



BWY

AT
THE
HEART
OF YOGA

IN SCOTLAND

IN THE KNOW

Summer 2023

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The British Wheel of Yoga is the Sports England recognised National Governing body for Yoga.

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SCOTLAND NEWS

Welcome to the summer edition of 'In the Know' for Scotland. This edition has some lovely articles and news of upcoming events in the area, thank you to everyone for their contributions, and it is great to see such a busy calendar for the coming months.

Also, congratulations to Sandra Cook, our Regional Officer being listed in the Heart of Yoga Awards and Wilfred Clark Bursary Winners, and receiving the Rising Star Award, very well deserved.

Signs of summer are popping up everywhere and the cherry blossoms have all disappeared, it is wonderful to see the early signs of the warmer month (fingers crossed!). Some routines for early summer to bring joy and energise the mind and body, include Paschimottanasana and Parivritta Janu Siarasana, and Utthan Pristhasanae, to name a few. Hope you all have a wonderful summer and enjoy the newsletter.

Carmita
Newsletter Editor

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REGIONAL OFFICER UPDATE

It has been a very busy spring. Like many of you, we have been planting, growing, and responding to all the interesting and unexpected weather changes - looking forward to summer.

This is also the time of year when committee members who wish to continue in their role can re-apply for positions on the regional committee. Sadly, Gordon, our treasurer, is retiring. We thank him for his valuable contribution and wish him well. If anyone has experience of balancing the books and fancies joining us in this role – karma yoga, please do get in touch!

I have been doing a few charity events raising money through yoga to preserve our heritage. We held a wonderful event for the Grampian Yoga Association on Earth Day with yoga, drumming and planting silver birch seeds!

There are many more yoga events coming up, including Teacher Training. Full details in this edition for anyone interested in taking this exciting step in your yoga journey.

I hope you enjoy the inspiring articles included in our spring/summer edition of In the Know, written by some of our wonderful members. Maybe you have a story to share?

We cannot wait to welcome two wonderful and inspiring teachers who are offering sessions for members in our region later this year – Zoe Knott (in person) and Tarik Dervish (online). Full details in this edition.

As always, please browse through these pages and keep an eye on other updates to see what is on in your area. Any reports of successful events in your area, or suggestions you have for future events are most welcome.

Happy spring and summer!

Sandra Cook
Regional Officer in Scotland
April 2023

FROM VANCOUVER TO VISHOKA

BY JACKIE LE BROCCQ



Vancouver was a lonely place when I arrived there in 1982 as a sponsored fiancé. My Intended worked long hours and, in this work-hard-play-hard culture, immersed himself in opportunities he had not had in Scotland (a horse and skiing). Pre mobile phones, transatlantic phone calls were prohibitively expensive and airmail letters had a three week turn around. I missed my family, I missed my friends, I missed that wonderful connectivity we have in Scotland: meet someone you do not know and talk for five

minutes, and you always find someone in common.

I loved the beaches which surround Vancouver and swimming in the sea. I touted my paintings around the galleries, who politely never had spare space. Then I decided to go to the local community centre to play badminton. But, oh dear, they all came in readymade partners to play doubles and were *good* at it. Back to reception to enquire what there was you could do that did not involve a partner or being good at something. The lady responded, “Well you *could* try yoga.”

I looked through the glass panel next to the door and went straight back to reception.

“Which room did you say? . . . But there is a woman in orange robes in there!”

“Yes – that’s yoga.”

I think you can guess that I did go in, but by the end of the third week, I was not intending to go back because everyone else could put their hands on the floor in forward bend and mine were at least a foot away in an era when no one suggested bending your knees. I came home with aching shoulders and a headache from finishing the class with a long-held shoulder stand and plough, then straight into the most back-agonising pose – savasana. Just as I was about to leave, Swami Mukti Devananda Saraswati called me over and said, “I’d like you to come to the advanced class next week”

I guffawed at the hilarity, “But I can’t even do this one!”

“Please come. I think you will enjoy it.” And I did.

I longed for a more complete practice



It was in the Buddhist temple. She gave me a mat and we sang, “All things Bright and Beautiful” which reminded me of my Church of England upbringing and made me cry, yet feel safe and wanted and good at something, because I think we were the only two who knew the words. There was asana, pranayama, mantra, and meditation. There was yoga.

Returning to Edinburgh two years later, I struggled to find SYTA yoga teacher, Laura Irvine, who taught asana from a kind, heart-felt place. Then I had a baby and moved to a farmhouse near Bathgate and had another baby. Vera Sutherland’s asana class in Falkirk was my weekly oasis from lugging coal and two rural babies, but I longed for a more complete practice.

I went to a Women’s group with a creche at Bathgate Community Centre. When the funding ran out after the initial twelve weeks, we decided to each take turns to run the group with a topic of our choice. When it was my turn, I taught yoga, and was simultaneously elated by how totally amazingly good it felt to reinforce what I knew by teaching it, and surprised that not everyone’s body worked the same way as mine.

Vera suggested I do the next SYTA teacher training. I carried on teaching for two years – 50p a class (I don’t think anyone thought about insurance then). I qualified in 1990, was on the SYTA committee as it became Yoga Scotland and continued for eleven years, eight as treasurer, overlapping with six developing and running the On-Going Training Scheme.

As we moved to Moffat in 1999, the demand for yoga teacher training exploded. Yoga Scotland was possibly the only organisation running a TT course in Scotland and that only every 3-4 years, in Edinburgh. We started a second course in Glasgow so there would be a course starting every year, but there were still eighty well qualified applicants for 25 places. I became a tutor on the first Glasgow course with Elaine Ormiston and Jean Stewart but transferred to the Edinburgh course part way through to work with Cathy Swan.

My longing for a more complete yoga practice took me to mantra chanting with Muz Murray, who happened to be doing a weekend workshop in Moffat the weekend after we moved in. I loved the refined energy from the vibration of chanting, particularly during a perfect September week in the South of France with a small group of eight, and a three-week magical experience in India with Muz, culminating in Ramana Maharshi's ashram in Tiruvannamalai. But still I was seeking. Much as I loved the variety of mantras, I felt there must be a mantra on which I should focus.

He talked of having a personal mantra

Eventually I gave myself a 40-day practice of chanting 40x Om Gum Ganapataye Namaha, the mantra for the removal of obstacles. At the end of 40 days, I got a phone call from Steven at Lendrick Lodge asking me if I could come and teach asana next weekend because they had only just realised the teacher coming only taught meditation. As Peter Glover talked about meditation in the pre-breakfast session on the Saturday, he talked about having a personal mantra to use as japa.

"That's what I have been looking for!" A sudden realisation, "Can you give me a mantra?"

And so, Peter initiated me and that began my involvement with the Himalayan Institute and the teachings of Swami Rama, in London, in Europe, in India and in USA. Mantra meditation became the central part of my practice.

The arrival of Covid and lockdowns became, for me, the deepest blessing. There has never been a more joyful spring, full of sunshine and birdsong and few obligations. Pandit Rajmani taught the first Vishoka Meditation Course, online and accessible worldwide; a culmination of, and a deepening of, all the yoga practices I had ever done; a process of refinement from the physicality of asana to a stillness and joy beyond the physicality of breathing, the biblical peace that passeth understanding, the yoga of inner radiance.

"Vishoka va jyotishmati – The state of consciousness free from sorrow and anguish and infused with inner light, which anchors the mind to *sthiti*, the peaceful flow free from all thought constructs" Yoga Sutra 1:36

Three courses later, as a certified Vishoka Meditation teacher, I started teaching others this transforming technique, which has been

passed down to us over thousands of years by the sages, including the Buddha and Patanjali.



Contact Jackie.lebrocq1@btinternet.com
about weekly Vishoka Meditation classes,
the next Vishoka Meditation course starting in Autumn,
Yoga, Vishoka Meditation & Walking days, weekends
And a week in Turkey in September 2023
Read Vishoka Meditation by Pandit Rajmani Tigunait

CHAIR YOGA, IT IS THE NEW BINGO!

By Mick Gallagher, Co-Director, and Teacher with YoGlasgow!

With classes bursting at the seams, regularly attracting thirty participants and over forty in Coatbridge, it is no wonder that YoGlasgow's free Community Chair Yoga is being hailed as the new bingo! With 'Full health!' being the biggest prize.



The buzz in the room is genuine and tangible. With over half a dozen class locations with an age range from 19 to 91, laughs are had, old friendships rekindled, and new ones born. With individual health situations ranging from post-cancer, cardiac recovery, CPD, fibromyalgia, persistent pain, arthritis, Parkinson's, stress, anxiety, and depression, for some people this is the last chance saloon, a light at the end of the tunnel, for others simply a way to reduce isolation and socialise again post-lockdown.

YoGlasgow! currently operates primarily in the north and east end of Glasgow, delivering classes that function almost like a club, in communities disproportionately affected by social, economic and health inequality.

Always delivering in a community setting, with walk-/wheel-in access, free at the point of service, this Community Interest Company incorporated in 2018 takes accessibility very seriously. Most sessions are currently taught by teachers and Co-Directors, Caroline Smart and Mick Gallagher. A curious double act, Caroline, half seriously, refers to herself as a bit of a drill sergeant in comparison to Mick's stand-up-come-bingo-caller routine!





Continuity is the name of the game. Starting off – as many others do – running blocks of 10 weeks or so, it soon became apparent that lifting often desperate people for a period of time, then setting them aside again when the funding ran out, was not ethical nor sensible.

Nor value for money given that health does not respect blocks of 10-weeks: it needs to be ongoing. Particularly for older people with fewer opportunities to participate in accessible exercise in places they are comfortable. While YoGlasgow! prioritises the need for ongoing funding, recently securing just under £10k from the National Lottery Community Fund to continue our popular Easterhouse and Possilpark classes for another year, we are now making moves to deliver free Community Chair Yoga across the City.

When it comes to putting the word out, guerrilla marketing is the order of the day. Signs hoisted high on lamp posts, like jolly Rogers on pirate ships, announce our arrival and intention to provide a new community service and to guarantee bums on seats.



Sessions are simple and effective: incorporating simple breathwork, joint mobility, twists, and hand clapping. Feedback from individuals regarding their own health improvement is

encouraging as well as the feedback from Community Links Practitioners who often signpost our classes to clients. As the Health Service comes under increasing pressure, particularly from an aging, less active, less lean population, it is obvious that a switch towards self-care is not only desirable but inevitable. YoGlasgow! – an organisation that delivers both health and

friendship – is delighted to be able to drive this process forward.

Our aim is to deliver Community Chair Yoga to ten more neighbourhoods across Glasgow by the autumn of this year.

Watch these chairs!

www.yoglasgow.org.uk yoglasgow@yahoo.com



FINDING YOGA BY NACHO VINUELA



My first encounter with yoga was through my mum. She would come home after work, quickly put the shopping away, get me and my brother's dinner sorted, and rush to her Monday evening class in her roadrunner fashion. Looking back now I am glad she had yoga in her life at a time

when she was doing too much and with very little help.

Her yoga classes were a bit of a mystery to me, even more so after I leafed through her yoga book and found black and white pictures of an Indian man holding his body in the most extraordinary poses. I was mesmerised by those images and felt that there was something very powerful in them. As a teenager I was small, skinny, sickly, lonely. I hated PE and preferred to study the comings and goings of the ants in the schoolyard over playing team sports. But I did teach myself how to do a sun salute using my mum's book and for a whole summer I practiced the sequence with reverence every morning, enjoying a small offering of what many years later would become not just a lifestyle but a whole new way of being.

It was a long time, decades in fact, before I found yoga again. For years I was alienated from my body. I was a shy gay boy uncomfortable in my own skin. I was systematically bullied at school for three years. I hated my body and retreated inside my head. I hid in books. I found comfort in animals and the natural world. I studied.

Years later I moved to the UK. I built a life where I could be myself. I had a job. A nice, rented flat. One day I became very ill and had an overwhelming feeling that I was going to die. It took some time to discover that what I was suffering from was anxiety and panic attacks. CBT helped. I will be forever grateful to my GP, who recommended that I try yoga.

There was a spring in my step

And so, in my early thirties, I found my place on the mat. My weekly class sustained me, and I began a great healing process. The panic attacks went away, the anxiety and the fear were more manageable. I came home to my body. And what a great reunion that was. I found my breath and was able to expand with it. As I was more present in my body, so I was in the world. There was a spring to my step. I was stronger, more confident. I felt inside me a source of simple joy, a quiet centre.

I committed to my classes; I slowly build up a personal practice. Sometimes I would take notes after a class when there was a sequence I particularly enjoyed. One day, one of my teachers, Julie Miller, asked me if I had ever thought about becoming a yoga teacher. And of course, I had secretly been toying with the idea for some time. Julie's question and her support gave me the push I needed to make the decision.

I was not in a rush. I wanted to do it well.



I was not in a rush. I wanted to do it well. I signed up to the Yoga Scotland Foundation course. With Ali Freeman and Lindsey Porter, I learned where yoga comes from and about its many limbs. I gained an understanding of the tradition and its depth; and, on the way, I refined my asana and pranayama practice. I learned about mantra. I found myself more receptive to meditation. Thanks to Kath McDonald and her Living Yoga Course, yoga became a lifestyle for me which was cut short in some

ways due to the pandemic. In those uncertain months I found myself singing the Gayatri or the Asatoma Sadgamaya mantra during my walks and drawing comfort from it.

I enrolled in the two-year Yoga Scotland Teacher Training course, although a part of me could not quite see myself at the front of a class. The course was transformative. Judy Cameron's teachings, so rich with detail and depth, sent me in a new

direction where asana practice was more attentive and integrated, more subtle, playful, and full of discoveries. I also fell in love with yoga philosophy thanks to Elizabeth Roberts, who passed on with clarity and persuasion the teachings of Patanjali, the Gita, and the Upanishads. I appreciated the beauty of the words and the value of their message for daily living.

I was slowly building up confidence



One year into the course, in that serendipitous way in which doors sometimes open in front of you, I was offered a class in my local community centre. And so, I found myself teaching, and I discovered that

during the training I had been slowly building up the confidence to teach from a place that felt natural and genuine.

Although, of course, there was still so much to learn! For example, how to make yoga accessible for people who have specific needs and require tailored yoga classes, like older adults. That was the reason why, last year, I joined the excellent Gentle Years Yoga Teacher Training course with the British Wheel of Yoga, led by Laura Bissell. The theory module was packed with very useful information on the biology of ageing and age-related health conditions as well as lots of ideas for modifications. Gentle Years Yoga is mostly chair based and one of the unique things about it (and a great success with the students as I would later learn) is the clever use of props like resistance bands, scarves and bean bags.

The silence was charged with something powerful

As part of the practical component of the Gentle Years Yoga course I planned and delivered a 6-week course at one of the social cafes for over sixty-fives that LinkLiving organises across different venues in Fife. Fifteen people joined the classes; most of them had never done yoga before but that was not an obstacle. They were enthusiastic about the practice and very

committed and it was encouraging to see them progress and reap benefits in such a short time.



On my last day with the Gentle Years class, we ended the session with the Sa Ta Na Ma meditation. I did the first round of singing and then they began to join in, some shyly, others more assured. We sang and then we lowered

the voice until it was just a whisper and then we recited the mantra in silence before we slowly began to raise our voice again, in a very moving crescendo. When we finished chanting, the silence in the room was charged with something very powerful. As I looked around the room, I saw eyes shimmering and quiet smiles. It was a lovely close to the course: the whole group united by what we all share. My heart was filled with gratitude.

Nacho Vinuela

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TRIBUTE TO MARTIN JULICH



Martin Julich was a beautiful human whose kindness, compassion, openness, curiosity, and acceptance had a huge, transformational effect on countless lives during his fifty-nine short years. His sudden passing on March 11, 2023, came as a shock to us all and rippling throughout not only our local yoga community, but also the local and international communities of Shiatsu; five

rhythms/Open Floor movement; Power of eight; Compassionate Enquiry and Chinese Herbal Medicine.

Martin spent his life studying, learning, growing, and sharing everything he could with others generously. Fitting with the purest sense of yoga being a practice to heal and get beyond the confines of the problems of our minds and their programming,

Martin's journey began as one of enquiry into Gestalt psychotherapy and movement therapy. It is not surprising that he found his way to yoga and to sharing it. His yoga teaching began when he was bringing dance therapy to a group of men in prison, and he realised they needed to stretch and connect with themselves through yoga asana first, so he began to share what he knew from his own personal practices.

He then studied to become a yoga teacher integrating it as a means to help those who wanted to become more at home in themselves, to find more acceptance of themselves and the moment, and to find a way through life's ups and downs with compassion, curiosity and open-mindedness. These are qualities I associate so strongly with Martin. No matter what was going on, how challenging a situation, feeling or experience, Martin was always willing and able to be with you while you went through it. He would never tell someone to 'calm down', or 'be happy' or any other avoidance of what was actual for them in the moment. He welcomed you, as you were, and everything that came along with it. He would say "It is ok. And even if it is not ok..... its ok."

This acceptance of the truth of things in the ever-changing moment was a defining foundational piece of the Love Yoga studio that he bought in 2012, and that we build up together. We wanted to create a space that is warm and safe. Where no one must pretend to be anything other than who or how they are in any given moment. Where everything and everyone is welcome. Where yoga is tailored to the students, as they are in that moment, and that helps them be present to what is and thereby find their way to whatever is next – and when using the tools of yoga that tends to be more space, presence, stability, and ease.

Martin wanted to make sure that we supported and championed yoga for everyone, and that meant recommending and boosting other teachers and studios too. Yoga is for everyone, and Martin did his best to make sure that we are part of upholding that in Aberdeen. Charlie Grange and I are committed to keeping this dream alive through the Love Yoga and our teaching.

Rebecca Murray, Love Yoga Ltd

YIN, TCM, AYURVEDA AND ME

BY NICKI WALSH

As the calendar months since the Covid lockdowns click steadily by, I have witnessed a change in my personal relationship with yoga. I would like to share with you how this came about and where it has taken me as we head towards the summer of 2023. I would also like to highlight four books that were pivotal in deepening my relationship with yoga.

Rewind to the spring and summer of 2020. For the first time in decades, I am not working. I feel as though time stands still. I am grateful to be alive but a little lost. By day I am sitting in the garden, walking in the nearby forest, absorbing the therapeutic benefits of immersion in the natural world. By nightfall I am comfort eating, making my own wine, cocooning myself under a blanket in front of one after another boxed sets. I do lots of reading during this period. I engage more deeply with my creative writing practice.

I choose not to teach any yoga during Covid, preferring the role of student, learning from some wonderful teachers who's in-person classes I could rarely attend pre-Covid, but whose reliable presence online during uncertain times are a lifeline to me. Thank you from the bottom of my heart Sandra, Grace and Norman.

As 2020 gives way to 2021 I carry guilt on my back like a haversack about my continued decision not to teach. Sometimes I feel it in my body as a heaviness, a sadness that weighs me down and makes me sluggish. Sometimes I feel waves of relief. At other times, I scold myself for abandoning my loyal students in their hour of need. All these conflicting emotions manifest in my body as agitation, feeding into the anxiety I am already experiencing since deciding to leave my job of 20 years, do something different.

I am weary, stuck on a seesaw of low mood and anxiety. I give up alcohol and reduce my caffeine intake to address the discomfort. Perhaps that will do the trick. Stripped bare of my props I begin at last to tune into my deeper needs, make peace with my past, recognise my current situation, my altered state, for what it is – part of a transformation, something I must surrender to with an open heart. Becoming a yoga student again is a

blessing. I have nothing left to give. I am an empty vessel full of new space, open to the offerings of others, for deep learning. In late 2021 I read “Brightening our Inner Skies” by Norman Blair. In early 2022 I train in yin yoga with Norman, and this leads on to a completely new interest in Traditional Chinese Medicine. I pick up a lovely little book by Lothar Ursinus for a song. It is called “The Body Clock in Chinese Medicine” and provides an accessible introduction into one aspect of this deep and ancient subject. I discover how the rhythms of the days and nights and the changing seasons relate directly to my own wellbeing and vitality. It offers theory and meaning to inform my intuitive response to the ebb and flow of the natural world around me. Lothar’s book describes a direct relationship between my body’s vital organs and the time of day, time of year, time of my life. I make connections between this, my studies in hatha yoga, and the learning I received from Norman around the meridians and their vital role in yin yoga.

The strongest message I take from Lothar’s book is the importance of time of day for eating, resting, and moving. The strongest message I take from Norman’s book is about the power of letting go.

The next book I pick up is called “Ayurveda: ancient wisdom for wellbeing” by Geta Vara. Such a comprehensive and practical guide to ayurveda and its role in healing and revitalising the body and mind. I find so much crossover between yin yoga, Traditional Chinese Medicine, and Ayurveda. My mind opens and blossoms with new shoots of insight and understanding. I build my yoga practices around the time of day. I begin to change how I eat, embracing the message to breakfast like a princess, lunch like a queen and dine like a pauper. Weight reduces around the places my body has stored it. My digestive system relaxes and settles. My tinnitus disappears completely. My memory improves. I feel in tune with my body. I feel well.

With much hesitation I begin to contribute to occasional yoga workshops with teachers I love. I think about teaching my own class again. Maybe I have something new to offer.

I turn to another wonderful book, published in 2022 by one of our upcoming guest tutors, Tarik Dervish, called “Ayurveda in Yoga Teaching”. Tarik carries me weightlessly through some of the more complex aspects of ayurveda (the bits I had previously skipped because I did not understand them). His unique voice

and conversational tone vividly describe the ancient concepts and practices of ayurveda, this time from a yoga teacher's perspective. He provides examples of class plans, meditation, and yoga nidra scripts to get me started so I have no excuse. I now know more about the wisdom of surrender, about recognising the importance of my body clock, about the significance of my dosha. I am following some simple guidance based around these things and can feel the positive impact on my health and vitality. I remain stubbornly in student mode because I still have so much to learn.

I hope many of you will join me to learn more from Tarik in September by signing up to his online session.

Book references

Brightening our Inner Skies: Yin and Yoga by Norman Blair. Published by Mic Mac Margins in 2016.

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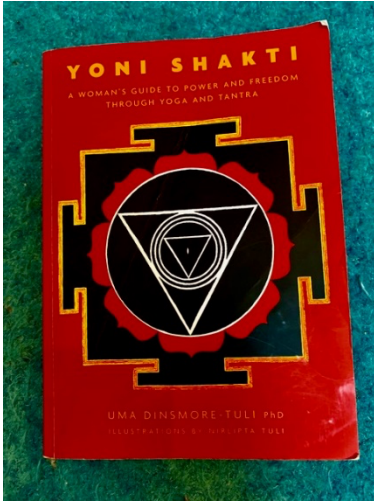
Ayurveda: Ancient Wisdom for Wellbeing by Geeta Vara. Published in 2018 by Orion Spring books.

Ayurveda in Yoga Teaching: A Handbook for enriching Asana, Pranayama, Meditation and Yoga Nidra by Tarik Dervish. Published in 2022 by Singing Dragon.

BOOK REVIEW

BY FIONA MARSHALL

Yoni Shakti – A Woman’s Guide to Power and Freedom Through Yoga and Tantra
Uma Dinsmore-Tuli, pub Yogawords, 2014



an online course with inspirational teacher and yoga therapist, Uma Dinsmore-Tuli, I was prompted to buy a copy of her 2014 book, *Yoni Shakti*. I have had my fair share of “womens troubles” in my adult life, many of which the medical profession has struggled to treat, and I have often found it difficult to find someone I can talk to who understood.

As the opening sentence of the book declares “*Yoni Shakti is a celebration of women’s power to heal and thrive.*” At 672 pages, I

am afraid I cannot claim to have read the whole book yet! I think it will be a life’s work to read and absorb all the information.

This is a guidebook that explores women’s relationship with yoga in the past and the present. A lesson in history and yoga philosophy relating to women.... Womb Yoga.

It is also a manual that provides yoga practices to support women through life – from birth through puberty, sexual awakening, childbirth, parenthood, perimenopause, menopause and beyond.

Books about women’s health are usually rife with euphemism or completely clinical, but Uma uses anatomical terms alongside Sanskrit and makes those of us identifying as a woman just seem human! The tone of the book is warm and welcoming, but also scholarly and informed. Uma draws from a wide range of sources to include references to the Upanishads, Tantra, and modern

writing from Germaine Greer to the works of Australian psychotherapist Alexandra Pope and yoga teacher and author, Donna Farhi.

Each chapter includes suggested practices that are based on Uma's experience as a yoga therapist and teacher to support different aspects of female health through the journey of life, and there are a set of Questions and Reflections at the end of each chapter with further suggestions for reading and deeper research. Everything is documented with beautiful drawings by Uma's husband, Nirlipta Tuli.

Uma's energy is positive and uplifting but also down-to-earth and real. She is an inspiring person to be around. Her natural warmth and humanity shine through the pages of the book which has left me feeling that someone cares about some of the issues I have experienced in life being female...whether in the world of work, at home or in a yoga studio.

This is a brilliant book and I look forward to dipping in and out of it for years to come as I search out understanding and yoga practices to support myself and others.

Yoni Shakti is currently out of print, but I was able to find a copy for sale at a reasonable price on eBay. The book is also available to purchase on Amazon as a Kindle download for £9.99. Uma's website www.yoganidranetwork.org contains lots of information and suggested practices that support women's health; also free yoga nidra downloads narrated in the soothing baritone of her husband, Nirlipta Tuli.

BOOK REVIEW BY SHARON KILGOUR

Scotland's Wild Medicine: Reconnecting with nature for Health, Well-Being, and Healing



Written by Lilia Sinclair and Clare Holohan (Lilia runs Heal Scotland an education, information, and support platform www.healscotland.com)

I was excited to receive this book as being in nature has always been something very dear to me. This book is beautifully written and has some stunning photography. It is a beautiful read as well as a pickup and put down, over and over again,

coffee table book.

The book explains Heal Scotland's mission to help us get healthy and happy and to live in synergy with Mother Nature. From the power of sleep, fresh air, sunshine and getting out and spending time in forests, cold water therapy, putting our hands in the soil and aligning with the elements. This book promotes living with intention, growing our own food, and looking at eating a wholesome and nutritious diet. The book also offers a guide to foraging through the year, which is super informative and gives recipes alongside.



For me personally I have been looking at herbs, especially kitchen herbs and how they can help us in so many ways. I have recently braved my fear of dark open water and took my first wild dip alongside a trusted friend, and I have, since lockdown, been teaching an outdoor yoga session called WildYoga where we meet and come together in community and walk mindfully, do yoga and meditation in nature.



I recommend this book to people wanting to learn more about how we can empower ourselves and lead healthy happy lives using what nature provides.

You are the medicine

Heal yourself with the light of the sun and the rays of the moon,

With the sound of the river and the waterfall,

With the swaying of the seas and the fluttering of birds.

Heal yourself with mint, neem and eucalyptus,

Sweeten with lavender, rosemary and chamomile.

Hug yourself with the cocoa bean and a hint of cinnamon,

Put love in tea instead of sugar, and drink it looking at the stars.

Heal yourself with the kisses that the wind gives you and the embrace of the rain.

Stand strong with your bare feet on the ground and with everything that comes from it.

Be smarter every day by listening to your intuition, looking at the world with your forehead.

Jump, dance, sing so that you live happier.

Heal yourself with beautiful love and always remember:

You are the medicine.

Maria Sabina, Mexican curandera (healer) and poet

ASANA WITH AN AYURVEDIC APPROACH. BY TARIK DERVISH



Asana is one of the foundations of effective Yoga practice. The safest and most effective way of practising Asana is to consider your Ayurvedic Constitution first.

We are all made up of the five Elements of nature: Earth, Water, Fire, Air and Space. These elements

translate into functional forces in the body known as Doshas which are Vata, Pitta and Kapha.

Effects of Asana on the three doshas

VATA is like the wind. It is impulsive and erratic. For this reason, it must be gently restrained and supported, grounded, and stabilized. The approach should be consistent, mindful, and repetitive in order to create a feeling of harmony and balance.

Pitta is like Fire. It is sharp, focused and penetrating and at its worst, it can cut and harm. It must be gently relaxed and dissipated. The approach should be cooling, calming, and surrendering in order to experience clarity of thought and inner light.

Kapha is like the earth. It is solid, resistant, and inert. It must be moved and stimulated by degrees. The approach should be energizing, warming, and motivating in order to experience lightness of being.

Asana can be a very powerful and effective tool for balancing the three Doshas. Yoga teachers should be familiar with their own nature and how it influences their teaching style. Yoga students should be aware of how different styles of Yoga are affecting them.

In this workshop, we will explore the impact of asana on the three doshas in detail. He will give an overview of the fundamentals of

Ayurveda and the rich symbolic world that it paints. Asana with an ayurvedic approach makes for a much more fulfilling and meaningful experience.

Booking link - <https://www.bwy.org.uk/scotland/event/2643/> - Scotland Region

About Tarik

Tarik holds a BA Hons in Ayurveda and has been running workshops and courses in Yoga with an Ayurvedic approach since 2003. He is a Yoga teacher trainer for the British Wheel of Yoga (BWY), has taught thousands of students. He is the author of Ayurveda in Yoga Teaching and runs a small clinic in Kings Cross and central Brighton.

For more information about his work, visit www.yogawell.co.uk

FORWARD BENDS

Forward Bends are the cornerstone of our yoga practice. Loved by many, unloved by others. Which category do you fall into? During the workshop we will consider these statements and look at the following:

1. Why we work in forward bends
2. Preparations
3. Stages to allow all abilities to progress safely
4. How to move in and out of postures in the safest way

We will prepare for asana with specific techniques to stretch relevant muscles. The postures will be broken down and considered stage by stage. This will enable us to find a stage we can work with and a path on which we can progress on our Forward Bending journey.



Booking – <https://www.bwy.org.uk/scotland/event/2632/> – Scotland region

BRITISH WHEEL OF YOGA TEACHER TRAINING DIPLOMA COURSE

Sandra Cook is starting the new BWY Diploma for Yoga Teacher Training Love Yoga Ltd in Aberdeen.

course starts in August 2023

Information days in April and May

- 🎯 500 hrs
- ➡️ 20 weekends
- 🏠 residential weekends
- 🧘 deepen your knowledge in anatomy & benefits of postures
- 🙏 ♀ Mudra, Mantra, and relaxation/meditation
- 🧘 pranayama practices to allow you to teach safely (and insured to teach)
- 🙏 Yoga philosophy teaching & how to apply this to your own practice & in your classes
- 📅 class planning
- 👩 ♀ how to progress students in class

Some benefits of learning over a longer period of time:

- ✓ You will develop a personal practice that suits you
- ✓ You have time to integrate your learning
- ✓ You will learn many different aspects of yoga
- ✓ You will learn different styles of yoga from different qualified yoga Tutors
- ✓ You have full support from peers & teachers
- ✓ You will form deep friendships with other students
- ✓ fit it around work!

What I loved about the yoga teacher training course below was that we began teaching students during the course. We could then bring our experiences to the classroom, get feedback and advice, and use real-life case studies as part of our training. It was such a thorough and in-depth course that I highly recommend it to anyone considering yoga teaching.

“Personally, I kind of fell into this and never planned to become a yoga teacher. I simply followed the breadcrumbs, my urge to keep learning, exploring new things and being open to where it would take me.

I made lifelong friends on this teacher training course, and we continue to reach out to one another whether it is for advice, support or to share new things we have learned on our individual journeys.

I am very happy to answer questions from anyone who's interested in this opportunity with Sandra Cook and British Wheel of Yoga Scotland.” – Laura Soul coach

BRITISH WHEEL OF YOGA DIPLOMA IN TEACHING

Commences, 29th April 2023

↓

Finishes 18th May 2025

SANDRA COOK

Booking essential:
For further information -
Booking via Facebook, call or email
Sandra: 07708 577379 / yogasweetie@sky.com
Website: www.mygayoga.com
Facebook: <https://www.facebook.com/pg/MyYogaYoga/events/>

This world-respected course lasts for 22 months and entails 500 hours of tuition and home study. Student teachers will be skilfully guided and supported throughout their course journey and will attend two days of tuition per month, including two residential weekend retreats. Diploma holders will be fully licensed and insured as BWY Teachers and will have gained an Ofqual level 4 qualification.

Love, Light & Happiness

SANDRA COOK
YOGA

BWYT RESTORATIVE YOGA TEACHER TRAINING MODULE

October-November 2023

Tutor: Carol Trevor



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

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

So, what happens when our body is skilfully supported by various props and we actually allow ourselves to do nothing for a period of time, to *be*, as the yoga teachings describe? How does restorative yoga feel, and does it work if we find it hard to slow down? Is it a practice for our harried times?

To explore this and more, all yoga teachers (with a minimum 200-hour qualification) are welcome to take part in this 30-hour Module. Details and an application form can be found through the links below.

Personally, restorative yoga initially supported me as a practitioner and teacher in busy London. Having come to yoga 'backwards' from meditation, I recognised the subtle effects of the practice through all

our layers too. Later, living in Hertfordshire, I came to appreciate the true potency of this wise and gentle practice. Following a number of unexpected bereavements, an active yoga practice did not feel possible, and restorative yoga was a steady and comforting companion through grief.

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



carol@yogacarol.co.uk

<https://www.bwy.org.uk/national/event/2553/>

<https://yogacarol.co.uk/online-workshops/restorative-yoga-teacher-training-online-2023/>

GRAMPIAN AREA UPDATE BY KELLY SIGNORINI

ELLON – KALYACH YOGA STUDIO
Full Moon Friday 7-9pm

5th May

2nd June

7th July

4th August

🧘♀️ ♀ Yoga 🧘♀️

🎶 Sacred sounds 🎶

🔥 Cacao ceremony 🔥

🧘 Yoga Nidra 🧘

📖 Journalling 📖

💎 Crystal to take home 💎

MoonAPause gathering - alternative support for all stages of Menopause – monthly event

May 21st 10-12 – check website for details

Exploring reflexology this month to support your menopause journey. Come along to share, receive information on alternative ways to support women going through all stages of menopause. The theme will change for every workshop.

Please message to book, or use the website...www.kalyachyogawellness.com

GRAMPIAN YOGA

GYA SUMMER CLASSES

Tuesday 7:30-9pm

Cults Kirk Centre, Aberdeen

Gyaseminar@outlook.com for details

INTERNATIONAL YOGA DAY 25th June – watch this space



ZEN FEST MORAY

Yoga Classes
Meditation
Light pilates
Cacao Ceremonies
Yurts & Bell Tents
Sound Healing
Journaling
Breathwork & more

Music - Coffee - Food - Kombucha - Face Painting - Indoor Stalls

Childrens Yoga & mindfulness
Mountain Bike Skills
Interactive story telling
Nature Crafts

Saturday 15th July 11am-4pm
Altyre Estate, Forres

Festival Timings

Date: Saturday 15th July - Altyre Estate, Forres

Time: 11am - 4pm

01. Yoga Area

11am-11.30am Morning Yoga Flow with Morgan / MoggsPT

11.45pm-12.15pm Yoga with Paul / Elgin Yoga Centre

12.30pm-1pm Light Pilates with Alison Jones / ALJ Fitness

1.30pm-2pm Yoga with Katie / KDB Energy & Yogabellies Moray

2.15pm-2.30pm Short Intro to Breathwork with Morgan / MoggsPT

2.45-3.15pm Yin Yoga with Polly / FitYogaRide

3.15pm-3.45pm Outdoor Sound Healing with Emma / Holistic Soul

02. Bell Tent

Limited spaces available per session

11.15am-12.15pm Cacao Ceremony with Fee Salmond Smith

12.30pm-1pm Breathwork & Journaling with Jen / Mindful Routes

1.30pm-2.30pm Cacao Ceremony with Fee Salmond Smith

2:45pm-3:15pm Breathwork & Journaling with Jen / Mindful Routes

03. Kids Area

11.15am-12pm Interactive Storytelling with Lydia / Kin Wild

12.15pm-1pm Mindful Movement with Morgan / MoggsPT

1.30pm-2.30pm Kids Mountain Bike Skills with Polly / FitYogaRide

(bike/helmet needed)

2.45pm-3.45pm Nature Crafts with Lyndsey

04. Notes

Lunch Break 1pm-1.30pm

Stalls with items for sale indoors

Toilet located downstairs

BOOKING INFORMATION

EVENT BOOKINGS CAN BE MADE ON THE WEBSITE:

WWW.BWY.ORG.UK

The easiest way to view Scotland events as a BWY Scotland 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 cannot 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 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 off-set 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.

BWYT RESTORATIVE YOGA MODULE

TEACHER TRAINING OCT-NOV 2023



30-Hour Online CPD
Open to all qualified yoga teachers

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

BWY Certification and Yoga Alliance CEUs

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

For details and to apply:

carol@yogacarol.co.uk

07949 743 942

www.yogacarol.co.uk

British Wheel of
Yoga

Pregnancy Module



with
Judy Cameron & Kathleen Beegan

Introductory Zoom December 2023

3 weekends 2024

Weekend 1: 16/17 March Edinburgh

Weekend 2: 22/23 June Zoom

Weekend 3: 7/8 September Edinburgh

Cost: £660 (700 if paid by
instalment)

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





Scottish Charity No SC016624
www.grampianyoga.org.uk

CELEBRATE THE UNITED NATION'S INTERNATIONAL DAY OF YOGA
THEME – HUMANITY
(Event supported by Shell UK Ltd)

Sunday 25th JUNE 2023 10.00 – 12.00

(in partnership with Consulate General of India, AHTT, IANES, Yoga Kulam, BWY, AHA and Brahma Kumaris)

Venue: Woodbank Sports Hall, North Deeside Road, Cults, Aberdeen AB15 9N

No entry fee - Bookings via Eventbrite:

<https://www.eventbrite.co.uk/e/un-international-yoga-day-2023-aberdeen-tickets-627932191087>



Scottish Charity No SC016624
www.grampianyoga.org.uk

A WEEKEND SEMINAR WITH LOUISE MACRAE
Finding Balance, A Blend of Yin and Yang Yoga

SATURDAY 30th SEPTEMBER 2023 - 10.00 - 16.00

Venue: Cults Kirk Centre, 404 North Deeside Road, Cults, Aberdeen AB15 9TD
 (please bring your own cup and a light packed lunch - tea, coffee etc provided)

SUNDAY, 1st OCTOBER 2023 – 10.00 – 16.00

Venue: Donna's Yoga Studio, High Street, Fraserburgh AB43 9ET **
 (please bring your own cup and a light packed lunch - tea, coffee etc will be provided)

Please email gvaseminar@outlook.com to book a place at Louise's weekend seminar

Suitable for all levels and any styles of Yoga practitioners including complete beginners to Yoga.
 More information on our website www.grampianyoga.org.uk GYA aims to offer yoga to all.
 Individuals who are restricted financially, or in other ways, may apply for support when booking.

** venue may change

**50-HOURS
YIN YOGA TEACHER
TRAINING**

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FUNCTIONAL
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& SUZEE GRILLEY AND
SARAH & TY POWERS**

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2023

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

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Begins January 2024

Venue

The Yoga Mill
Galashiels. TD1 3AF

For the full syllabus please visit
www.scottishschoolofyogatherapy.co.uk

Contact

Yvonne or Melanie

www.scottishschoolofyogatherapy.co.uk
info.ssy@gmail.com