

SPECTRUM

magazine



Into
the light

Yoga therapy in action

Back in the game

Understanding back pain

The strength within

Tailoring classes to medical issues

autumn/winter 2026

£5.95 free to members

Winter
Solstice

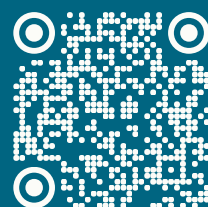
BWY

BRITISH
WHEEL OF
YOGA

Yoga Festival

At a time of constant pressure and distraction, this online festival, featuring five expert tutors in yoga and ayurveda, invites you to return to what matters most.

Friday 18 December 2026, 9am-5pm, via Zoom
Tickets from £45 @ bwy.org.uk



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Photograph: Michelle Griffiths

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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.

The British Wheel of Yoga Limited is a charity (No. 1136674) and a company limited by guarantee (No. 07030679) registered in England and Wales.
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Deadlines and publication dates

Edition	Copy deadline	Publication
Spring	7 January	Late March
Summer	10 April	Late June
Autumn/Winter	21 August	Late October

No medical advice

Our content should not be construed as medical advice or be relied upon for medical, diagnostic or treatment purposes, or as an alternative or substitute to seeking appropriate medical assistance where required. If you have any health concerns or are new to yoga and want to check whether you are fit to partake in a particular yoga exercise, you should seek appropriate medical assistance. When doing yoga, we encourage you to act responsibly and sensibly at all times.

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Printed by The Manson Group

Cover photograph: BWY

Dear members



At the time of writing, the weather has turned from warm and dry to cool and wet. A welcome change as the summer drought threatened many, from farmers to wildlife.

It's interesting how the initial signs of autumn, such as the smell of fallen leaves, can naturally change our system to a more energised, active attitude. The 'let's relax' summer frame of mind shifts to a 'let's get going' autumnal outlook. I feel myself ready to get up earlier, organise my diary and tick things off my to-do list.

Similarly, as winter sets in, I'm ready for the hibernation stage of my year, when I begin to stay indoors, sleep more and enjoy relaxing into a quieter environment. Indeed, every season has a shift in temperament that seems to accord with my own system. After the quiet hibernation of winter, I look forward to the optimistic extraverted energy of spring, only to circle around to the relaxed, laid-back attitude of summer a few months later. A year of seasons and my system responding naturally to my and its nature.

In the end, welcoming the darkness of winter is essential to finding the soft, gentle lightness of this season inside ourselves and trusting that lightness to sustain us throughout these colder months. My wish is that we all enjoy our own company, the nourishing food we eat, the support of our friends and family and the comfort of finding warmth and lightness in these beautiful, cold winter days.

Diana O'Reilly, BWY Chair

Fruits of our labour



The season around the Equinox is all about balance, and at present the weather, at least where I am writing this, is nicely balanced between the blistering heat of the summer just gone and the coming cold of winter. Autumn is the time for harvesting the fruits of the crops, both actual and metaphorical, that we sowed back in the spring, whether in the form of delicious produce from the garden or allotment, or of the plans that we made coming to fruition.

Back in January, the BWY Board decided that one of the themes of our work this year should be what we decided to call 'Yoga for...' In this issue of Spectrum, you will find two examples of this approach: articles covering our work developing Yoga for Parkinson's as part of our partnership with Parkinson's UK, and Yoga for Back Pain.

Autumn is also the time of year when BWY goes 'on the road' with our Yoga Summit with SOAS University of London on Saturday 31 October. The theme of this year's summit is 'The Energy Body: Yoga Between Evidence and Experience' and full details can be found on our website.

Earlier in October, we will once again have a presence at the OM Yoga Show over the weekend of 16-18 October. If you are a first-time reader who picked up the magazine at the OM Show, then welcome, and I trust you will find it an enjoyable and enlightening read.

Peter Tyldesley, BWY CEO

Photograph: Andrew Johnston



Short days, long nights

Welcome to the last issue of 2026.

As the clocks go back later this month, it signals a change for everyone. Not only do the days get shorter, but the temperatures drop too, and we may find it harder to motivate ourselves to practise yoga as much.

Our theme for this issue is light in the darkness, and author and Yoga Therapist Colin Dunsmuir explores this topic through a troubling case study which took many years to resolve. Even when things were so bleak and despair was setting in, complementary yoga therapy helped this patient move forwards with her life. You can find this article on page 32.

Pelvic organ prolapse is an uncomfortable condition experienced by many people. But with gentle exercises tailored to your needs, symptoms can ease and it can be managed. On page 36, BWY Teacher Tabitha Evans explains why all yoga teachers should be mindful of people in classes who may suffer from this condition. By adapting postures to suit the needs of the class, you can make a real difference.

Our training section also looks at how yoga can help those with either degenerative conditions such as Parkinson's (on page 14), or those where back pain is affecting their lives (page 16).

Remember, autumn/winter is a big season for the BWY, as we have a stand at the OM Yoga Show in London on 16-18 October. If you are coming, please drop by and say hello.

It's also our Yoga Summit in collaboration with SOAS University of London on 31 October. This is a hybrid event, so you can attend in person or online. Read more about our speakers and how to buy tickets on page 5.

And don't forget our Winter Solstice on 18 December, a great opportunity to pause and take stock just before the hectic holiday season kicks in.

So, embrace the cold, short days and make as much of them as you can. There's lots to look forward to.

Namaste,

Neil Braidwood, Spectrum Editor

Meet our contributors



BWY Teacher **Anji Gopal** introduces a new course on backcare for teachers on page 16.



BWY Teacher **Tabitha Evans** explains pelvic organ prolapse on page 36.



Author and Yoga Therapist **Colin Dunsmuir** on the healing power of yoga on page 32.



Photograph: Pevels/Miriam Alonso

ARE YOU COVERED?

A recent survey by Insure4Sport suggests that around one in three UK yoga teachers do not hold their own dedicated insurance to cover their teaching practice.

While the survey sample is small, the finding reflects a pattern insurers see regularly: claims relating to student injuries, slips and falls, or alleged negligence can run into tens of thousands of pounds. Without appropriate cover, teachers are personally liable for any compensation and legal costs that result.

Even where insurance is not a legal requirement, studios, councils, landlords and event organisers increasingly expect yoga teachers to provide proof of public liability and professional indemnity cover before allowing them to use their space.

First aid training is a closely linked issue. Insurance policies typically will not cover a claim if an injury occurs while no trained first aider is present. Holding a current First Aid certificate is therefore an important part of keeping cover valid should an incident arise.

To help address this gap, the BWY offers an Associate Teaching Membership designed specifically for teachers who want proper protection without unnecessary cost or complexity.

For £108 a year, teachers with more than 300 hours of training through a reputable school can:

- Access comprehensive teaching insurance, including public liability and professional indemnity cover
- Meet best-practice expectations around first aid and risk management
- Draw on hundreds of resources to support their teaching, including free CPD, guidance documents, templates and marketing tools.

Whether currently teaching, returning to teaching, or just starting out, the survey findings serve as a useful prompt for yoga teachers to check they have the right cover in place.

For more information on the Associate Teaching Membership and how to join, visit: www.bwy.org.uk/about-bwy/benefits or contact the BWY membership team at: office@bwy.org.uk.

MEET US AT THE OM YOGA SHOW

Join BWY on stand M1 at the OM Yoga Show, Alexandra Palace, London, 16-18 October. Bring a friend to the stand and they could win an 'ultimate yoga bundle' – plus, you could earn free membership at your next renewal through our Refer a Friend campaign.

Launched for our 60th anniversary, the campaign rewards members who successfully refer five new BWY members, with a free year's membership; find your unique link and full details in the 'Refer a Friend' toolkit within Membership Resources.

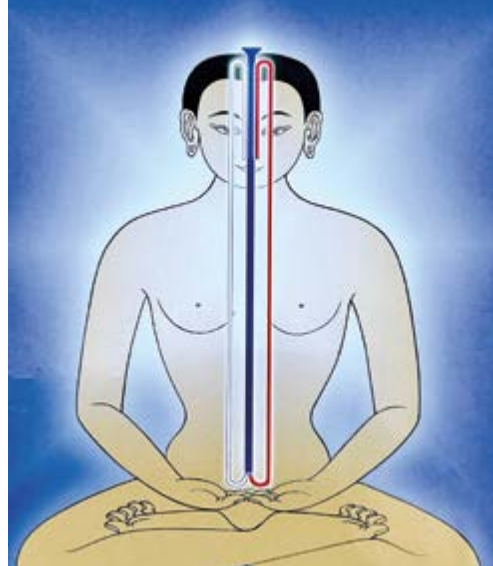
Everyone who takes out a membership at the show enters the prize draw to win prizes including free yoga apparel, 12-month access to expert led digital sessions and a free place at a national BWY event.

Considering teacher training? Get a free recording of our 'how to become a yoga teacher' masterclass and book a 15-minute Discovery Call.

Qualified yoga teachers from other reputable training schools can join as Associate Teacher Members, a membership type launched at the OM Yoga Show last year offering specialist insurance, a free class directory listing, online teacher forums, event discounts to 200+ events, and 40+ expert-led masterclasses.

Don't forget BWY members enjoy 50% off OM Show tickets with promo code BWY50.

See london.omyogashow.com



FEEL THE ENERGY AT THE SOAS SUMMIT

SOAS University of London's Centre of Yoga Studies is joining the British Wheel of Yoga (BWY) for the third year running to host a summit on yoga's 'energy body.' Scholars and practitioners will debate what the energy body is and why it still matters to yoga today.

Modern yoga is often presented as a posture based workout, but many yoga traditions describe a subtler, non physical body of energy and awareness that supports health and wellbeing. On 31 October, visitors to the Brunei Gallery at SOAS University of London, or those joining online, will explore yoga's 'hidden' energetic frameworks alongside breath, sound and meditation practices that show how these ideas can transform embodied experience.

Tickets are priced at £75 (in person) and £45 (online). For details and to secure your spot, log in to your account and visit: www.tinyurl.com/SOAS-Summit-2026.

WINTER SOLSTICE RETREAT

As the days grow shorter and the festive season picks up pace, carve out some time for you this Christmas. On Friday 18 December, our online Winter Solstice Festival returns, inviting you to pause, breathe and make space for stillness.

Join five expert tutors in yoga and Ayurveda for a day of philosophy, mindful movement, breathwork, stillness and deep rest. With a great line up including Ranju Roy, Catherine Annis, Brenda Ward, Nickie Short (Tulsi) and World Yoga Festival highlight Ankit Kumar, you'll come away with renewed practices for self care, fresh insight into the season's rhythms and the gift of rest.

Tickets are on sale now via the BWY website: £45 for members, £70 for non members.

A SACRED JOURNEY

What if a retreat could offer more than time away, beautiful surroundings and space to reconnect with yourself? What if it could also help create better educational opportunities for children in rural Nepal?

*Spectrum catches up with BWY Course Tutor **Judy Cameron** to find out more about her work in Bhutan and Nepal*



BHUTAN holds a very special place in Judy Cameron's heart. In the 1980s she lived there for six years, working as a Voluntary Service Overseas nurse supporting children in some of the country's poorest communities – a world away from her previous nursing work in London.

"My life changed while living there," she says. "It is where I met my husband, raised my family, and where my yoga and spiritual journey began."

That sense of connection is why Judy is now returning to Bhutan, this time to lead a yoga and cultural journey for

Beyond the Clouds, a social enterprise that funds education and community programmes for children and young people in rural Nepal.

"I see this journey as both a personal homecoming and an opportunity to serve," she says. "I am looking forward to reconnecting with the people and the place where I found happiness, and I hope that by sharing my insights and yoga practices with others, I'll support and help others in their own life journeys."

A JOURNEY WITH PURPOSE

Sacred Bhutan is a carefully curated 16-night journey through Nepal and Bhutan, combining daily yoga and mindfulness with immersive cultural experiences. Travellers spend the bulk of the trip exploring Bhutan

before winding down with a peaceful three-night retreat at Namo Buddha in Nepal.

At the heart of the trip is a partnership with Beyond the Clouds and First Steps Himalaya, which has been working to improve early years education in rural Nepal since 2009. Its programmes have grown to include teacher training, community education, scholarships, menstrual hygiene education and a self-defence programme for teenagers.

The impact is already measurable. In 2025/26, First Steps Himalaya's programmes reached 119 schools across Nepal, with 133 teachers from

'My hope is that participants will leave with an appreciation of our place in nature and the reality of what it is to be Bhutanese'

108 schools taking part in child-centred teacher training. Three community education workshops brought together 80 participants to strengthen

understanding of child safety, the value of education at home, and basic nutrition, while 712 girls and women – 464 girls and 248 women – took part in menstrual hygiene management and reusable pad-making workshops.

This is where the journey and the fundraising meet: every penny of profit from the Beyond the Clouds trip goes directly to supporting First Steps Himalaya's work.

For Judy, that work matters because of what's at stake for rural communities. "Rural schools in Nepal struggle to provide good outcomes for children



Photograph: Ron B Wilson



From above: school children in Nepal; Judy at home in Scotland; Judy in 1989 while working as a nurse in Bhutan



Photographs: Beyond the Clouds

compared with better resourced private schools in urban centres,” she explains. “More parents are choosing to send their children to schools in towns far from their home village.”

She believes the answer lies in strengthening education closer to home. “I believe that strengthening early years education in rural schools helps to secure closer cultural ties with the children’s own village. This provides a good foundation for creating a love of learning and enquiring minds.” Whether children go on to stay in their village or leave it behind, she says, a strong start gives them the tools to shape their own future, and their villages.

YOGA AS SERVICE

Judy’s approach to this work is rooted in Karma Yoga, shaped by the teachings of Vanda Scaravelli and informed by a Buddhist perspective on life.

“Karma yoga is often misinterpreted as, very simply, being ‘selfless service’, whereas in fact it is more about understanding our core connection and how that pervades all consciousness, from the micro [all sentient beings] to the macro, or ‘Universal Consciousness’. Ultimately there is no separation between the two. For me, karma yoga is the realisation that trusting my own inner core values will steer me in the best direction for everyone I encounter – joyous and beautiful as it unfolds. Yoga supports this deeper sense of knowing.”

It’s this philosophy she hopes to pass on to those who join her. “My hope is that participants will leave

with an appreciation of our place in nature and the reality of what it is to be Bhutanese. As Bhutan engages more with the outside world, how are their lives changing? And equally, what can the outside world learn from Bhutan?”

THE DETAILS

1–17 November 2027 Price: US\$6,395 (early bird price of US\$6,295 available until 30 November 2026).

Price includes accommodation in selected hotels, Bhutan visa and sustainable development fee, a guide, transport and entry fees in Bhutan, a three-night retreat in Nepal with all meals and transport, B&B in Kathmandu, and a group dinner. As with all Beyond the Clouds journeys, profits go towards the work of the First Steps Himalaya charity.

Find out more: www.beyondthecLOUDS.org.nz/sacred-bhutan-with-judy-cameron.

Beyond the Clouds would love to hear from yoga teachers interested in leading their own group in Bhutan and Nepal. Get in touch at: info@beyondthecLOUDS.org.nz.

The devastating floods in Nepal highlight the need for better understanding of what to do in emergency situations. First Steps Himalaya has been working in Nuwakot since 2018 and will continue to do so. www.firststepshimalaya.org/annual-appeal-2026.

● Judy Cameron BSc (Health Studies); RGN; RM BWY Module Provider Yoga Scotland 500 Lead Tutor.



LONG COVID SUFFERERS FIND

Long Covid is estimated to affect around two million people in the UK, with symptoms including fatigue, breathlessness, cognitive difficulties, pain, anxiety and low mood. With no established pharmacological treatment and many people experiencing symptoms for months or years, there is growing interest in holistic, supportive approaches that address the condition as a whole rather than individual symptoms.

A study, led by Dr Mary King, a former Clinical Psychologist working in the NHS and a BWY-trained yoga teacher, was developed in collaboration with researchers at Sheffield Hallam University. It set out to design a yoga programme with and for people living with Long Covid.

Consultation with adults with Long Covid highlighted the need for a bespoke, flexible intervention delivered by teachers who understand long-term health conditions. Participants

emphasised the importance of optional movement, a strong focus on breathing, and the ability to adjust effort levels in response to fluctuating symptoms. Reassurance that yoga would not worsen symptoms was also seen as essential, alongside opportunities for social connection to counter isolation.

Drawing on this feedback, the research team

developed a six-week programme led by BWY teacher Rebecca Allen, who has extensive experience teaching people with Myalgic Encephalomyelitis/

Chronic Fatigue Syndrome and Long Covid. Each session followed a consistent structure, including a check-in, breath awareness, gentle movement, relaxation and time for discussion. Weekly themes included noticing, pacing, and rest, supported through gentle movement and practices such as Brahmari (humming bee breath), Ujjayi (ocean breath), Golden Ribbon Breath, and Yoga Nidra.

'Most participants expressed a strong desire to continue practising yoga, particularly as a tool for managing stress'



The National Covid Memorial Wall in London

YOGA HELPS WITH SYMPTOMS

Eleven adults aged 20 to 81 took part in the preliminary evaluation of the programme. Attendance varied from week to week, largely due to fluctuations in symptoms; however, participant feedback was consistently positive. Sessions were described as ‘gentle’, ‘calming’, and ‘relaxing’, with several participants reporting improved sleep and a sense of calm that extended throughout the day. Many found that the breathing and movement practices became easier over time, and participants were particularly positive about the Yoga Nidra practice, which was gradually extended as the programme progressed.

Of the seven participants who completed questionnaires at the end of the programme, six reported an improvement in symptoms, and all said the sessions did not require too much effort. Most expressed a strong desire to continue practising yoga, particularly as a tool for managing stress, and suggested that ongoing weekly classes would help embed the practice into daily life.

Although the number of participants was small,

the findings suggest that the programme was acceptable to those who took part and provide preliminary support for further evaluation.

For BWY teachers, the project underscores the value of consultation-led, inclusive teaching approaches – and the growing opportunity for yoga to play a role in healthcare settings where compassion, flexibility and safety are paramount.

Download the full research report here:

www.tinyurl.com/Long-Covid-Report

● *Dr Mary King is a Clinical Psychologist formally with the NHS. Mary is also a yoga teacher trained with the BWY. She is passionate about conducting research to evaluate the effectiveness of yoga as a healthcare intervention. See www.mindandmovementyoga.co.uk*

● *Rebecca Allen is BWY trained yoga teacher with 20 years’ experience. She specialises in teaching adults with chronic fatigue as well as other long-term conditions. www.rebeccaallenyoga.co.uk*

TRIBUTE TO KEN THOMPSON (16 FEBRUARY 1935-18 JUNE 2026)

I first met Ken Thompson around 1968. My wife, Barbara, had started yoga classes and was frequently going to one-day seminars, so she wanted me to come along with her to a seminar that Ken was running. I was impressed by his approach. He was confident, charismatic and funny, but with an incredible knowledge of movement and physiology and to me, he really knew his stuff. I started attending a local yoga class and eventually we became friends.

The Wheel of British Yoga, as it was known then, had been started a couple of years before by Wilfred Clark, in 1965. Ken was possibly the last one of what Wilfred called 'Founder Devotees'. Yoga teachers were taught as part of an 'apprenticeship' scheme, but it was clear that the local education authorities, who ran 90% of yoga classes, required the teachers to have some kind of formal qualification.

By this time Ken had given up his job as an electrical contractor and had started to teach yoga full time.

In 1970, Ken, along with BWY General Secretary Chris Stevens, put together a team of specialists who developed the first BWY Teacher Diploma Course. Ken ran the first course from this syllabus at the Hermitage in Brentwood, Essex.

Ken had superb balance. I remember once when we were involved in the second BWY teacher training course at Harlow College, and we had to walk across a lawn between the hall and the classroom we were using. Someone in the group asked him about balance, and to demonstrate, he began walking across the lawn talking about the essentials of balance. Then, still talking, he suddenly started walking on his hands and carrying on the discussion as if that was perfectly normal, flipped over and carried on walking to the classroom.

In 1979, Ken took over the running of the South East region of the BWY. In those days, there were only six regions, and consequently, London, where Ken lived, was lumped in with East Anglia, Kent and Sussex. It was a huge undertaking.

Part of this role was to produce the regional magazine. As well as writing and compiling the

content, Ken would spend hours on an old-fashioned Gestetner copying machine, rolling out duplicate pages to be stapled together by the whole Thompson family around the kitchen table.

By 1984, the BWY needed an administration centre, as the organisation had become so large and unwieldy. Ken and I were tasked with fundraising and looking for suitable premises. Eventually, the BWY's first centre was established in Boston Road, Sleaford, Lincolnshire. It was felt that this location was central and easy to get to from all parts of England.

Ken's enthusiasm continued. He was always coming up with ideas to improve the expanding organisation and increase its profile. He made sure the BWY joined the European Union of Yoga

Federations (EUYP, now the European Union of Yoga), forging links with other yoga organisations and he regularly taught at annual EUYP annual jamborees in Zinal (Switzerland), in the 1970s/80s. He also taught in Australia and New Zealand.

He was passionate that the BWY should become the governing body for yoga in England and Wales. Exploratory discussions with the Central Council of Physical Recreation (now the Sport and Recreation Alliance)

started in earnest in 1993 with BWY being awarded governing body recognition in 1995.

He was Chair of the BWY from 1985-1988, and then a Custodian Trustee from 1986 until 2006. Ken's wife Angela was very involved with the BWY too, becoming a teacher. His knowledge of movement and physiology also led him towards the Alexander Technique, and he qualified at the Alexander school run by Walter and Dilys Carrington. He remained an Alexander Teacher into his 80s.

Ken died peacefully with his family around him in Norfolk on 18 June 2026. He is survived by his wife Angela, daughter Sarah and sons Mike and Graham.

Ken donated his body to science and there was a celebration of his life at the East Anglia Centre for Alexander Technique in Chelmsford on 3 October.



Photograph: Thompson Family

● Written by John Cain, BWY Chair 1996-1999.

BWY YTT, FOUNDATIONS, AND SHORT COURSES

BWYQ TT (Yoga Teacher Training)

*Gain confidence teaching yoga
to all abilities on our 300-hour
Certificate or 500-hour Diploma.*

BWYQ L4 Certificate

in Teaching Yoga

SATURDAY 10 OCTOBER

Kari Knight

Online and Residential (Scotland)

SATURDAY 14 NOVEMBER

Sunnah Rose

London

SUNDAY 23 MAY 2027

Roberta Jesson

Oxford

SUNDAY 13 JUNE 2027

Clare Gibson

Surrey

BWYQ L4 Diploma

in Teaching Yoga

SATURDAY 10 OCTOBER

Kari Knight

Online and Residential

SATURDAY 16 JANUARY 2027

Donna Negus

Romford

SUNDAY 17 JANUARY 2027

Catherine Hope

Huddersfield

L4 (Progression to) Diploma

in Teaching Yoga

MONDAY 1 FEBRUARY 2027

Clare Gibson

Online



SATURDAY 13 MAY 2028

Kari Knight

Online and Residential (Scotland)

BWYT Foundation Course 1

SATURDAY 31 OCTOBER

Brenda Ward

Lytham St Annes

SUNDAY 13 JUNE 2027

Anna Ferla and Michele Misgalla

London

BWYT Foundation Course 2

SUNDAY 22 NOVEMBER

Wendy Teasdill

Glastonbury

BWYT Short Courses

SATURDAY 7 NOVEMBER

Yoga for Parkinsons

Michelle Griffiths

Online and Barnsley

TRAINING

TRAINING

MONDAY 2 NOVEMBER

Menopause Yoga
Petra Coveney
Online

THURSDAY 5 NOVEMBER

Connecting with The Five Great Elements to enhance and rebalance Health and Wellbeing
Nikki Jackson and Krishna Premananda
Online and Carmarthenshire

FRIDAY 20 NOVEMBER

Yoga for BackCare
Anji Gopal
Online and London

SATURDAY 30 JANUARY 2027

Pregnancy Yoga Module
Michele Misgalla and Judy Cameron
Nottinghamshire

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 training@bwy.org.uk

Recognised Centre Members' courses

Mindbody Wellness Courses
BWYQ Yoga Teacher Training



BWYQ Specialist Yoga Teacher Training for Qualified Yoga Teachers (any tradition)

SUNDAY 15 NOVEMBER

L3 66hour Teaching Yoga for Generalised Anxiety Disorder with Mindbody Wellness Hybrid



2027

SATURDAY 30 JANUARY 2027

L4 126hour Teaching Gentle Years Yoga with Mindbody Wellness Elearning/Zoom

TSYP Courses

BWYQ Yoga Teacher Training

NOVEMBER

Level 4 Certificate in Teaching Yoga – recognition of prior qualifications available Dorking, Surrey

SEPTEMBER 2027

BCYT accredited Yoga Therapy Diploma Esher, Surrey

Yoga Therapy

TRAINING COURSE

On line and in person

Starting 20th March 2027

STAGE ONE: 50 hr Foundations in Yoga Therapy (BWY Module)

STAGE TWO: 530 hrs leading to Diploma as qualified professional Yoga Therapist

VENUE: West Oxfordshire, on line and Mandala Ashram, South Wales

Yoga Therapy sessions available

ABOUT

Yoga Focus, established in 1998, runs 550hr professional training in yoga therapy, accredited by BCYT. Also CPD events and modular courses through the BWY. Founder Nikki Jackson has worked extensively as an NHS occupational therapist and yoga therapist in physical and mental health and the private sector. Courses are based on self compassion and relate closely to Nature.



email: admin@yogafocus.co.uk
www.yogafocus.co.uk

Photographs: BWY. Mats kindly supplied by www.yogastudiostore.com



Other training/courses

OCTOBER

Vedic Chant Foundation Course
online TSYP

Accredited
Training
Organisations

Intelligent Yoga Teacher
Training

07747 196914

[www.intelligentYogaTeacher
Training.co.uk](http://www.intelligentYogaTeacherTraining.co.uk)

Teach Yoga Naturally

07722 868397

info@teachyoganaturally.org

The Yoga Academy

07770 222042

www.theyogaacademy.org

Trueyoga

info@trueyoga.co.uk

Yogacampus

020 7042 9900

www.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,
(including online courses)
turn to our regions/nations
pages from page 42. Full listings
on the BWY website, select BWY
Events in the Search bar.



TRAINING

MOVING WITH HOPE

*BWY teacher **Michelle Griffiths** introduces her new specialist short course, launching in November, for yoga teachers who want to support people living with Parkinson's through safe, practical and compassionate movement*

MY OWN relationship with yoga began very early. I first came to the practice at the age of five as part of rehabilitation for Ehlers-Danlos syndromes (EDS), learning how meditation, pranayama, mudra and mantra could help me manage pain and understand my condition. Asana and Pilates followed a few years later, supported by forward-thinking parents and an exceptional physiotherapist who encouraged me to see movement not as performance, but as a way of listening, adapting and living more fully.

At 18, I began volunteering in rehabilitation hospitals, working with young adults and later supporting my mum's rehabilitation after a haemorrhagic stroke. That experience lit a lifelong curiosity in me: how can movement, breath and self-awareness support function, independence and confidence? Twenty-three years into teaching, neuro-rehabilitation through yoga and Pilates has become one of the central threads of my work, connecting me with the NHS, charities and the wider community. It has also taught me that the best teaching is collaborative: we learn from medical teams, carers, families and, most importantly, from the people living with neurological conditions themselves.

UNDERSTANDING PARKINSON'S BEYOND THE DIAGNOSIS

Parkinson's is a progressive neurological condition linked to the loss of dopamine-producing nerve cells in the brain. Around 166,000 people in the UK are currently diagnosed with Parkinson's, and every person's experience is different. The symptoms teachers may notice include slowness of movement, tremor, rigidity, involuntary movement, balance changes, altered walking patterns, pain, sleep disturbance and changes in cognitive function.

For me, this is why yoga teaching in this field must be more than a sequence of poses. It needs to be responsive, informed and person-centred. Research and clinical guidance increasingly recognise that

regular physical activity can help people manage Parkinson's physically and mentally, supporting movement, balance, flexibility, mood and daily function. In practical terms, that means teachers need the confidence to observe, ask appropriate questions, offer choices, and understand when a patient may need to rest, adapt or seek further support.

WHAT THE COURSE WILL COVER

This new specialist short course, Yoga for Parkinson's, begins in November and runs over three weekends across three months. It is designed for yoga teachers with a minimum Level 3 yoga



Photograph: Michelle Griffiths

qualification and at least 120 guided learning hours who want a clear, practical and safety-focused introduction to working with people living with Parkinson's. My aim is to give teachers a foundation they can use immediately, whether they teach in community settings, small groups, one-to-one sessions, studios, charities or healthcare-adjacent environments.

Across the weekends we move from understanding the condition to exploring class planning, one-to-one work, medication timing, supportive therapies and when movement should be adapted, modified or stopped. We will look at the role of physiotherapy, occupational therapy, speech and language therapy, nutrition, hydration, falls prevention, carer support and self-management strategies, because yoga is at its most powerful when it sits respectfully alongside the wider support network around the person.

The learning is practical as well as theoretical. We will use videos, recordings, interviews and work with a patient from our studio, helping teachers understand how Parkinson's affects real lives and how yoga-based tools can be applied with sensitivity and care. We will also discuss how to build realistic

progression, how to plan safely around fatigue and medication fluctuations, and how to create classes that feel welcoming rather than clinical.

MOVEMENT FOR EVERYDAY INDEPENDENCE

During the Sunday morning workshops we will explore functional testing, activities of daily living, adapted yoga rehabilitation methods, breathwork, relaxation, seated and supported options, balance work, strength, mobility and flexibility. We will also consider falls prevention approaches, including how teachers can screen for pain, dizziness, recent falls or changes in health before and during practice. Simple observations, such as how someone rises from a chair, turns, reaches, steps or transfers weight, can give us valuable information about how to make practice more relevant.

My focus is not on asking someone to hold a static posture because it looks like yoga. It is on asking: does this help the person stand, walk, breathe, rest, recover, feel steadier or stay independent for longer? That question changes everything. Yoga becomes a practical companion to everyday life. A chair-based movement, a supported standing balance, a breathing practice before sleep or a relaxation technique for moments of anxiety can all be meaningful when they are chosen with purpose.

The course is available live on Zoom, so teachers can join from anywhere, and it will also run in the studio. No specialist equipment is needed beyond the usual yoga props that support accessible practice, such as a chair, blocks, straps, blankets or bolsters, depending on the needs of the person in front of you. Above all, I hope teachers leave feeling better informed, more observant and more able to offer yoga that is safe, adaptable and deeply human for people living with Parkinson's.

● Michelle is a qualified BWY teacher, course tutor, assessor, IQA and specialist course writer and developer, foundation course tutor and diploma course tutor, plus being a specialist advisor in cancer and stroke.

In 2005, Michelle founded Mind Body and Spirit Barnsley Ltd, developing it from a one-person practice into a dedicated studio known for personalised, evidence informed instruction, with a team of seven. Michelle teaches many yoga styles, and Pilates across all levels. She provides one-to-one, small group, and private sessions focused on mobility, and rehabilitation. Her work also includes therapies and tailored rehabilitation programmes.



A class in progress in the Barnsley studio

BACK TO THE LIGHT

Anji Gopal introduces her Yoga for BackCare teacher training – and makes the case for a practice that builds strength as well as ease

IT HAS been a stressful few years, and our bodies are quietly taking the toll. We have sat longer, braced harder and slept worse, and the spine, that inner scaffold we lean on for everything, has borne much of it. Low back pain now touches around 40% of adults at some point, and it remains the single most common reason people visit their GP – and my clinics are increasingly full of patients with neck stiffness. Spinal pain is, in the truest sense, one of the darker corners of ordinary human suffering: dull, wearing, and dragging down every area of your world – physical, emotional, behavioural, social and more.

Yoga in the widest sense has always promised light in the face of suffering. ‘I’ve witnessed a physical yoga practice genuinely relieve back and neck pain, and restore confidence in a frightened body, returning people to movement they thought they had lost. Breathing, education, meditation – all serve to improve our relationship with a painful body and how it impacts our felt sense of ourselves.

The yoga pantheon was given to relieve suffering – full stop.

But as an osteopath as well as a teacher, I have to be honest

about the shadow side too. I have seen backs made worse in yoga classes, not better – by well-meaning teaching that pushed too far, too fast, into bodies that needed something else entirely.

Part of the difficulty is a story we tell about yoga: that it is about flexibility. Many popular vinyasa styles prize the deep bend, the full expression, the ever-opening body. Yet a spine supporting our inner world is a spine that is both mobile and strong. This is the old and foundational teaching of *sthira sukha* – steadiness and ease, held together. A back needs suppleness, yes, but it also needs stability, endurance and strength, and a practice that chases

only one of these leaves students half-served.

If I had a pound for every person who told me they were “not flexible enough for yoga,” I could retire; the deeper truth is that most backs are not crying out to be more flexible at all.

The spine is at once a physical structure supporting asana, an anchor for the organs of breath, physiology and wisdom, and a channel for the subtle body. Taking care of it would seem the most important thing we could do.

This is why I created the Yoga for BackCare teacher training in 2020. It grew out of a simple, recurring worry I heard from teachers: students with back pain turn up in general classes, and many of us feel our 200-hour training left us a little light on the anatomy and conditions of the low back. We wonder, quietly, whether we might make things worse. The course is designed to replace that worry with confidence.

And in my clinics – seeing teachers, year after year, overdoing physicality at the expense of genuinely looking after their bodies. Postures that were simple at 20 become wearing 20 years later.

‘I’ve witnessed a physical yoga practice genuinely relieve back and neck pain, and restore confidence in a frightened body’

WHAT THIS TRAINING IS

Over four days, we refresh the anatomy of the spine from neck to sacroiliac joint, revisit the common conditions of the low back and why they happen, and think clearly about posture and pain – and, importantly, when each of them matters and when it does not. We look at how to keep new students safe: the red flags that mean refer on, the contraindications, the things we should never promise, and the language and cues that reassure rather than alarm. And we build the practical skills to deliver a specialist Yoga for BackCare class, with ready-made routines you can adapt in your own



Photograph: Anji Gopal

Anji working with a client



voice, alongside the confidence to welcome a student with back pain into your general class and know exactly what to offer them.

WHAT THIS TRAINING IS NOT

I want to be clear about what this is not. It is not a yoga therapy training and it will not qualify you to work one-to-one with back pain patients, and we are careful throughout about staying within our scope. What it is, is a well-designed, immediately usable skill: something you can bring into your very next class to help your students move more and feel safe – or to offer a Yoga for BackCare class in a world full of other over-sold styles.

WHO IS IT FOR?

Any teacher of adults will find it valuable, because in any adult class someone is carrying a sore back whether they mention it or not. But I would also warmly encourage it if you yourself live with back discomfort, because so much of what we learn here we first feel in our own spines. Numbers are deliberately small – a maximum of five students –

so the teaching can be close, personal and almost apprentice-style, shaped around your own aims, with no one lost at the back of the room.

The spine is the foundation of our being, and its health shapes how we meet the world. If we can teach in a way that makes backs stronger and calmer rather than more fearful, we are doing exactly what yoga has always quietly promised: bringing a little light into the dark.

THIS COURSE COVERS:

- The anatomy of the spine, refreshed to a depth that allows safe teaching
- Common conditions of the low back, and why they happen
- Posture and pain: when they matter, and when they do not
- Keeping new students safe: red flags, contraindications, and when to refer on
- What not to promise, and the language and cues that reassure
- Four ready-made Yoga for BackCare routines to adapt in your own voice
- How to welcome and modify for students with back pain in a general class
- Building strength and stability, not only flexibility – *sthira* and *sukha* together
- With a small cohort, time to explore, ask questions and leave knowing more.

● *Anji Gopal is a registered osteopath, senior yoga teacher and trainer, and founder of the BackCare Foundation. Drawing on 12 years in the City before she retrained in clinical practice, she has been teaching for 20 years, an osteopath for 11 and teaches, writes and speaks on spinal health and the meeting point of yoga and evidence-based medicine. Her retreats are focused on finding health at the widest level. Find out more about Anji at www.backcarefoundation.com*

● *The Yoga for BackCare Teacher Training is a BWY-accredited module: four days and 30 hours plus coursework, with a maximum of five students for a close, apprentice-style experience. The 2026-27 intake runs live online on 20-21 November 2026 (9.30am-4.30pm) and in person in London W5 at Anji's clinic on 9-10 January 2027 (9am-4.30pm). Attendance at all four days is required for certification. Cost £650, including two post-course webinars; payment plans available. Book via the BWY portal or contact anji@backcarefoundation.com (cc admin@backcarefoundation.com).*

Mind the gap

The Diversity Gap in UK Yoga: Outsider Perspectives by Dr Sally SJ Brown (Emerald Points, 2026)

DR SALLY SJ Brown's *The Diversity Gap in UK Yoga: Outsider Perspectives*, argues that yoga in Britain reaches an overwhelmingly white, affluent, educated and female few, creating barriers that are practical, perceptual and cultural. On the broad picture she is surely right, and I particularly liked her description of 'colour-blindness', the belief amongst yoga people that yoga excludes no one.

Yet the book quietly takes 'yoga' to mean the modern postural practice of the studio and the class. Brown knows this is only one face of a much older thing, but her frame rarely leaves it. And let's face it, yoga has many faces: physical, breath, meditative, philosophical, devotional. I suspect a survey of who practises bhakti, or jnana, or sits in meditation would return a very different, far browner, more evenly gender-balanced picture than a survey of drop-in asana classes. The diversity gap may be,



in part, a question of which yoga we choose to count.

As a South Asian myself, with a strong philosophical and devotional practice alongside my asana, this feels the most alive 'gap': the narrow definition of a very broad set of practices being sliced and diced.

As an osteopath, I meet the perceptual barrier daily: if I had a pound for everyone who told me they were 'not flexible enough for yoga', I could retire. And I suspect most of us teachers could recount similar observations too.

A thoughtful, uncomfortable book, as any reflection on exclusion often is, and one that reads more as a research paper than a book. Note too, the relatively small sample from which views are taken. But a great reminder that showing the public how many kinds of yoga there are, and how many kinds of person they might suit, is work for all of us: the author, the studios and our own Wheel alike.

Anji Gopal

A great keepsake for motherhood

My Pregnancy Yoga Journal: A weekly companion to prenatal yoga and self-care by Tara Lee with Clare Daniell (Duncan Baird Publishers, 2026)

BILLED as a 'supportive companion' for pregnancy and beyond, *My Pregnancy Yoga Journal* offers mums-to-be and their support network an accessible, mindful guide through pregnancy and matrescence – the process of becoming a mother.

The book weaves yoga philosophy together with the science of what's happening at each stage, alongside practical sequences, tips, and nutritional guidance. What sets it apart from other pregnancy yoga books is its journal format. It offers space for readers to jot their own notes, answer guided prompts, or keep short diary-style entries about their pregnancy. This makes it especially good at honouring the emotional side of the journey, not just the physical to-do list.

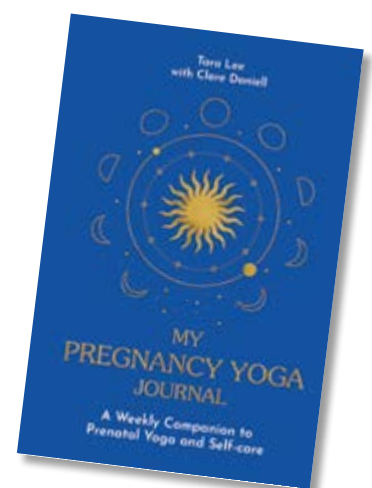
It also doubles as a gentle scrapbook, with room to tuck in scan photos and other keepsakes, offering a comforting way to mark the journey as it unfolds. There is a practical clinical edge as well. The book includes a pregnancy symptoms checklist, styled closely on the

ones used by clinicians and physiotherapists, so the journal can double as a tool for healthcare professionals tracking how a pregnancy is progressing.

Rather than prescribing what to do at each stage, the book takes an invitational, 'choose your own adventure' approach. Readers can mix and match postures and sequences, and follow QR codes through to purpose-made videos and trusted external website resources.

The result is a treasure trove of holistic support that reads less like an instruction manual and more like a keepsake, one that expectant mothers are likely to return to and hold onto long after the baby arrives.

Natalie Lyndon



Boots on the ground

Yoga Therapy for the Military Community by Melissa Aguirre (*Singing Dragon*, 2026)

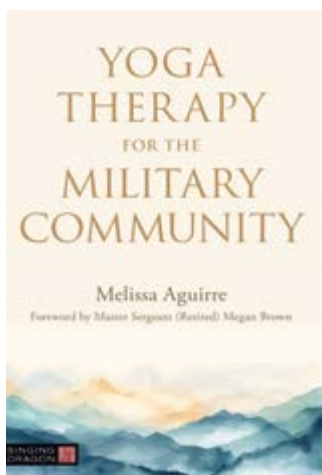
As someone who has spent 32 years in the Royal Air Force, 24 of those as a Physical Training instructor, the title of this book immediately appealed to me.

Yoga Therapy for the Military Community

by Melissa Aguirre, is wide-ranging and uses evidence-based resources to provide an understanding of how yoga therapy can support service members, veterans and families.

Written by a US Army spouse, the book appears primarily aimed at Yoga Therapists (YTs) and those considering YT training. However, all those involved with yoga, from practitioners to long-standing teachers can gain something from this book.

Although focused on the US military community, the principles and teaching approaches discussed throughout the book have clear relevance to many other high-pressure professions, where operating burdens, chronic pain, sleep disruption, physical injury, or PTSD could all exist, e.g. blue light rescue services, teachers or students. The physical and mental stressors across these roles are similar and the book's emphasis on grounding and movement relates seamlessly. The book includes practical examples such as simple grounding drills, using tactile contact with the floor, orienting to the room, or paced breathing,



all of which can be invaluable for individuals experiencing heightened alertness.

For yoga teachers, the book offers ideas on how to adapt sequencing and language for groups or individuals who work in a regimented environment and have or are experiencing elevated levels of alertness. It also offers guidance on creating psychologically safe spaces for individuals who may struggle with stillness, enabling them to engage

more comfortably with savasana, mindfulness and meditation practices. Practical suggestions include offering movement options during savasana, allowing mats to be near exits and using clear session structure to reduce uncertainty, all of which can be invaluable when working with students who struggle with stillness.

For yoga practitioners, it provides explanation on the physical and mental benefits of certain practices and postures to enable regulation of the nervous system, maintain mobility and develop emotional resilience. This is not a beginner's manual, however, committed yoga practitioners within or working with the UK military are likely to find it both inspiring and educational.

Nigel Millar

It's all in the mind

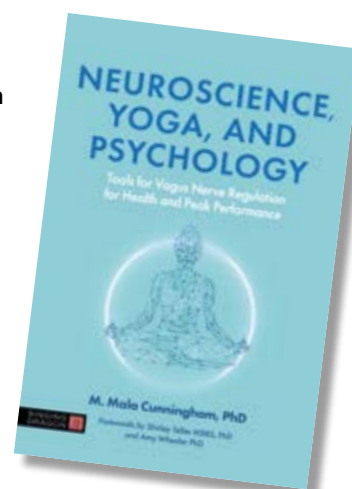
Neuroscience, yoga and psychology: Tools for vagus nerve regulation for health and peak performance by Mala Cunningham (*Singing Dragon*, 2026)

A VERY helpful text which enables readers to capture the basics about the functionality and regions of the brain. There is also an overview of the links to the nervous system. With increasing evidence that yoga has profound benefits for our health and wellbeing, this book is very timely and shares many scientific benefits of practice on the nervous system, stress reduction and emotional resilience.

The author speaks of the philosophy and practices of yoga: breath, movement and focus, and has used yoga to improve her own health and wellbeing. These are shared in the final chapter which looks at neuro

yoga somatic practices. Throughout the text she cleverly links her passion – neuroscience to yoga's eight folded path.

A recommended read for those wanting to learn more about the evidence that yoga is great for our bodies and minds.



Kate Lemon

Get 25% off all Singing Dragon books at uk.singingdragon.com. Just use this code: BWYM25

London

BWY Yoga Summit,
London Yoga Festival
and Om

London Yoga Festival

Sunday 18 October

Colet House, London

Explore the hidden frameworks of yoga at this morning retreat, where meridian lines and chakras come alive through crystal bowls, chanting, asana, meditation and deep relaxation. Featuring Laura le Feuvre, Bonnie Wan Cavallari and a kirtan session from Natalie Nissim, the day offers a rich blend of movement, sound and reflection.

SOAS BWY Yoga Summit 2026 – The Energy Body: Yoga Between Evidence and Experience

Saturday 31 October

Hybrid/London

What is the subtle or ‘energy’ body in Yoga, and what relevance does it have for contemporary practice?

Modern Yoga is often presented as a secular practice focused on physical postures, but many Yoga traditions describe subtle, non-physical dimensions of the body. This year’s theme examines how these ideas persist, change, or reappear in contemporary contexts.

We will explore how embodied experience can be understood through the framework of the subtle body, and how such experiences, being subjective and not directly accessible to measurement, can be approached in study and discussion.

This summit brings together historians, scholars, researchers, and experienced practitioners to explore what might be called Yoga’s unseen dimension: its energetic frameworks of prāṇa,

cakra, and kuṇḍalinī, alongside the practices of breath, sound, and meditation that seek to transform and open new modes of embodied experience.

The summit asks: What is the subtle or ‘energy’ body? How has it been understood across Yoga’s history? How does it work, and can it be measured?

Through panel discussions, guided practice sessions, and a keynote lecture, participants will examine the history and philosophy of the energy body, the roles of prāṇa, cakras, and kuṇḍalinī, and the relationship between embodied experience and contemporary research.

Bringing together leading scholars and practitioners from around the world, the summit offers a unique opportunity to engage in dialogue across disciplines and traditions, exploring how Yoga’s subtle dimensions continue to shape both scholarship and practice.

Om, Consciousness and Daily Life Rajesh David

Saturday 7 November

London

Modern technology has enabled scientists to look deep into space. Advancements in scanning techniques have opened up a whole new world into the inner workings of the brain. This has renewed our interest, as conscious beings, in consciousness studies. Scientists in a variety of fields are working towards deepening our understanding of consciousness. Yet the earliest references to consciousness are to be found in the ancient Vedic texts – the Upanishads. Their wisdom laid the foundation for Indian, and in particular Yoga philosophy.

First Aid for Yoga Teachers

Keri Hartwright

Sunday 17 January 2027

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

Midlands

Asana and Qigong

A Staged Approach to Asana (CPD)

Zoe Knott

Saturday 10 October

Moseley, Birmingham

In this workshop, 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.

Zoe Knott is a BWY Diploma Course Tutor and has previously



Photograph: BWY. Mats kindly supplied by www.yogastudiostore.com

served as the DCT Training Officer on the BWY Training Committee. With more than 40 years of yoga practice across various traditions, Zoe's teaching focuses on building strength as the foundation for all poses. She breaks down asana into their components, analysing which muscles need to be strengthened or made more flexible, and works progressively to help students master each pose.

For any questions before booking, Zoe can be contacted at: zoeknott45@gmail.com.

Introduction to Qigong and Integrating into Yoga Practice **Jennifer Hunt**

Sunday 11 October
Papplewick Village,
Nottinghamshire

Qigong is the root practice from which most Chinese martial arts derive. It connects us to the flow of energy – Qi (pronounced chee) – in the body/mind and enables the cultivation, strengthening and harmonising of our energies.

Yoga works with the same vital energy, Prana, and as such Qigong forms complement yoga asana. This day will introduce the

basic principles of Qigong and there will be practices which offer participants ways to tap into the flow of energy in the body. We will also learn a range of Qigong forms that can be incorporated into a personal practice and/or a yoga class with explanation of their benefits, when/how to use them and why we might include them with yoga.

BWY Midlands Festival of Yoga

Saturday 7 November
Telford, Shropshire

BWY Midlands Sangha gathering to celebrate our community and all things yoga!

We'll have seven teachers from our region offering a variety of styles and practices throughout the day, with registration from 9.30am. We'll also be offering a vegetarian/vegan lunch – please don't forget to let us know at the time of booking (email midlands.ro@bwyreions.org.uk) if you have any specific additional dietary requirements we'll need to make our caterers aware of.

The event will be suitable for anyone with an interest in yoga from new to experienced practitioners, and we want to welcome old friends and new to our community, so please consider bringing along your family, friends, students and anyone else who wants to join us.

South

Hormones and healing

Yoga, Hormones and Health: Supporting the Body and Mind through the Challenges of Menopause, Midlife and Beyond
Sarah Leroux

Saturday 7 November
Cumnor Village Hall, Oxfordshire
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.

Towards Personal Healing (CPD) **Rosie Wright**

Sunday 25 April 2027

Itchen Abbas and Avington
Village Hall, Hampshire

Many of us have experienced the benefits of a good yoga practice. This day will allow us to investigate Nyasa, the practice of moving our consciousness into particular areas of the body. This is done in conjunction with asana, pranayama and visualisation.

South East

A day of joy

Dinner Before Dessert (part 5)
Zoe Knott and Hugh Grainger

Saturday 16 January 2027
Shoreham, Kent

As always with Zoe and Hugh this will be a day full of wonderful surprises; guaranteed lots of yoga and one of Hugh's legendary magic tales. Come prepared to have a day full of joy plus a great workout to improve your strength and flexibility. Peak posture to be



revealed on the day. Although it's listed as part 5 – you don't need to have done part 1-4 to attend – it's accessible to everyone.

Emergency First Aid at Work

Saturday 20 March 2027

Worthing

This six-hour course is with Sarah Goss from Sussex First Aid Training Centre. Non-members and those who may not be yoga teachers, are welcome too.

The day will include instruction and practical applications of CPR and the safe use of defibrillators; resuscitation; the unconscious casualty; seizures; choking; wounds and blood loss and shock and minor injuries in many settings.

South West Asana and Roling

A Staged Approach to Asana

Zoe Knott

Saturday 31 October

Wimborne, Dorset

In this workshop, 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.

Emergency First Aid at Work

Sunday 1 November

East Budleigh, Devon

Students will be issued with a manual during the course, which has space for small amounts of note taking. Students will receive a certificate at the end of the training.

Out of Our Heads – a Yoga Workshop with a Roling Perspective

Tara Fraser (BWY DCT, Advanced Rolfer)

Sunday 1 November

Tiverton, Devon

A yoga workshop exploring the role of the head, neck, jaw and tongue in classic yoga asanas, pranayama and meditation with additional insights from the world of Roling (structural integration). A little attention paid to the head and how we organise it can be a total revelation. All too often it is just assumed it will put itself in the right position, but this is not always the case. Learn ways to reduce stress in the neck and jaw, free the fascia that wraps the head and neck and relate the head to the spine and the torso more comfortably and intuitively. This workshop is accessible for all, it is not athletically demanding but it is detailed and full of interesting material for everyone from beginners to seasoned yogis. There will be a lot of 'self help' content for you to take away to explore in your own time as well as so detailed anatomy and sensory work finding out about how our vestibular and nervous systems help us navigate through the world. Leave the day feeling alert, well oriented and back in your head.

Emergency First Aid at Work (CPD)

Saturday 7 November

Bristol

BWY considers it best practice that all BWY teachers and student teachers hold a current Emergency First Aid at Work (EFAW) certificate and update this every three years. This applies for yoga taught online, in-person, live and recorded on any platform. 6 CPD points.

How to Manage Mental Health Conditions with Yoga (Hybrid CPD)

Nikki Jackson

Saturday 7 November

Hybrid/Gotherington, Gloucestershire

This workshop is for yoga teachers and experienced practitioners keen to gain further knowledge and understanding of symptoms of a variety of mental health conditions such as anxiety and depression, trauma, eating disorders, OCD, bi-polar, addictions, psychosis, and personality disorders.

Feeling More, Holding Less

Bill Wood

Saturday 13 March 2027

East Budleigh, Devon

This day of yoga will explore how postures can be felt as places of dynamic balance within us, rather than as specific physical shapes.





Wales

Pradipika and breath

Emergency First Aid at Work

Saturday 24 October
Swansea

Integrating the Practices of the Hatha Yoga Pradipika into Yoga Classes (CPD)

Wendy Teasdill

Sunday 8 November
Rudry, near Caerphilly
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. 7.5 CPD points for teachers and enhanced knowledge and inspiration for all yogis.

The Living Breath

Ranju Roy

Sunday 29 November
Swansea
TKV Desikachar once said that the breath supports the body in āsana, while the body supports the breath in prāṇāyāma.

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 Taitirīya Upaniṣad (one of the most important and earliest of the Upaniṣads), which also extols the virtues of the breath.

We will also deconstruct its meaning and then utilise these ideas in the practice of both āsana, prāṇāyāma and meditation.

Yorkshire

Hips and exploration

The Hips: The Power of the Psoas and Piriformis

Roberta Jesson

Saturday 31 October
Felliscliffe
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 may contribute to 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?

The Pancha Vayus: Currents of Life, Exploration and Application

Sarah O'Connor

Saturday 17 April 2027
Sutton Upon Derwent
A day aimed at yoga teachers keen to develop their practical and philosophical knowledge of Pancha Vayus; how they are relevant in our own lives and in the delivery of our yoga classes. Connect more consciously to these subtle energies – Prana, Apana, Samana, Udana, Vyana.

Eastern

Sanskrit and First Aid

The Language of Sanskrit

John Mercer

Saturday 24 October
Great Glenham, Suffolk
We are taking a journey through the language of Sanskrit and linking our understanding of the Sanskrit words with āsana postures. As part of the session, you will look at the history and influence of Sanskrit, consider the sound and pronunciation of Sanskrit vowels and contemplate on their meaning and use. There will be chance to practice and discuss poses and their Sanskrit meaning.

Emergency First Aid at Work

Colin Fordham

Saturday 7 November
Boreham, Essex
This 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, you are advised to have a valid certificate. So do check your certificate is up to date. Colin is an experienced and very thorough trainer and will lead the training on the day.

Online

Pranayama as a

Gateway to Meditation

Swami Krishnapremananda

Sunday 8 November

Online

We will be looking at the subtleties of pranayama practice and how it can be used as a gateway to meditation, in a clear and accessible way. There will be plenty of time to experience your own practice and explore the profound benefits of these practices and inspire your ongoing yogic sadhana and understanding.

Morning Workshop

with Zoe Knott

Saturday 14 November

Online

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

Western Relaxation Techniques in Relation to Eastern yoga Philosophy (CPD)

Sally Kennedy

Saturday 21 November

Online

This workshop is aimed at yoga practitioners and teachers keen to explore the physiological and psychological effects of deep and brief relaxation techniques.

How to Run Yoga Workshops, Days and Retreats

Lina Newstead

Sunday 22 November

Online

We are going to look at the current situation in the yoga scene and Lina will share her 20 years' experience of running these types of yoga events with teachers who

may wish to branch out into this area. It is also aimed at those already teaching them and who may want some new ideas and inspiration. 4 CPD points.

A Healing Journey from Trauma to Gentle Reintegration and Connection

Sabine Dahn

Sunday 22 November

Online

We will explore how we can use yoga tools, with a focus on chanting, to create conditions for allowing trauma to come into awareness safely, for gradually releasing it and integrating back into a unified and authentic whole. There will be theory on shock trauma and developmental trauma, the significance of the Vagus Nerve in trauma response, and the approach to healing both types of trauma, which will be complemented by practice.

Pranayama: Lost in Translation

Angela Ashwin

Saturday 23 January 2027

Online

Have you ever wondered why the Sanskrit scriptures do not talk about muscles, diaphragm, lungs, nostrils, air tubes, oxygen... while 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).

Walk for Life (CPD)

Marye Wyvill

Sunday 7 February 2027

Online

'Walk for Life' complements the 'Bones for Life' programme developed by Ruthy Alon in order to address the burgeoning problem of osteoporosis. Walking is important – it allows us to move from one place to another, challenges our bones, increases our flexibility, strength and stamina, and offers one of life's most rewarding pleasures. By improving the way we walk, we can also improve many of our body's other functions. In 'Walk for Life' we will discover the essential elements of comfortable, efficient walking: harmonious coordination, propulsion, impact and alignment. We will take a closer look at the role of the ankles, toes, knees, hip joints and the lumbar spine to find more freedom in our movement. While this course complements 'Bones for Life', it is not necessary to have attended 'Bones for Life' in order to benefit from 'Walk for Life'. The course is aimed not only at teachers who wish to integrate exercises designed to combat osteoporosis into their weekly classes, but at anyone with a desire to improve their movement and posture.

Aurvedic Yoga and Dosha

Anna Semlyn

Saturday 20 February 2027

Online

A practical hatha yoga day informed by the Ayurvedic Doshas (constitutions) of Vata, Pitta and Kapha.

Ayurveda is yoga's sister science on self-healing. The course includes personal constitution questionnaires to assess what types of yoga postures and approach to practice will most

benefit you. Like tailoring clothes, the aim is to discover the yoga that suits us best.

Working with Neurodiversity (CPD)

Carol Trevor

Sunday 28 February 2027

Online

It is estimated that one in seven people in the UK are neurodiverse or neurodivergent. Adults are increasingly learning that they are neurodiverse.

As awareness and research grow, neurodiversity remains a new area for many yoga teachers. What are its implications for everyday life, health, wellbeing and participation, for example in yoga classes, longer events and study? While adults with neurodiversity (including yoga teachers) are often naturally drawn to yoga, some aspects of classes and teaching can be problematic rather than supportive. How can the unique strengths, challenges and needs associated with neurodiversity be welcomed and comfortably integrated for the benefit of the whole class.

Balance and Equilibrium: Poise in Body and Mind

Andrea Newman

Sunday 28 February 2027

Online

In this CPD day aimed at all yoga teachers and student teachers we will be learning how we can help students cultivate poise and balance, both on and off the mat by exploring how using sensory feedback through the nervous system can help the

body organise balance. We will also practice balances. Stress, illness and fatigue contribute to physical and mental instability and practicing balance postures with mindfulness can help us de-stress and so improve our stability and coordination.

The day will leave you with ideas you can implement subtly in your teaching, to support your students' development alongside your own clarity and skills as a yoga teacher.



Ayurvedic Approach to Mental Health (CPD)

Tarik Dervish

Saturday 6 March 2027

Online

In this workshop, we will explore the nature of mind from an ayurvedic perspective and by the end of the day, students will come away with a clear frame of reference for how to approach some key mental health issues such as anxiety and depression.

The day will include asana, meditation, philosophy, basic pranayama and yoga nidra. Teachers will be able to build these tools into their lesson plans and students can adopt them into their daily practice as appropriate.

The Journey towards Supported Handstand

Zoe Knott

Saturday 20 March 2027

Online

Adho Mukha Vrksasana is a posture that all can work towards.

The asana will be approached using familiar moves. There will be specific techniques to strengthen

and stretch the relevant muscles and the posture will be broken down and considered stage by stage. Everyone will find a stage to work with and be given a path on which to progress. The day is very much about the 'Journey' towards this asana.

Pranayama and the Chakras (CPD)

Philip Xerri

Saturday 20 March 2027

Online

This workshop will explore the relationship between Pranayama practice and its influence on Chakra energies.

Postural Stability and Falls Prevention (CPD)

Anna Semlyen

Saturday 24 April 2027

Online

As people age, risks of falls rise. Learning stability exercises can help reduce the risk of falling. Yoga teachers can hugely contribute to students being stable, steady and keep upright. Chair exercises aren't enough.

Anna teaches the Otago Falls prevention programme and Get Up and Go exercises – proven to lower incidence and severity of falls. Tips for general classes and private lessons in postural stability instruction.

A journey back to myself

*Growing up in India, **Navneet Kang** thought yoga was for the elderly. Motherhood changed her mind and helped her discover a practice that brought her back to herself*

I GREW up in India, where yoga was always around me, yet I never imagined that one day it would become such an important part of my life. During my school days, I thought yoga was for people in their 50s or 60s, or perhaps even older. In my 20s, I was far too impatient to sit still and practise it.

Life moved on. I got married, had my first child and later travelled to India for the birth of my second child, so I could have the support of my family and spend time with my parents. A few months after my second child was born, I joined a gym where there was a morning yoga session. I decided to give it a try.

I felt a connection with yoga almost immediately. My body was beginning to regain its flexibility, but more importantly, I felt a sense of mental peace. In those hectic days of looking after a toddler and a newborn, those 30 minutes became precious. They gave me time to reconnect with myself and supported me through my own healing.

I have continued to practise yoga on and off since then. During the Covid-19 pandemic, I found more opportunities to practise, alongside going for walks with my children. I discovered that starting small worked best for me. Even 10 minutes was enough to begin with, and gradually I could increase the time. I also began exploring meditation.

There is something special about practising early in the morning, before the day begins and the rush of work, school runs and family responsibilities takes over. I was never naturally an early riser, but I have learned to make that time for yoga, meditation,

walking, running or another form of exercise.

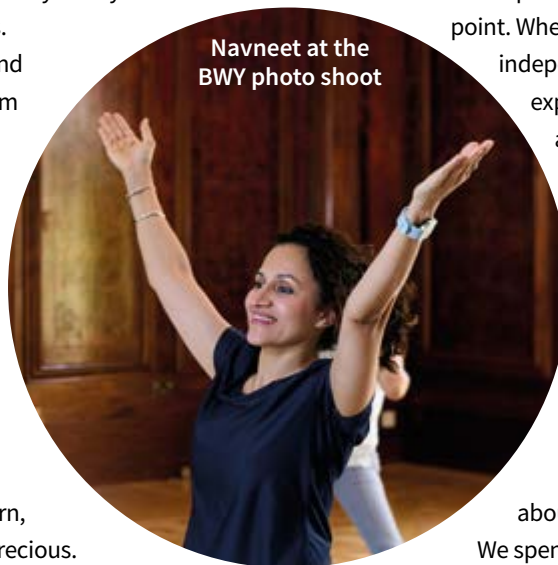
As I entered my 40s, I became more aware of changes in myself, both physically and mentally. Yoga and meditation have helped me find calm when my thoughts feel chaotic and have given me strength during difficult periods.

I feel I still have a long way to go in my yoga journey. There is always more to learn and explore, and

I would love to pursue yoga teaching at some point. When my children are more independent, I would also love to experience a residential stay at a yoga centre: early morning meditation, asana (posture) practice and sattvic food – simple, nourishing food traditionally associated with a calm and balanced way of living. Friends who have experienced it describe it as magical. For me, yoga is ultimately about learning to care for myself.

We spend so much time caring for our families that we can forget to offer ourselves the same kindness. This body is the one thing that stays with us until our last breath, so taking time to nurture it, physically and mentally, is not an indulgence.

Yoga has made me stronger in mind and body. More than anything, it has taught me that sometimes coming back to yourself can begin with something as simple as ten quiet minutes.



Navneet at the BWY photo shoot

● Navneet Kang is a Langley-based yoga practitioner and mother of two.

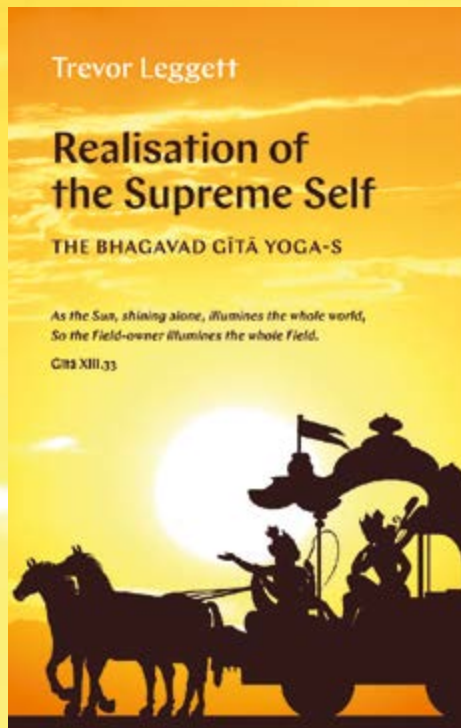
Instagram profile: www.instagram.com/navneetkang7

YOGA PRACTICE

Realisation of the Supreme Self

A practical guide to the Yoga-s of the Bhagavad Gītā

KARMA MEDITATION JNANA BHAKTI



"Then on certain days the meditator will become aware, not of a more-or-less selfish individual looking at light, but of being light, and catch a wondering glimpse of what the meditator really is, beyond the mind-cage."



For information about Trevor Leggett and all his books on Yoga, Zen, Judo and Shogi go to the website of the Trevor Leggett Adhyatma Yoga Trust.

www.tlayt.org

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