their breath and body awareness, they build tools to stay calm and balanced – no matter what twists and turns their labour or birth may take’

Both Judy and Michele bring a wealth of knowledge to the BWY Pregnancy Yoga Course, with over 42 years of combined experience. Their teaching is informed by their work in birth: Judy as an NHS midwife and Michele as a birth doula and Spinning Babies Certified Parent Educator.

Judy shares: ‘Unlike many jobs, midwifery feeds directly into my yoga teaching and vice versa. A woman might arrive flustered after learning she’ll need to birth in a hospital, but with my background, I can help her connect with the right professionals and explore her options so she can plan the birth she desires.’



Michele’s deep interest in anatomy and movement led her to train with Spinning Babies founder Gail Tully, integrating body-balancing techniques that support comfort and optimal foetal positioning in pregnancy and labour.

#### COURSE DETAILS

The BWY Pregnancy Yoga Short Course will be held at The Jasmine Trust, Nottinghamshire, DN22 8EW. The course features a blend of in-person and online sessions. In-person dates: 17-18 May, 18 July and 3-4 October. For more information and to register your interest, please visit the BWY website, W: [portal.bwy.org.uk/user/trainings/503](http://portal.bwy.org.uk/user/trainings/503) or contact michele at E: [michele@michelemyoga.com](mailto:michele@michelemyoga.com)

#### HELPFUL RESOURCES

British Wheel of Yoga Guidelines for Teaching Yoga and Pregnancy, visit W: [portal.bwy.org.uk/user/resources/index?category=47](http://portal.bwy.org.uk/user/resources/index?category=47)

● *Judy Cameron is a midwife, yoga teacher, lead tutor for the Yoga Scotland 500-hr Teacher Training Diploma, and Co-Director of Yogabirth Teacher Training. Michele Misgalla is a yoga teacher and BWY Foundation Courses tutor. She is also a birth doula, hypnobirthing instructor and a Spinning Babies Certified Parent Educator.*

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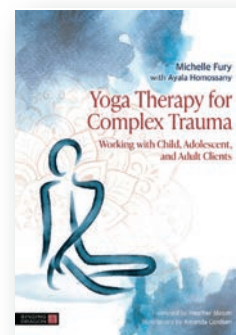
07968 154525

[www.gilliancawteyoga.co.uk](http://www.gilliancawteyoga.co.uk)

## Human-centred approach to trauma

**Yoga Therapy for Complex Trauma: Working with Child, Adolescent, and Adult Clients** by Michelle Fury with Ayala Homossany (Singing Dragon, 2025)

What sets this book apart is its integrative five-part approach, centred around the panchamaya kosha, with the gunas, fundamental movement, phase-based treatment, community care and self-care as additional elements. These concepts, all rooted in yogic wisdom and thoughtfully aligned with somatic psychology and attachment theory, provide a holistic framework immediately accessible and fascinatingly rich.



The authors – Michelle Fury, one of the first yoga therapists to work in a hospital setting, and Ayala Homossany, a trauma-informed yoga teacher with a background in creative modalities – offer, among other things, practice sequences and rationales based on their personal experiences, as well as from working clinically with children, adolescents and adults. These recollections will undoubtedly resonate with anyone who uses yoga to support themselves or others.

For yoga teachers, especially those working with students who have experienced complex trauma (C-PTSD), this book offers both theoretical insights, practice guidance and ready-to-use tools, such as client questionnaires in the appendices. Moreover, it provides structured yet human-centred approaches, including age-appropriate pathways, somatic language suggestions and strategies for guiding movement, regulating emotions and cultivating safe and supportive environments. But, perhaps more importantly, at the end of each chapter, self-care practices are offered, honouring the need for reflexivity in such work.

In summary, *Yoga Therapy for Complex Trauma* is a compassionate and informed guide that I wholeheartedly recommend to any yoga teacher or practitioner seeking to approach the intricate issue of trauma with greater clarity, care, and confidence.

**Louisa Flynn**



## Inclusive and accessible yoga

**Adapting Chair Yoga for Every Body** by Finlay Wildon (Singing Dragon, 2025)

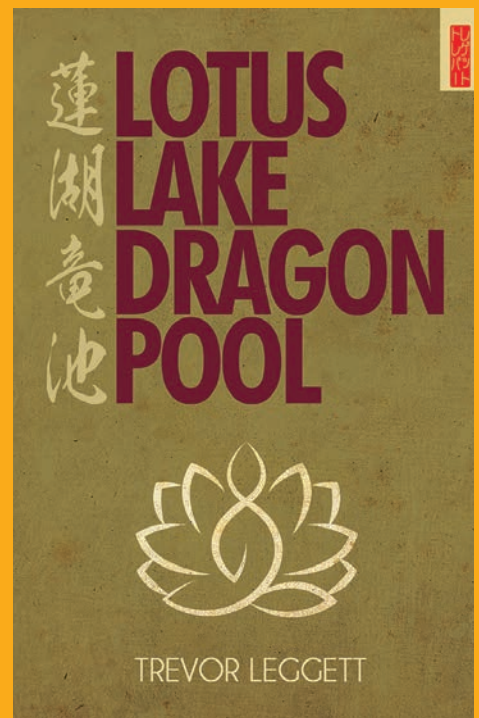
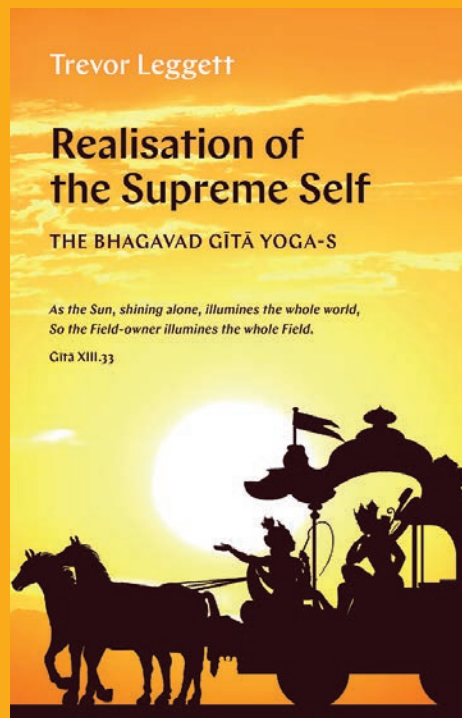
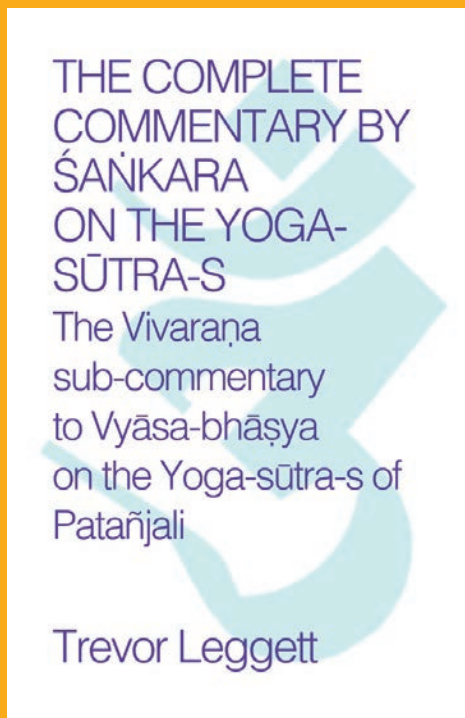
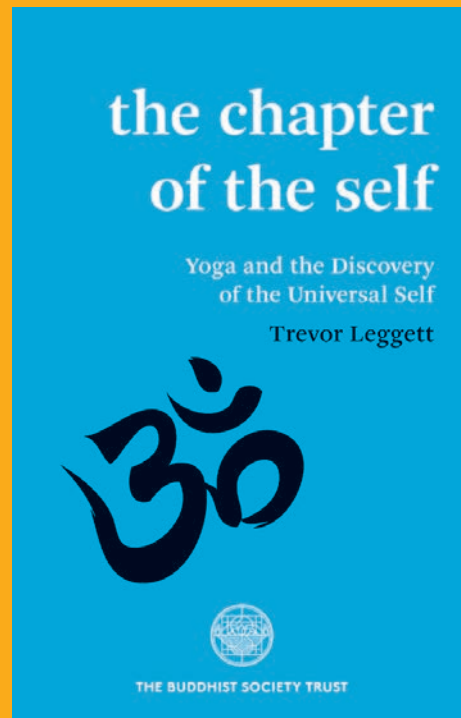
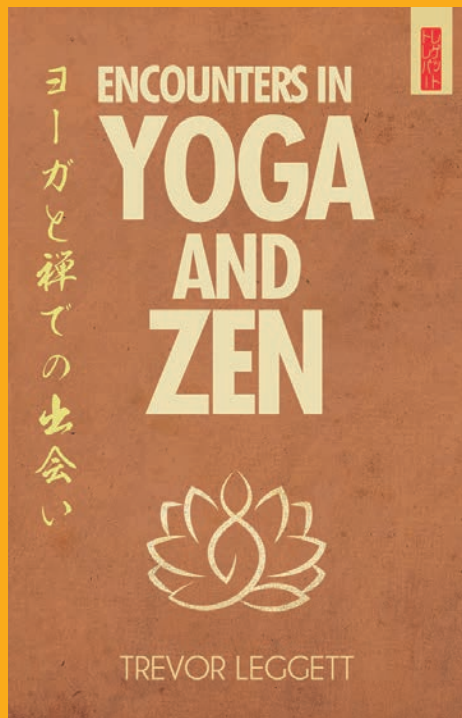
When I first heard about this title, I had assumed it was mainly used for the elderly and, of course, that is one option, but this text taught me that it also offers up an accessible practice for those with prostheses, living with chronic pain or other medical conditions.

The author writes with an inclusion focus, seeing chair yoga as one way to offer an accessible yoga practice and stressing the importance of offering a welcoming, accessible space. Each chapter has a different focus; the first few look at different groups of poses such as backbends, and each pose is explained with a photograph, explanation of how to set up and how to get into and exit the pose. The text is very practical and teacher focused.

Later chapters discuss how to set up a chair yoga class, as access criteria required go beyond the studio. For example, is there disabled parking, is there wheelchair access, are mats non-slip and do the acoustics in the space allow those hard of hearing to hear the teacher, or do they need to be at the front of the class? Final chapters look at breathwork and meditation.

Overall, this is a great, practical text for any teacher wanting to ensure their classes are inclusive and welcoming safe spaces for all.

**Kate Lemon**



# TREVOR LEGGETT BOOKS

For information about the life of Trevor Leggett and details of all his books on Yoga, Zen, Judo, and Shogi visit the website of the Trevor Leggett Adhyatma Yoga Trust where you can also listen to some of his recorded talks on Yoga and Zen.

[www.tlayt.org](http://www.tlayt.org)

## Eastern

Grounded, connected and strong



As we look forward to spring and the abundance of growth that it offers to us, Eastern Region volunteers have been working hard to organise our Earth Buzz Sangha on 11-12 April.

If you haven't taken a look at our newsletter, *In the Loop*, this can be found on website/Eastern Region. Also, remember to book your first aid days:  
28 March, Essex CM3 3JD  
16 May, Herts CM21 9HZ

**Wishing you a joyful heart, health and happiness,  
Your Eastern Region Committee**

### Events

#### **Emergency First Aid At Work with Colin Fordham**

28 March, 9.30am-4.30pm

Bedfordshire, MK45 3BX

The Emergency First Aid at Work is a one-day course, and students will receive a certificate on successful completion. The skills you will learn are important for everyone, but if you teach yoga, it's best practice to have a valid certificate. So do check your certificate is up to date! Barry Jackson is an experienced and very thorough trainer and will lead the day.

#### **Introduction to Qi Gong and integration into yoga practice with Jennifer Hunt**

28 Mar, 10am-4pm

Bedfordshire, MK45 3BX

Jen Hunt has around 20 years' experience in both qi gong and yoga. She will introduce the principles of qi gong and a range of practices that can be

incorporated into a yoga class or used for self-practice to deepen the experience of the subtle body and regulate the nervous system.

#### **Eastern Region Sangha**

11-12 April

Cambridgeshire, PE28 9AH,

The event is centred around the theme of Earth Day with an option to meet in person on April 11 at Hemingford Abbots Village Hall, Cambridgeshire, PE28 9AH, or online on 12 April. To book go to [bwy.org.uk](http://bwy.org.uk) and search Earth Buzz.

11 April (in person), 10am-4pm

Tiffany Thorne: A Scaravelli-inspired session

Mark Stevens: Vinyasa Krama - breath-orientated movement

Harshani and Edd: Sacred sound bath

(£50 for BWY members, £65 for non-members, including vegetarian lunch)

12 April (online), 11am-8pm

Tarik Dervish: Five elements workshop

Audrey Blow: Earth-themed practice and meditation

Carol Trevor: Yoga nidra for peace with the earth.

(£30 for BWY members, £45 non-members or £15 for individual sessions)

#### **The Great Negotiator – The Knee Joint with Gary Carter**

18 Apr, 10am-4pm

Norwich, NR8 5AH

The knee is the largest joint in the body and one of the most complex and so it is important to keep the joint safe and healthy. Gary brings over 40 years' experience in anatomical study and bodywork practices, and his dissection research has made him one of the leaders in fascial study. His teaching will provide you with insight on how the body moves in yoga postures and daily life.

#### **Emergency First Aid at Work with Colin Fordham**

16 May, 8.45am-4pm

Hertfordshire, CM21 9HZ

One day you may be faced with an emergency situation, and you will need to feel confident in how you manage it. Colin is a longtime yoga teacher and the course is suitable for anyone who teaches yoga.

## London

First aid, Consciousness and Om

Our next First Aid day at the Monument Light Centre is on 21 June. See the BWY website or the Summer issue of Spectrum for the following First Aid day on 20 September. Keep an eye on the London region website as the London team is busy arranging some in-person and zoom events for 2026, including Rajesh David's new CPD day entitled Om, Consciousness and Daily Life. We shall give you more about this and our other events soon.

### Events

#### First Aid for Yoga Teachers

21 Jun, 9.30am-4.30pm

London, EC3R 8DU

Keri Hartwright is an experienced first aid tutor and A&E Nurse and has a wealth of knowledge to share with you on this one-day course, giving you the confidence to deal with first-aid injuries/illness or situations in the yoga room and everyday life.

## Midlands

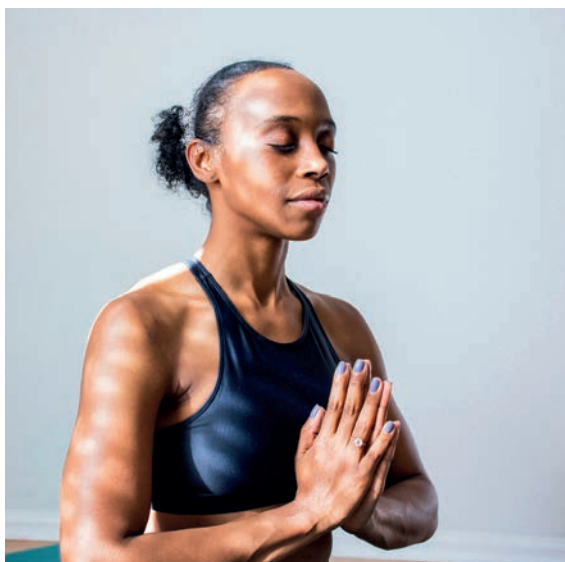
Trauma, chakras and pelvic stability

#### A practical guide to holding a trauma-informed yoga class with Laura Penn Roffey

22 Mar, 10am-4pm

Derbyshire, DE3 9GH

This day's training is designed to give you the skills to help teach your yoga classes in a more trauma-



informed way. Delivery of the content will be through presentations, discussions and Q&A, with a focus on allowing you to engage on a more practical level with the opportunity to practice teaching in a trauma-informed way during the training.

#### Chakras and the Principles of Energy CPD study day with Lina Mookerjee

14 Jun, 10am-4pm

Nottinghamshire, NG158FB

Lina is offering teachers a thoughtful and considered chakra and human energy framework and approach that will make your class teaching even more effective. The aim is to enable participants to understand the principles of energy and the chakra system and so develop awareness and confidence to apply this knowledge to classroom teaching in a safe and effective way.

#### The Balance of the PSOAS and Piriformis CPD with Gary Carter

20 Jun, 10am-4pm

Moseley, B13 8AB

This day is aimed at teachers who have an interest in musculature, as we will be looking at the form and 3D structures of the psoas and piriformis muscles within the body, with explanations of their balance and relationship with each other.

We will also discover how these muscles are crucial to the stability of the pelvis and how various postures, coupled with the breath can create freedom in the pelvis, lower back and the hip joints both for yourself and the students in your classes.

## North

Pranayama, Aum and sun salutation

#### Pranayama: Lost in Translation CPD with Angela Ashwin

9 May, 10.30am-4.30pm

Durham, DH7 7DW

Have you ever wondered why the Sanskrit scriptures do not talk about muscles, diaphragm, lungs, nostrils, air tubes, oxygen... whilst all modern explanations of pranayama are solely speaking in anatomical terms? Have you ever looked at the hatha texts and noticed that they speak about



vayu, nadi, chakra, kanda, kumbhaka, kundalini... when instructing pranayama? The texts do not use these terms in absence of anatomical knowledge; they use them as they talk about a process different from respiration. Pre-modern India did not instruct respiratory exercises, they instructed expansion (ayama) of life (prana).

#### **The Magic of Aum with Nickie (Tulsi) Short**

6 Jun, 6.30pm-8.30pm

Durham, DL128NQ

This two-hour workshop will be an informal introduction to the spiritual symbol, Aum. We'll be exploring the subtleties of this sacred sound through pranayama (breath work) and hand mudras (hand gestures), meditation and a yoga nidra. The evening is suitable for everyone, and all are welcome.

#### **Exploring Surya Namaskar**

##### **CPD with Nickie (Tulsi) Short**

7 Jun, 10am-4pm

Durham, DL12 8NQ

Surya namaskar (Salute to the sun) is often seen as a cornerstone of yoga practice. It can sometimes feel inaccessible to some students, or over time the practice can become stale. We will explore each of the postures within the surya namaskar sequence, making them increasingly accessible and meaningful.

We will develop the energetic aspects of the practice by discovering the impact of focusing on the chakras (energy centres) as we move through the practice and the impact of introducing mantra into the practice. Simple visualisation will be used to enhance the overall accessibility and experience of the practice.

Photography: Adobe Stock

## North West

### Polyvagal theory for teachers

#### **Polyvagal Theory: A Yoga Teacher's Perspective with Melanie Devonald**

20 July, 10am-4pm

Lytham, FY8 5JY

This CPD day offers an opportunity for yoga teachers to consider polyvagal theory and how it might be relevant to their teaching. This is a very current topic, with many areas of health and wellbeing picking up Professor Stephen Porges' theory and considering how it might be relevant to their areas of study/practice. Yoga is no exception, with many books now available on the subject.

As yoga teachers, we appreciate the significance of viewing the mind and body as a 'whole'. Indeed, the very word yoga is translated from Sanskrit to mean 'yoke' or 'union', reflecting the significance of the bi-directional nature and influence between them. When following the path of hatha yoga, we know that the full range of yoga practices encompassed within its eight limbs can bring health and wellbeing benefits at the physical, emotional, psychological, social and spiritual levels.

## South

### Yoga festival and kriya yoga

We had a mixed session of activities last July for our Yoga Festival. Yoga for the lower back with Roberta Jesson, followed by Hazel with pranayama and meditation, David with pair work and Lara with relaxation. After lunch, Joanne Hart gave a talk on nutrition, followed by chair yoga with Jannine (who substituted for Louise at short notice), finishing with Freddie and Cindy with Crystal Sound Activation.

We are planning a similar session for May 2026 in the Winchester area for members and friends to enjoy, combining our Annual Meeting too.

Hazel our RTO organised another teachers meeting locally to help us bond and share issues after the disruption caused by Covid. I intend to try and resurrect our local summer school too.

David Russell RO South

south.ro@bwyreions.org.uk

## Events

### CPD Kriya Yoga for Busy People with Hayley Giles

14 Jun, 10am-4pm

Hampshire, PO12 4JB

With life becoming increasingly busy, it is all too easy to drop the practice, but kriya yoga is the key to keeping things ticking over. The remedy to stop and start yoga. Life has become so hectic, and our practice can sometimes get lost. Kriya yoga is the solution. There will be new ideas and practices to facilitate the inclusion of all aspects of kriya yoga in a fresh, everyday and useful way, along with seamless linking to kundalini yoga and the kleshas. The content will be useful as it will be full of creative ideas, to inspire and keep teachers fresh and current. Chanting will be from all traditions, to reaffirm the essence of Ishwara.

## South East

### Marma, movement and midlife

Our thanks go to Declan for his five years as RO, keeping the committee focused and enthusiastic; and send him and Kerry the very best wishes for their new Italian venture. Similarly, thanks to Emma, our newsletter editor for all her intensive hard work preparing the thrice-yearly editions. Most roles have an evenly spread workload, but editors have copy deadlines, so there's a heavy workload around that time collating all the content. Thankfully, we have a new editor, Jo, who has produced her first edition, this spring.

This year we have welcomed back popular tutors – Gary Carter, Philip Xerri, Carol Trevor, Marye Wyvill, Kate Knowles, Sabine Dahn and Roberta Jesson. With such an enthusiastic membership, its best to book early to avoid disappointment.

The South East is blessed with local talent spotted by committee members, so we have introduced three to you – Sarah Le Roux (who has a nursing background alongside her yoga teaching experience) to explore Midlife: Health, Hormones and Wellness; Kate Elli, who is teaching a session on fascia, and Sarah Hanks (inspired by her life experience and recent training with Tias Little) is inviting us to explore The Skin Suit. We are also hoping to run an outdoor yoga event in the autumn – check out the

### ADVERTISEMENT

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Recognition of prior qualifications may be possible for those with 200 to 300-hour yoga training wishing to integrate into the 500-hour diploma.

The course will run October 2026 to May 2029 and consist of:

- 16 in-person weekends.
- 12 half-day online sessions.

Venue: Findon, West Sussex

For further details contact: [training@tsyp.yoga](mailto:training@tsyp.yoga)  
or visit: [www.tsyp.yoga](http://www.tsyp.yoga)

SE events on the website to find out more.

With Declan stepping down mid-term, it was decided that I should be co-opted as RO with my experience on the committee; but if anyone wishes to stand for the position please get in touch. We have a collaborative team and work together well, and new volunteers are well supported so they can settle into their role with ease. We also have vacancies for event organisers, so if you are keen to run two or three events a year in your local area and know of a suitable venue, do get in touch.

**Jan Palmer**

**[Southeast.ro@bwyregions.org.uk](mailto:Southeast.ro@bwyregions.org.uk)**

## Events

### **The Hips – The Power of the Psoas and Piriformis with Roberta Jesson**

25 Apr, 10am-4pm

Cumnor, OX2 9QF

Hip stability and flexibility are integral to the health of the whole body. An issue with the hips can move up or down the physical body (the kinematic chain), affecting backs, knees, ankles, shoulders, the hips themselves and even the ability to take a deep breath, causing anxiety and even panic attacks. Learning how to build strength in this area helps create a more elastic muscle that will be more willing to stretch. In this workshop, we will explore two of the main muscles of the hips – the psoas (hip flexor) and the piriformis (hip abductor and lateral rotator). When strong and healthy, the psoas and piriformis can improve back, hip and knee stability, the psoas being a key element of the core muscles of the body, can even promote deeper breathing. But do you really know how to activate them? Should you try and stretch them? Or is it all about strength?

### **Spiral Dynamics and Rotations with Gary Carter**

16 May, 10am-3.45pm

Shoreham, TN14 7TB

There are no straight-line forces running through the body. Most forces tend to pass through us in circular or spiralic patterns generating efficiency of movement. All movement, from the smallest to the largest is generated from this circular expression. This can also explain how simple injuries are set up, arising from initial imbalances in structure.

This CPD workshop will explore how these dynamics not only apply to practice but also where freedom and economy of effort really originate. Specifically, we will look at pelvis to foot relationships, hand to pelvis spirals and scoliotic patterns.



### **The Head and Neck CPD with Gary Carter**

17 May, 10am-3.45pm

Shoreham, TN14 7TB

This session will focus on the anatomy and function of the head and neck. Gary will explain the relationship of the head and neck to its connective tissue and tensegrity of the entire body. This will encourage you to develop your kinaesthetic awareness, examine the balance of weight within the body with specific reference to the head and neck and explore movement and postures which will help develop a deeper understanding of the relationship of the neck and head to gravity and movement.

### **Yoga for Midlife Health: Hormones, Health, Wellbeing with Sarah Leroux**

18 Jul, 10am-3.45pm

Ashington, RH20 3PG

This day offers a rich, holistic exploration of menopause, perimenopause and post menopause. We'll focus on common symptoms, such as hot flushes, insomnia, joint pain, anxiety and low mood, and explore evidence-based strategies for relief, including diet, lifestyle and yoga. We'll also explore the Blue Zones and their longevity enhancing habits and the Japanese concept of ikigai, guiding you to create your own personalised purpose diagram. The session includes therapeutic asana, breathwork and a closing meditation. With time for discussion and Q&A, this day offers education, connection and practical tools for long-term wellbeing and balance.



## South West

Twists, body reading, vagal tone

### **A Staged Approach to Asana CPD with Zoe Knott**

25 Apr, 10am-4pm

Ansford, BA7 7JJ

Participants will explore the use of the Posture Profile – a key tool in modern teacher training – to approach asana with a focus on anatomy, physiology and movement principles. The aim is to move beyond simply replicating postures, instead considering limiting factors, vulnerable areas and how to use stages as preparation and modifications.

### **Exploring Twists CPD with Zoe Knott**

26 Apr, 9.30am-3.30pm

Penzance, TR182PA

Zoe's approach is to build strength as the cornerstone of practice, from where all poses become possible. Asana is 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.

### **Demystifying the Vagus Nerve with Catherine Annis**

23 May, 10am-12.30pm

Bideford, EX39 4NP

Are you ready to access the natural power of your vagus nerve and become more resilient to stress? Join Catherine Annis for this practical workshop to learn about the vagus nerve and how it affects our stress and energy levels. Together, we'll discover how vagus influences our ability to relax and stimulates our capacity to rest and digest.

We'll look at how increased vagal tone supports our resilience, helping us transition from a sympathetic response (i.e. fight/flight/freeze/fawn) to the calm and sociable state of the parasympathetic. Also included is an overview of how we can use its natural power to treat conditions as diverse as trauma, inflammation and migraine.

### **Moving with the Breath with Bill Wood**

28 Jun, 10am-4pm

Wiltshire, SN10 3PU

As strong and grounded yoga poses start to relax and release, the natural tidal movements of our breath can start to re-emerge and guide us in our practice. Exploring this idea – through anatomical explanation and experiential understanding – this workshop will be posture based, with periods of relaxation, breathing practices and meditation woven in.

## Wales

Breath and asana

### **Day of Sangha – Śauca: Caring for the Body We're In**

27 Jun, 9.30am-4.30pm

Pontypool, NP4 8AT

Join us for a shared day of practice, reflection, and connection, guided by four expert facilitators - three yoga teachers and a breathwork facilitator.

The theme for the day is Śauca, one of the niyamas in yoga philosophy. Often translated as cleanliness or purity, śauca can be understood in practical terms as caring for the body we inhabit – tending to it with awareness, respect, and good sense.

Across the day, each session will explore different ways of caring for the body in practice. This may include noticing the needs of different areas of the body, adapting rather than forcing, and responding to physical signals with curiosity and kindness.

## **Integrating the Practices of the Hatha Yoga Pradipika into Yoga Classes**

**with Wendy Teasdill**

8 Nov, 10am-4pm

Rudry, CF83 3DF

Whether you are a yoga teacher or a keen practitioner, it is sure to be a delight to hear Wendy deliver this fascinating CPD day. You will be able to acquire 7.5 CPD points as teachers, and enhanced knowledge and inspiration for all yogis.

## **The Living Breath with Ranju Roy**

29 Nov, 10am-4pm

Walter Road, SA1 5PQ

TKV Desikachar once said the breath supports the body in asana, the body supports the breath in pranayama. The way we breathe in yoga practice is fundamental; he went on to say that the breath is, 'Evidence of Life'. In this workshop, we will learn to chant the opening verse from the *Taittiriya Upanisad* which also extols the virtues of the breath.

## **Yorkshire**

### Strength and festival of yoga

#### **Strength in Asana (20 years on) with Zoe Knott**

11 Apr, 10am-4pm

Sutton upon Derwent, YO41 4DJ

This CPD day is all about looking at how views have changed on the importance of strength in asana over the past 20 years. We will look at key areas that require strength and how that is relevant to our everyday yoga teaching. By understanding current research and practising strengthening sequences, you will learn ways to incorporate strengthening techniques through specific sequences into your general class teaching.

#### **Emergency First Aid at Work**

25 Apr, 9.30am-4.30pm

Farsley, LS28 5LY, and

13 Jun, 9.30am-4.30pm

Shipton, YO30 1AA

BWY considers it best practice that all BWY teachers and student teachers hold a current Emergency First Aid at Work (EFAW) certificate and update every three years. This applies for yoga taught online, in-person, live and recorded, on any platform.

## **Yorkshire Festival of Yoga 2026**

3 Jul, 5pm - 5 Jul, 2pm

Cloughton, YO13 0AR

After the spectacular success of our 2025 Yorkshire Sangha, we're planning to do it all again in 2026. Same venue, same format, same excellent variety of tutors. It will be a chance for you to experience a wide range of yoga styles and traditions, meet new people and old friends. A residential weekend, you will have the option of either full board in your own single room for a day or for the whole weekend.

#### **Sequencing Towards Meditation - Carol Trevor**

12 Sep, 10am-4pm

Farsley, LS28 5LY

The bliss of meditation beckons, but sitting still in silence may seem challenging, if not impossible. Restlessness and doubt may be more frequent companions than the serene and contented presence we would like to offer to the world and ourselves.

Fear not. Yoga is meditation, and it is possible to enjoy and reconnect with stillness from the very first class. The foundations and essence of meditation are in asana, and within us as teachers.

Join us on this CPD day to explore how our choice of sequencing, techniques, guidance and very presence can awaken the subtle within the gross and naturally cultivate the foundation of meditation. This day benefits students and teachers alike and serves as a loving reminder of our true essence and the original intention of yoga as meditation and oneness.



## Remembering Christine Royle

For 26 years, Christine Royle (above right) embodied the spirit of service to the British Wheel of Yoga (BWY) like few others. A long-standing BWY volunteer and teacher, she enriched lives through yoga across the North West. After a long battle with cancer, she sadly passed away in September 2025.

Christine's devotion to yoga and the BWY community was recognised when she became the first recipient of the BWY Anthony Grover Award in 2023. During her years of service, she held roles including Treasurer, Regional Officer and Regional Training Officer, while also chairing the Cheshire Yoga Teachers Association (CYTA). Nationally, she served on the BWY National Executive Committee and was a welcoming presence at Sangha and other major events.

Sue Hargreaves, BWY Teacher and CYTA Secretary, recalls Christine as 'a wonderful friend and consummate professional, highly motivated and committed in all her work'. The two met through CYTA in the early 1990s, forming a lasting friendship. 'She was an excellent and experienced teacher,' Sue said. 'Her lessons were well prepared and sensitive to her students' needs. She had a clear voice, clear instructions and a smiling, encouraging attitude balanced with professionalism and humour.'

By 1995, Christine was teaching 19 classes a week and running her own school of yoga in Sale.

Alongside yoga, she taught remedial massage, aromatherapy and reflexology. Her holistic perspective inspired many students to deepen their practice and teach yoga themselves.

Jackie Hudson, former County Representative for Greater Manchester, met Christine as a student. 'Her Monday night yoga classes were always full,' Jackie said. 'As a busy single parent, they became my sanctuary.' Christine's professionalism and deep knowledge inspired Jackie to take the BWY Diploma course herself. Later, they travelled together on yoga retreats, forging a friendship through shared learning and laughter.

'Christine was the ultimate professional but always had a twinkle in her eye,' Jackie remembers. 'She loved to dance, winning many awards, and her spiritual life blended yoga and pagan traditions in beautiful and creative ways.'

Christine's contribution to yoga in the North West is measured not only by the many roles she held but by the warmth and inspiration she brought to everyone she met. She had the rare gift of making others feel at ease and capable of more than they imagined. Her spirit will continue to live on through the classes she taught, the teachers she mentored and the friendships she nurtured – truly the heart of yoga in action.

BWY

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