



BWY

AT
THE
HEART
OF YOGA

IN THE MIDLANDS

IN THE LOOP

Summer Newsletter 2023

www.bwy.org.uk/midlands

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

Listings for BWY foundation courses, modules and teaching diploma courses within the region are free.

Advertising Rates (including VAT)

Half Page 5.2 x 9.03cm
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The British Wheel of Yoga is the Sports England recognised National Governing Body for Yoga.

MIDLANDS NEWS

Hello from sunny Leicestershire!

I hope that you are well and enjoying the midsummer sunshine. At last, we can take our practice outdoors and immerse ourselves in nature.

I am trying to stay present and enjoy every moment of the Summer, but my thoughts occasionally turn to the regional Sangha on Sunday 1st October.

If Midlands Sangha last year is anything to go by, this should be a wonderful event. A bringing together of the Midlands yoga community, some interesting workshops, a fabulous marketplace, and brunch included with the ticket!

I will be there and hope you can make it too!

Namaste x
Lindsey



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ACTING REGIONAL OFFICER SALLY KENNEDY



Welcome to the latest edition of your regional yoga magazine, with news on events and how you can keep in touch with your local yoga community.

Following the decision of the BWY Board of Trustees not to hold a national Sangha event this year, many regions are hosting a regional Sangha, and Midlands is one of these.

The day will run on Sunday 1 October 10am – 4pm in Pleasley, Nottinghamshire. We're in a venue – The Landmark – that is new to us and has been recently refurbished and renewed, and we'll be hosting some fantastic teachers from our local area for you to work with.

The venue is not far from M1 J28 and has public bus connections to Sheffield, Nottingham, and surrounding villages. If you're planning to come along and could offer lift, or are looking to share transport, then please get in touch at midlands.ro@bwyregions.org.uk and we'll do our best to connect you.

Firstly, we have Emma Connally-Barklem – author, yoga teacher, grief worker, and holistic massage therapist – who will deliver 2 sessions during the day.

You can find out more about Emma and her work by visiting her website at www.emmaliveyoga.com/. Emma will be working on 'Accessible Ashtanga for Every Body' and 'Restorative and Yin Yoga.'

Alongside Emma, we have a morning workshop with Helena Turner – artist, yoga teacher, and Thai yoga massage practitioner – on 'Embodying the Elements with yoga, Yantra and Mantra'.

In the afternoon, Grainne Lamb will be offering 'Yoga for Improved Sleep', having recently contributed to Spectrum magazine on this subject.

As this format proved so popular the last time we met together at our Mela event in Derbyshire in 2022, we'll be hosting another local teacher Jodie Jeacock in a nourishing sound immersion and meditation to close the day with her Crystal Singing Bowls.

The ticket price includes a brunch box (gluten-free & vegan-friendly) from Good Mood Food, a Nottingham based small business, and we'll have a marketplace for you to purchase some gifts and treats. For more info on each session, to join BWY or book your ticket, visit the website: www.bwy.org.uk/midlands/event/2629/

It takes a significant amount of effort and organisation to plan and host this type of event and, as with all our events, training, workshops, and social gatherings.

We only ever aim to break even, so that we can keep costs as low as possible for our members and to enable us to reach out to bring the benefits of yoga to the wider community.

The Midlands committee are all volunteers who give their time, energy, and expertise freely. This includes contributing to and producing this newsletter, talking to members, and representing members at BWY regional and national level, in addition to offering local events and workshops for CPD and general interest.

We are always interested to hear your views and ideas for the BWY and hearing from people who want to join us in volunteering, as this helps to share the load and keep our region vibrant and active.

The AGM and elections will have happened by the time this newsletter is published and distributed – maybe I saw you virtually 'there'? I'm hoping that we'll have some new and some familiar faces volunteering for the region.

I'll be standing down as Regional Officer / Representative, but hope to remain active assisting the committee and organising events in my local area.

Please do think about joining us and contact me or anyone else on the committee if you want to discuss further or have any questions, suggestions, or help to offer.

See you on the mat 😊
Sally



Follow us on social media for regular updates!



BWY in the Midlands
www.facebook.com/bwymidlandsregion



bwy_midlands
https://www.instagram.com/bwy_midlands/

BOOKING PROCEDURES AND INFORMATION

EVENT BOOKINGS CAN BE MADE ON THE WEBSITE

www.bwy.org.uk

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

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

TO BOOK AN EVENT:

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

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

REFUND AND TRANSFER OPTIONS:

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

BWY MIDLANDS SANGHA

Sunday 1st October 2023, 10.00 – 16.00

The Landmark, Pleasley, Nottinghamshire NG19 7SP

A perfect opportunity to get together in-person for self-care and nourishment...



We welcome a group of teachers offering some insightful and inspiring yoga workshops.

In the morning there will be an introductory session, followed by a choice of two workshops. In the afternoon, there will be two further workshops for you to enjoy. We will close the day with a nurturing sound immersion in the main hall together.

Vegetarian / vegan brunch included in the ticket price, please bring along your own additional snacks and drinks to enjoy through the day. There will also be a small marketplace for you to browse, offering some yoga-related items for purchase.

If you are not a member of the BWY and you join before you book this event, you will get a discounted ticket price as well as receiving all the amazing benefits the BWY offers its members:
<https://www.bwy.org.uk/bwy-membership-benefits/>

Visit <https://www.bwy.org.uk/midlands>
for full tutor/event details and to book.

CONSCIOUS EVOLUTION – THE HUMAN STORY ADE BELCHAM

Sunday 8th October 2023, 10.00 – 16.00

Papplewick Village Hall, Nottinghamshire NG15 8FB

A one-day workshop exploring the way we humans define and relate to ourselves and the world.

This points to the wider scope of personal inquiry and change accessible through yoga.

We'll consider Patanjali's philosophy of mind and personal evolution, and the practical application on our mats and in our lives.

For teachers, the workshop provides a wealth of ideas and methods to better understand our students and the territories we explore with them.



Ade Belcham has been a student of Yoga and Zen since 1999.

After twenty years as an Environmental Scientist, in the past decade or so he has since become a Rolfer, craniosacral therapist, and beekeeper. Ade lives in a smallholding in West Sussex but his roots run deep in the Black Mountains of Wales.

Ade is interested in the evolution of yoga, the integration of anatomy and neuroscience with asana and the grounding of the explorations of mind in our culture, time, and

ecological circumstances.

Most of all, Ade is drawn to the stories through which we live our lives, and the ever-present opportunity that exists to reshape the way that we are in the world.

Visit <https://www.bwy.org.uk/midlands> for full details and to book.

ASPECTS OF GOOD YOGA PRACTICE GILLIAN GEE

Sunday 18th November 2023, 10.00 – 16.00
Kegworth Village Hall, Kegworth, Derbyshire DE74 2HF

A predominantly practical day to explore your yoga practice...



Gillian is interested in all aspects of Yoga, Asana, Pranayama, Meditation, and Yoga Philosophy. She has a keen interest in different Yoga styles, which is reflected in her teaching.

Gillian recognizes the importance of good alignment, pelvic position, and the need for strength, not just flexibility, in asana. Her gentle approach encourages the best from her students.

Gillian has been teaching Yoga since 1990. She now teaches regular classes, Yoga Day workshops, the *BWY Foundation Course*, and the *BWYQ Diploma Teacher Training Course*.

Visit <https://www.bwy.org.uk/midlands> for full details and to book.

AYURVEDIC DIET & LIFESTYLE CPD

TARIK DERVISH

10th February 2024, 10.00 – 16.00

The Landmark, Pleasley, Nottinghamshire NG19 7SP



This workshop is suitable for all levels; non-members and non-yoga teachers all welcome.

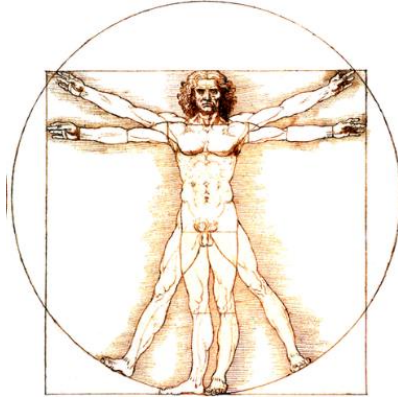
There will be a basic introduction on Ayurveda and the emphasis will quickly move to the recommendations related to Diet and Lifestyle. Ayurveda generally recommends balance in all things, but what might bring balance to one may cause imbalance for another.

Lifestyle and Food are a very tricky business and ultimately, it is important to build a very personal relationship with what you eat and do. This workshop aims to ultimately raise your awareness of what you do and whether it is working for you or not.

Tarik is a qualified and experienced Yoga Teacher/Trainer for the British Wheel of Yoga and Ayurvedic practitioner.

<https://www.bwy.org.uk/midlands> for full details and to book.

Pete Blackaby Teacher Training



January - June 2024
Sheffield, £690

What do we teach and how do we teach it?
An approach to teaching yoga with Peter Blackaby

- 8 full days in person training
- Online sessions
- Full Course outline on our website

A brand new course, for teachers & student teachers who know Pete's work and want to integrate his ideas into their own practice and teaching.

Pete Blackaby has been one of the most influential figures in the development & understanding of movement & asana in Yoga in recent years. This course is an opportunity to explore his ideas & approach from a teaching perspective.

www.sheffieldyogaschool.co.uk

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LOWER BODY**

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**Comprehensive Colour
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British Wheel of Yoga
and
Yoga Alliance Certification**

**Total cost: £695
Early Bird Discount Available**

**2023
6 Saturdays
9th and 30th Sept
14th and 21st Oct
4th and 18th Nov**

ONLINE VIA ZOOM



Releasing the Breath



Bill Wood

23rd & 24th March 2024

Sheffield £140

Somewhere in our yoga practice we arrive at a place where the ways we control our breath can start to let go; by nurturing this release, we invite a deeper, more complete relaxation, for body and mind.
Scaravelli inspired Yoga practice.

www.sheffieldyogaschool.co.uk

FIRST AID TRAINING



**Emergency 1st Aid at Work
3 year certificate**

18th November 2023

& 19th November 2023

Sheffield Yoga School, Sheffield, S6 3TA

OFQUAL regulated. Days are 10.00 – 5.00pm. The cost is £65 for the day (includes certificate & 1st Aid manual)

www.sheffieldyogaschool.co.uk

STUFFED PORTOBELLO MUSHROOMS

These delicious stuffed mushrooms work well with a summery salad and roasted vegetables. Try them as quick and easy burgers – add to sourdough buns with hummus, roasted red pepper, and mixed leaves.

4 large portobello mushrooms, stalks removed and chopped
Olive oil spray
1 onion, finely chopped
50g chestnut mushrooms, chopped
1 clove garlic, crushed
1 teaspoon smoked paprika
1 teaspoon fresh thyme
30g day-old sourdough bread made into breadcrumbs
50g walnuts, toasted and chopped



Heat the grill to medium. Spray the portobellos with a little oil on each side (keep the chopped stalks for later), season well, and grill for 5 minutes on both sides until tender.

Heat another spray of oil in a frying pan and fry the onion until soft. Add the chopped mushrooms, plus the chopped portobello stalks, add a pinch of salt and fry until the mushrooms are lightly golden.

Add the garlic, smoked paprika, and thyme for a minute, then stir in the breadcrumbs and walnuts for 1 minute.

Spoon the mix into the middles of the mushrooms and pack down to fill the cavities. Grill again for another 5 minutes. Serve and enjoy!

TEACHING YOGA TO CHILDREN & TEENS BWY ACCREDITED MODULE

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

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

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



The module will include:

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

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

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

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

Donna Ward, Yoga Teacher



Next module starts on **September 9th 2023**
Time commitment, approximately 52 hours



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