



BWY

AT  
THE  
HEART  
OF YOGA

IN THE NORTH WEST

WITH THE FLOW

Winter 2023

[www.bwy.org.uk](http://www.bwy.org.uk)

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## WELCOME

Hello Everyone! This autumnal edition elaborates on our connection with art and the very core of our practice. We have two newcomers, Michelle and Hannah and even things to celebrate!! New teachers across the country too! With our usual material you will see some familiar content. And don't forget to check out some of our new ads as well.

Thanks for supporting our community.

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Front Cover: Acer tree

Back Cover: Scenes from Ahangama, Welligama. 2023

## REGIONAL OFFICERS REPORT

### JANET LONG



As I type this we are certainly in the Autumn but the weather doesn't quite seem to have realised it. From having a damp and slightly chilly summer we are having a last gasp of sunshine and warmth. That said I can feel Autumn in the air, the nights are drawing in and there is almost a fragrance to this time of the year, an earthy scent that reminds us of the wonders of Mother Nature as we come to Harvest Time.

Autumn is a time when we start to slow down on our activities and perhaps become a little more introspective. It's a time when we can reflect on what we have harvested in our lives, literally or metaphorically. The saying that we "reap what we sow" really does come home to roost. I do hope you've been able to complete whatever goals you wanted to complete this year and now is a good time for that reflection.

I am thrilled to have completed teaching my 1<sup>st</sup> BWYQ Level 4 Diploma in Teaching Yoga and am immensely proud of my students who will all be amazing teachers. At the same time I have also completed a Diploma in Group Sound Therapy with the British Academy of Sound Therapists which will allow me to add this modality to my toolbox. I definitely feel I've ticked off a couple of pretty big goals there.

Often in busy or stressful times it's easy to lose our sense of equilibrium. One of my favourite ways to bring myself back into balance is a really simple one – I use sama vritti breathing starting with a 4:4 count and building up as far as my breath will take me without forcing. I'd love to hear your tactics.

Wishing you all a wonderful Autumn and hope to see you at one of the remaining events this year.

Namaste,

Janet x

## AREA REPRESENTATIVE REPORT – CHESHIRE

### JACKIE HUDSON



I am writing this report from the deck of a small yacht, moored at a Greek island.

Learning to sail, I am fascinated by how many sailing terms relate to how we 'navigate' changes in our lives.

High and dry: plain sailing: keel over: through thick and thin, and I bet you can think of at least 3 more.

Whilst sailing it's essential to be ready and able to adapt to changing conditions and not too set on a course. In yoga and in life generally this is true.

Yoga asanas that fluctuate from langhana to bramhana or dynamic to static, even from seated to lying can help our mind and body manage change, when practised mindfully.

Meditations that focus on 'letting go' through pranayama and chanting can help us to develop a clarity of perception and an acuity of awareness that we need in order to see ourselves as we are ally are.

In class, most students are managing change on one level or another. Personal change (ageing process/illness/psychological) social (relationships/finances/work and home) and also wider changes that we all experience (seasons/time of day etc).

As with sailing the first thing is to be aware and then accept before modifying in order to move forwards and be resilient, rather than getting 'stuck in the mud'.

Hari om.

## AREA REPRESENTATIVE REPORT - MANCHESTER

Having recently been appointed to the role, I am looking forward to developing our community of yogis in the region, and will be coordinating a programme of CPD sessions and other events over the coming months.

Kicking things off will be a monthly yogi brunch for members, non-members, teachers and anyone with an interest in yoga. The intention is simply to share experiences and connect with each other. Being a self-employed yoga teacher can be quite lonely and isolating at times, so the brunch offers a supportive group who are available to lean on to help with any issues, or simply listen. The brunches are free to attend, simply drop in between 9:30-11:30am on the first Thursday of each month. The location will be the independent coffee shop Ditto on Albert Square in the city centre.

If you have any suggestions for CPD events that you would like to attend or even deliver, please do contact me on [northwest.gmrep@bwyregions.org.uk](mailto:northwest.gmrep@bwyregions.org.uk)

Kind regards  
Hannah

## AREA REPRESENTATIVE REPORT – LANCASHIRE

**MEL GUFFOGG**



BWY Lancashire Regional Newsletter –  
Autumn 2023 – Changing seasons

Hello!

Despite being blessed with a lovely and unexpected late summer, the signs of autumn can now be seen and felt. The leaves are beginning to fall and the air is definitely cooler. Autumn is all about transition and change and yoga is a wonderful tool for helping us to manage change of any kind. “Life is a series of natural and spontaneous changes. Don’t resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like.” – Lao Tzu. Autumn is all about slowing down and restoring the body. During this time of transition, we feel naturally inclined to slow down, sleep more, and choose more warming and comforting foods and drinks. These things all help to prepare our bodies so that we may transition into the colder winter months feeling grounded and nourished. Our yoga practices over the coming weeks can complement this and should be grounding, strengthening, calming, and warming. Autumn is a wonderful time for adding some Yin yoga and restorative poses to our practice. If you currently have a lot of variety in your practice, perhaps consider settling into a stable routine through the autumn and winter, adding forward bends, standing poses, and some balance poses into the mix. I’ really enjoyed the Menopause workshop on 16th September with Kate Knowles, and I have some wonderful events in the pipeline for 2024. All yoga teachers are welcome to come along to The Clifton Arms Hotel Lytham from for a cuppa and a chat from 2pm on Friday 29th September and/or Friday 8th December. I hope to see you soon

Mel x

## AREA REPRESENTATIVE REPORT – NORTH WALES

### KATE KNOWLES



Changing seasons – how can our yoga practice be adapted through the changing seasons?

We are all creatures of nature, yet our modern lifestyles often seem to separate us from the rhythms of the natural world. Our yoga practice is a wonderful way to reconnect with the cycles and seasons of our lives. Change is a constant. The

moon, tides and seasons continue to change, and to optimise our wellbeing we need to flow with these changes. Likewise, we have our own, individual rhythms to take into account.

On hot summer days the last thing I want to do is a dynamic practice which will generate heat in the body. Likewise, on cold autumnal and winter days I really want to warm up the body. Our yoga practice can help us to find balance between the *ha*, solar energy, and *tha*, our lunar energy.

As we move through the autumn and the daylight hours shorten, we move towards a period of hibernation. Our natural inclination is to draw inwards and our yoga practice can reflect this. This is a time of letting go, and stillness. An opportunity to recuperate and replenish our energy. I love restorative yoga practices and yoga nidra to bring this sense of balance and resetting.

If you're planning lessons around this theme a great resource is Jilly Shipway's book "Yoga through the year" which I often dip into for lovely seasonal meditations.

Remember to save the 3<sup>rd</sup> March 2024 for a CPD on the hands and feet with Audrey Blow in North Wales, and the 18<sup>th</sup> May for Merseyside's CPD on Yoga for Grief with Judy Sampath.

With love

Namaste  
Kate  
xx



## AREA REPRESENTATIVE REPORT - MERSEYSIDE

Hi Everyone,

I have only recently become the area rep for Merseyside. I am very much looking forward to working with the team and helping to organise events for this region. Currently, I am in my final year of yoga teacher training and am due to be fully qualified in May 2024. I have practiced Yoga since 2017 which makes me quite new to the practice. In my other life, I am a trained biology teacher but now work as a science technician in a college in Chester.

At this time of year, I look forward to the cooler months and the season of Autumn where green leaves turn to red, yellow and brown and lie like a carpet around our feet. I think of poses on the mat such as savasana where we can take time to relax and prepare for the dark winter days ahead.

The Merseyside events have recently been organised by Kate Knowles and I am due to have a chat about what is coming up in the new year. I am grateful that I will be able to discuss the events and get some more insider information into the process that is used to prepare the BWY activities.

I look forward to seeing many of you in events in the coming months.

Michelle x

## CONGRATULATIONS

### WINNERS 2023

The Anthony Grover Award – Christine Royle and John Cain  
Rising Star Award - Sandra Cook  
Community Champion Award - Davy Jones  
Ambassador of the Year Award - Ilkay Ozcan  
Education Champion of the Year Award - Laura Le Feuvre  
Event Volunteer of the Year - Jo Webb  
Wilfred Clark Bursary – Sarah Gott and Jenny Loe

#### Heart of Yoga and Wilfred Clark Bursary Awards

#### Quotes from the winners



Sarah Gott: I am really grateful to the British Wheel of Yoga as it means I now have the money to complete the course which will help support the students I work with who have special needs. These students require a variety of strategies and anything I can gain from the training will be of great benefit to supporting the more vulnerable people in my community. I'm excited about broadening my toolkit and making my yoga sessions as accessible as I can.

L-R: Angela Dobric, Susie Delves, Hanna Lambert & Judith Halton

Congratulations to Angela Dobric, Hanna Lambert, Judith Halton and Susie Delves on the completion of the BWYQ Level 4 Diploma in Yoga Teaching with Janet Long.

Jenny Loe: I am very grateful to the British Wheel of Yoga for this award. I am really looking forward to taking further training so I can develop a broader range of effective and accessible strategies to help me meet the specific needs of the students that I work with. I passionately believe that yoga is for everybody and regardless of abilities or needs, all people deserve access to yoga and the many benefits it brings

John Cain: I am very honoured and surprised to receive this award. It possibly reflects some of the work I've done for the Wheel over the last 50 years. The best parts were probably my time on the Training Committee with Gill Lloyd where we started to build for the future and also my time as RO for Eastern Region, where I was lucky enough to have a superb team of people, and I believe we really created a community feeling in our area. In the early 1990's, I started using statistics to visually show the various trends within the organization. I've met some brilliant people along the way like John Parry, Monica Burton, Yvonne Muir and Di Kendal and I still believe that the future of the organisation is in the strength and development of the Regions, as they're the people at the coalface.

Jo Webb: Having not attended an AGM in person before, it was lovely to meet everybody and put faces to names. I was surprised to win the award for event volunteer, as it isn't really about receiving awards but sharing the wellbeing benefits of yoga within our community. I enjoy meeting a variety of students from across the region and further afield to discover the nuances of practice with a wonderful range of inspiring teachers. Facilitating access to practice for both members and teachers and exploring a wealth of experience is very rewarding.

Davy Jones: The yoga community is at a bit of a crossroads now. On the one hand there is a huge corporate push from big business to get into yoga to make money. On the other hand, there are those of us who really want to take yoga back to its roots and help people who need it the most. If we can help stimulate people in other areas to emulate what we have achieved in Brighton that would be great. Having a community hub in deprived areas in every major city of the UK to promote and advertise accessible yoga classes would be great and I think BWY can help spearhead this. In Brighton, we are now working with others looking to broaden this work to encompass the full range of

therapeutic and holistic activities as well as yoga to provide a center of expertise for advice and training, so whether you are a GP, social prescriber, or a qualified therapist, you could come to us and we can help raise funds for those activities.

Ilkay Ozcan: After three years of voluntary service, I was very astonished to be awarded the Ambassador of the Year Award. I would like to thank everyone in the Eastern Region and especially the Regional Committee members for being such a supportive and committed team. I joined the BWY purely to deepen my knowledge of yoga, particularly its philosophy, but I enjoyed my teacher training so much that I wanted to share this training with others. Being Regional Officer enables me to show my appreciation to BWY and share what yoga has brought me with the wider community.

## FIRST AID DAYS

First Aid training days are open to BWY Teachers, Student Teachers, BWY members and non-members where space allows. First Aid training is not mandatory to maintain your BWY teacher's insurance. However, it is widely recognised as best practice to renew your certificate every three years. To book your place, go to [www.bwy.org.uk/northwest](http://www.bwy.org.uk/northwest)

Please note that First Aid Training delivered via Zoom is only valid for one year. To upgrade your certificate to three years, please contact the Regional Officer, Janet Long.

DATE	LOCATION
30 <sup>th</sup> September	Lytham Assembly Rooms, FY8 5JY
12 <sup>th</sup> November FULL	Northop Village Hall, High Street, Northop, CH7 6BQ

## EVENT REFUND POLICY

If you have booked your place on a CPD Day and can no longer attend, please contact the event organiser as soon as possible. The organiser will either arrange to move your booking to another event (subject to availability) or offer you a refund based on the following:

Cancellation made:

- Two months or more before the event - 100% refund
- Between one - two months before the event - 50% refund
- Between one month and one week before the event - 25% refund
- After this period - 0% refund

DATE	EVENT	LOCATION	TYPE	CONTACT
16 <sup>th</sup> September	Yoga for Menopause with Kate Knowles	Lytham Methodist Church, FY8 5LU	CPD Day	BWY North West
23 <sup>rd</sup> September	Chair Yoga with Richard Kravets	Rixton with Glazebrook Community Hall, Warrington	CPD Day	BWY North West
30 <sup>th</sup> September	First Aid Training	Lytham Assembly Rooms, FY8 5JY	First Aid	BWY North West
14 <sup>th</sup> October	Autumn Members Day	Glazebrook Community Hall, Warrington	Yoga Day	BWY North West
21 <sup>st</sup> October	Post menopause bone, brain and heart health	St Bridgets Centre, West Kirby, Wirral	Yoga Day	Kate Knowles

12 <sup>th</sup> November FULL	First Aid Training	Northop Village Hall, High Street, Northop, CH7 6BQ	First Aid	BWY North West
2024				
03 <sup>rd</sup> March	What yoga can do for the hands and feet with Audrey Blow	Northop Village Hall, High Street, Northop, CH7 6BQ	CPD Day	BWY North West
18 <sup>th</sup> May	Yoga therapy for grief and loss with Judy Sampath	Westbourne Hall, West Kirby, Wirral	CPD Day	BWY North West

There is a regular bi-monthly social meetup for yoga teachers in Blackpool, Fylde, Preston and surrounding areas to come together for a cuppa and a chat. We recognise that teaching yoga can sometimes be a fairly solitary profession and have found that these regular meetups provide an opportunity for teachers in the area to get to know one another and offer each other informal support and advice. All yoga teachers welcome. Contact Mel Guffogg (Lancashire Rep) at [northwest.lancsrep@bwyregions.org.uk](mailto:northwest.lancsrep@bwyregions.org.uk) for more details.

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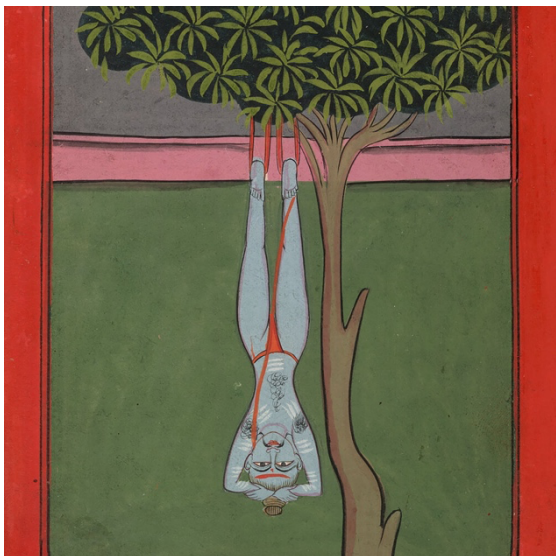
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## THE ROOTS OF YOGA!!



For anyone who is new to yoga, with the vast amount of literature out there, something that is deemed as quite a rich textbook, one that seems truthful to the practice is the Roots of yoga. Translated by two professors, James Mallinson and Mark Singleton, this book is seemingly a kind of autobiographical account of the mind set of various

and anonymous practitioners stemming from Tibetan, Arabic, Persian, Bengali, Tamil, Pali, Kashmiri, Marathi, and Hindi periods and regions thousands of years before modern society. Seemingly acting as accounts of the first expressions of yoga.

The origins of yoga can obviously not be pinpointed to one single person, one point in time...however it is clearly deemed as a communal togetherness, something that would have been practised naturally across the many ancient towns and villages of India.

If you ever get your hands on a copy, which I can assure is worth having, the textbook acts as a truthful insight into the minds of natural yogis. Men and women who lived amongst the tiger populated jungles and headlands of the northern Indian territories who assumably treasured yoga as a social means and gain to better their daily lives and understand each other.

The book displays chapters and accounts of yogic remarks and sayings that will benefit any practitioner today. If you are practising at home or with clients, there is always benefit in understanding and reciting the insights from the east and their significance to the practice ....

The book is also rich in Sanskrit terms. For almost every page we can find ancient words that can act as excellent recites for our mantra chants or end of class shavasanas. Information that allows this book to be an excellent manual allowing us extra insight and understanding into the practise, guiding our expertise, and helping our students. In learning what it is that these ancient yogis spoke and enquired, we the see very subjects that occupied their minds.....

As yogis, do we ever wonder how the people of the yogic traditions lived? The contrast between our environment and the environments of the past? Woodlands, forest, plains and warm weather, who would of thought that stretching and downwood dog would be their local and universal language uniting the peoples? After all, yoga, the word and its meaning means to join, to unite. And in doing so the practice developed and brought together what seems like most of what we know as India.

The yogic past made do with bodily positions and communicated well this idea that our body is what we have in common with each other. Isn't that what this is? Our body, our mind, our senses? And understanding that we ourselves are all but the same and different?

The book explains and describes well the very essence of yoga. Small inserts and paragraphs allow this book to also be a textbook and companion guide. Something that we can take from as principle to constructing our classes and guiding our yogic mission. Let alone our pupils. Nothing better than getting a refresh on our lives commitments and allowing ourselves to step out of the repetitiveness that we may have brought on ourselves after years of practice and teaching. As we step into the book we can find samples of the very words spoken by anonymous men and women of the past. With what it seems, the yogis of the past would be enquiring into the journey of the body. Wondering and exploring, sharing the very knowledge of themselves, not that it was a language that developed but a subject, the subject of the mind and the senses.

To also demonstrate to our classes and clients the very knowledge that we have committed we allow ourselves a better presence and reputation towards our pupils. Assumably the yogi who delves into the languages, as well as the physical practice can too sense and deliver insight into the very core of the

practice. In doing so, maybe deliver a more rich and cultured yogic experience.

An example from the book states:

“When the five senses (*jnānāni*) along with the mind, remain still and the intellect is not active, that is known as the highest state. Then one becomes undistracted, for yoga is the arising and the passing away.”

This passage is a great example of the yogic idea of stillness and how we pursue a form of stillness as result of wellness and calm. To have a quiet mind, we associate with health, assuming no one wants a busy mind-set, one of chit chat and distraction. I suppose it is time well spent, being relaxed with a calm mind. Not troubled too much by the mind's own content, although we question where it is from, what it is about, we allow yoga the authority to address our minds and better our well-being.

The book accurately describes the origins of yoga as a teaching of final liberation from endless, karma driven suffering and rebirth. Around 500 BCE groups of Vedic religious practitioners collectively known as Śramaṇas, (strivers) began to emerge in northern India.

Cognition, consciousness, illumination, isolation, omniscience, let alone credulous that these words exist, they act as main principles in the strife of the yogi. Words that may seem out of reach and unrealistic in modern times are under pinning and contextual allowing modern practitioners the means to truly understand the mindset of the ancient esoteric peoples. The yogic mindset and goals of the yogi and what they strived for.

Chapter 11, Liberation:

‘The yogi becomes detached from pure consciousness resulting in a Samadhi known as the cloud of virtue. Dharma-megha-samādhī.’

I suppose it is assumed that If we can escape our present self we may attain a newer way of living.....

## ART AND YOGA!

Ever wonder why us yogis are so fascinated by art and the means to create? Perhaps there is a link between this idea of manifestation and creativity. After all we sit on our matts and create a focus for ourselves. We shape our daily lives accordingly. We spoke with Gilly who runs Z-arts Manchester. Associated with Arts Council England, to see what he thinks about the link between art and yoga and why it seems that most of us practising yoga are keen into our art as well.



As a yogi, do you think art has been influenced by your practice, or have you always wanted to pursue art?

As a children's yoga teacher, I would say my **art and creativity** definitely influences my yoga teaching! Being able to be playful and think of **imaginative stories** and ways to use our bodies interlinks well with any experience I gained from drama lessons at school as well as being able to problem solve!! From class inspirations to music I choose to specific poses and how to imaginatively link them into a whole story scape. Creativity is interwoven throughout it all.

Do you think there is a strong link here between being a yogi and practising art?

**Yes!** Being a yoga teacher to children is SO creative! I relish being able to be playful, silly and think outside of the box. I love getting the children to be imaginative and creative in their own body movements and mindful moments. I'd like to develop my mindfulness practice with children and delivering and speaking them through more calming stories! It's all part of the creative journey!

Have you got a favourite thing you like to represent and regularly observe?

My favourite theme is working with an ocean or seascape theme. Using the sea creatures as inspiration and generally water and being flowy! I'm not sure how I would represent this in adult classes but perhaps this is my use. Being creative and playful!

Observation is key to drawing and painting, just like having a Drishti and a focus, what do you focus on in your daily practice i.e yoga?

In my own practice I like to use dance movement and music to help me focus.

What do you think about having other outlets and interest's? Such as creativity, especially in your yoga community?

I love having other outlets! It spans from a running club that practices yoga stretches after a run to general yoga at home.

Have you ever thought of trying to bridge yoga and art in your yoga career ? Perhaps as a medium for classes ?

I would love to develop more ways to fuse art and yoga together. I am going to do further training soon and would like to open up these kind of conversations as well as have time and space to think how I could factor this in to my own practice and teaching style. There is definitely scope to potentially use a artistic style or an artist such as Picasso or Jackson Pollock to create expressionist movement in yoga. Perhaps an art history yoga series!

What do you think of when you relate art and yoga?

I think of creative movement. I think of music. I think of ways to fuse art, music, dance and theatre all together! I began my career as a visual artist but having worked in a children @ families multi art-form centre for years I have up-skilled in areas such as drama which then led me on to think about teaching children yoga. I'm now going on to do more training to work with teenagers and families and will continue to use creativity wherever I can!!

<https://www.z-arts.org/see-whats-on/>

## Afternoon tea for yoga teachers

Third Thursday of the month  
2 - 3:30pm  
Leaf, Blackhorse Hill,  
West Kirby, WIRRAL

All teachers from the local area  
welcome to come and chat about  
all things yoga

Join the WhatsApp group through  
Kate, 07708496645



## YOGI BRUNCH

DITTO Coffee  
Albert Square, Manchester  
Thursday 5 October  
09.30-11:30 am

@yavannayoga





# PRANAYAMA



## INTENSIVE RETREAT

with *PHILIP XERRI*

Holland House, Crothorne JUNE 10-14, 2024

A specialised retreat on the progressive practice of Pranayama. My approach is 'integrated', which means that although the focus is always Pranayama, integrated throughout the sessions are related Asana, Mudra, Bandha and Kriya practices.

After the great success of last year's Course. I have decided to run it again at this beautiful location. As well as my usual progressive teaching of Rhythms and Classical Pranayamas there will be a focus on some of the more 'advanced' practices that I have decided not to teach online and, for me, the truly exciting prospect of exploring some of the 'creative' adaptations of Pranayama practices, both general and Classical, that have surfaced in my own practice over the last few years.

The Course is intended for Yoga students/Teachers with a minimum of 5 years experience, but please get in touch if you are unsure of your eligibility to discuss options as prior instruction can be undertaken.

Philip has been practicing/teaching Pranayama for over 40 years. Originally trained with Swami Gitananda in India, he has also worked within many other disciplines and Schools of Yoga. His first inspiration was Philip Jones – the 'Welsh Wizard of Pranayama' whose understanding of the connections between the Breath and Prana was profound. It is these connections and their relevance to the deeper aspects of Yoga practice that we will be exploring on this Course.

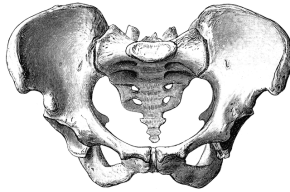


**Further details/Booking** [pax\\_yoga@yahoo.com](mailto:pax_yoga@yahoo.com) 'Early Bird' offers available.  
Web [www.yogaquests.co.uk](http://www.yogaquests.co.uk) and [www.controlyourbreath.co.uk](http://www.controlyourbreath.co.uk)  
Mobile 07710185827

*"Prana is the sum total of all the energy in the Universe" Swami Sivananda*

# Movement and Anatomy for Development

Anatomy made easy for movement practitioners



My aim is to make anatomy accessible to allow you to refine your language. Speaking simply but accurately of the body will serve your teaching. Understanding different conditions will help you keep your classes inclusive.

## ***60h Embodied Anatomy Course Winter 2024*** – “Pilot” BWY Module –

- Module 1** 5/6<sup>th</sup> Jan 2024, Breath space and the Arm lines
- Module 2** 2/3<sup>rd</sup> Feb, Mapping the spine, Neck and head
- Module 3** 15/16<sup>th</sup> March, 2 Girdles: Shoulder and Pelvis
- Module 4** 26/27<sup>th</sup> April, Foot Foundation and Knees

## ***45h Somatic Movement Course Autumn 2023***

- Module 1** 17th Nov, Neuroscience & Movement (5hrs)
- Module 2** 1st Dec, Fascia is a sensory organ (5hrs)
- Module 3** 15th Dec, From our Viscera (5hrs)
- Module 4** 12th Jan 2024, The 8 Diaphragms (5hrs)
- Module 5** 26th Jan, Spirals Everywhere... (5hrs)

For our regular online CPDs throughout the year please check our calendar page. Contact us directly to receive a course or CPD description at [8yogijulie8@gmail.com](mailto:8yogijulie8@gmail.com)

[www.anatomy-yoga.uk](http://www.anatomy-yoga.uk)



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**2023**

**6 Saturdays  
9<sup>th</sup> and 30<sup>th</sup> Sept  
14<sup>th</sup> and 21<sup>st</sup> Oct  
4<sup>th</sup> and 18<sup>th</sup> Nov**

**ONLINE VIA ZOOM**



## 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



www.calmforkids.com  
info@calmforkids.com  
0797 395 38 12

calm  
for kids

# FIRST AID TRAINING



## Emergency 1<sup>st</sup> Aid at Work 3 year certificate

18<sup>th</sup> November 2023  
& 19<sup>th</sup> November 2023

Sheffield Yoga School, Sheffield, S6 3TA

OFQUAL regulated. Days are 10.00 – 5.00pm. Cost: £65  
for the day (includes certificate & 1<sup>st</sup> Aid manual)

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

## Releasing the Breath



### Bill Wood

23<sup>rd</sup> & 24<sup>th</sup> 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](http://www.sheffieldyogaschool.co.uk)



Streets of Ahangama and Welligama

