



BWY

AT  
THE  
HEART  
OF YOGA  
IN LONDON

**IN THE LOOP**

Winter 2023

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

## Regional Officer

Alex Yates  
london.ro@bwyregions.org.uk

## Regional Training Officer

Laura Le Feuvre  
london.rto@bwyregions.org.uk

## Regional Treasurer

Position available

## Social Media Rep & Secretary

london.secretary@bwyregions.org.uk

## Newsletter Editor

Wengyee Loke  
london.editor@bwyregions.org.uk

## Area Reps

Positions available for new volunteers

## Safeguarding Officer

safeguarding@bwy.org.uk  
07738 946 320  
01529 306851

## Central Office

25 Jermyn Street  
Sleaford  
Lincolnshire  
NG34 7RU  
office@bwy.org.uk  
01529 306851  
www.bwy.org.uk

## PUBLISHING POLICY

Please send adverts, course listings and articles via email to the editor as Word, PDF or JPEG/PNG documents; invoices are sent after publication. If you wish to take advantage of members' rates, please provide your BWY membership number.

Listings for all adverts, BWY foundation courses, modules and teaching diploma courses are charged as follows:

### Advertising Rates (incl. VAT)

### BWY/Accredited Full Price Price

Half Page (10.8 x 9.03cm)	£15.00	£30.00
Full Page (10.8 x 18.46cm)	£25.00	£35.00
Back Page (10.8 x 18.46cm)	£40.00	£75.00

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Edition 1 – Spring	Mid February	5 January
Edition 2 – Summer	Mid June	5 May
Edition 3 – Winter	Mid October	5 September

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

Disclaimer: Please note that the views expressed in this newsletter are not necessarily the views of the editor nor the British Wheel of Yoga. Any advertisements are accepted in good faith and no responsibility can be accepted for the contents. Goods or services advertised are not necessarily BWY accredited. Advertising of courses that offer 'yoga teacher training' will only be accepted if the course is BWY or accredited to the BWY.

## LONDON NEWS

**Hello everyone,**

Welcome to the BWY London Winter Newsletter (and my first as editor!).

I was excited to put together this issue of the newsletter as we have a fantastic variety of events coming up. They are all available to book now and will be a great way to expand upon your insights into yoga. Upcoming next month will be Power and agency with Amelia Wood, while the first quarter of 2024 will see Confident vocal skills for yoga teachers with Kim Sheehan, Bones for Life with Marye Wyvill.

We have First Aid days for 2024 scheduled as well so if you need to refresh yours, now is the perfect time to book the date.

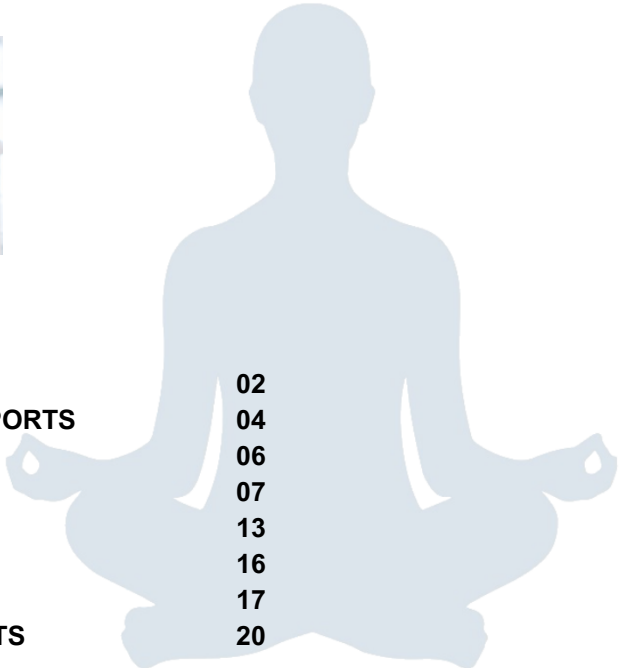
Thank you for all your support in the London region and the London committee hope to meet you at an event soon.

Alex, Laura, and Wengyee



## CONTENT

<b>CONTACTS</b>	<b>02</b>
<b>COMMITTEE REPORTS</b>	<b>04</b>
<b>NEWS</b>	<b>06</b>
<b>ARTICLES</b>	<b>07</b>
<b>EVENTS</b>	<b>13</b>
<b>BOOKING INFO</b>	<b>16</b>
<b>TRAININGS</b>	<b>17</b>
<b>ADVERTISEMENTS</b>	<b>20</b>



## REGIONAL OFFICER'S REPORT



**Dear Members,**

By the time this goes to print we will almost have finished our series of four fascinating philosophy workshops with Daniel Simpson, exploring what it means to be human.

Coming up on the 18th November we have a Zoom workshop with Amelia Wood, considering power and agency in yoga communities and classes. In the first part of this workshop Amelia will present a history of abuses of power in yoga, covering cases from the 20th and 21st century, and offer a definition of spiritual abuse. In the second part we will consider how we can respond, as yoga teachers, in class contexts. How can we understand our power and hold space, authentically? Amelia will talk about trends and models, such as accessible and trauma-aware yoga. The workshop will include lectures, group discussions and some movement work. Cost: £35 members/ £40 non-members.

Head over to the BWY London website to book this, one of our excellent First Aid days or check out what we have lined up for the New Year.

Alex Yates London RO



## REGIONAL TRAINING OFFICER'S REPORT



### **London FCT and DCT's!!**

Become an Integral Part of the BWY London Committee

As part of the BWY we need to pull together in community for our community. Are you interested?

The RTO (Regional Training Officer) has the primary duty of event organising and management of the annual schedule of CPD events/ Teachers Forums and Special Events

All of the events organised primarily have an educational focus, to enhance teaching skills or to upskill and mostly, they support the syllabus of the Diploma Course and as an FCT or DCT you will be well versed in the educational focus of the BWY and the CPD events.

If you would like more information, please get in touch with me either by email or phone.

If this is your first time considering being part of the committee, please know that the London committee are wonderfully supportive. It is lovely to be part of a team especially when our work as yoga teachers can be a solo affair. I shall be leaving the role in January so if you are interested, please do get in touch so we can discuss further. Please be assured that there will be a full handover and you will be supported as you make your way into this new role.

**BWY LONDON**

# **VOLUNTEER WITH US**

**Help build your local BWY London  
yoga community**

Meet more people who want to talk about yoga, and you can even claim back the cost of your (non teaching) membership!

**We are looking for:  
Regional Training Officer  
Event Volunteers**

**FOR MORE DETAILS OR IF YOU  
WOULD LIKE TO VOLUNTEER IN A  
CAPACITY NOT MENTIONED,  
PLEASE GET IN TOUCH**

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

## MAPS OF MY BODY



by Julie PONS WOODS

I have always been fascinated by the body. Its lines, its features, the postures, the attitudes, the pose one can get into just by habit. I used to love the external appearance of bodies... As I grow old, I now love to listen to the inside. The murmurs, flutter, its tingle and flushes... they are lovely music to my ears... As Yoga practitioners and teachers, we share with others our love of that connection of mind, body, emotions and spirit.

I remember being a little girl and practicing Karate and running cross country races... then, at some point, when I was 13 years old, I was diagnosed with scoliosis and I was suddenly forbidden to run, to do any weight bearing activity, to attend sport classes at school and sentenced to finish in a wheel chair at 50 years old.

If doctors, back in those days, knew better, they would have encouraged me on the contrary to move intelligently. To connect with my body, to love my spirals and to accept myself as I was designed.

Thankfully, I met fantastic physios in my 20's and life brought me to India for work from 2008 till 2010 where I discovered Yoga. So, as many of us, I can say "Yoga changed how I look at my own life". First, it allowed me to improve my posture and tackle my back pain. The 8 first years of my practice were orientated towards the physical body. During that stage I became fascinated by anatomy and I began my journey with Blandine Calais Germain in France, Thomas Myers and Leslie Kaminoff in the US. Knowing the different names of the structures was like charting an unknown territory... I started to create maps of the body in my mind, and the more I learned, the more I was adding to those maps, getting deeper and deeper into the complex realm of the body. The more complex the maps became, the more I started to put them into question and create new ones again and again.

Certainly, deepening my empirical knowledge of the body with personalities like Gil Hedley (Dissection and Fascia - US), Todd Garcia (Dissection-US), Robert Schleip (Fascia research in Germany), Julian Baker (Functional Fascia- UK) and Jaap Van Der Wall (Embryologist - NL) helped me to reconfigure the maps I first learned, extend my comprehension of the body to a much wider, connective, bio-tensengral, integrative way... During the last 7 years, the relationship with my breath, my fascial net, my neuro-vascular bundles has really evolved.

I am passionate by what makes us human, both physically and spiritually. Today my yoga practice helps me on much deeper levels. Through motherhood, through grieving when I lost dear ones, through joyful times of life as well. I integrate my practice in a much more therapeutic and meaningful way.

Only 10-15 minutes per day to fit into my very busy schedule, but those 10-15 min are crucial for balancing my emotional/work /family/spiritual life.

Gil Hedley once said that it's not the spirit that is in the body, as the spirit is way too large to be only contained in the body. I hold that to be true and I hope that we will have the chance to practice together to discover what fills that connective space between you and me.

**Warmly, Julie PONS WOODS.**

**Julie PONS WOODS is a Yoga Therapist, Anatomy Teacher and a Meditation Facilitator. She offers yoga therapy and anatomy workshops throughout England and Europe, teaches 2 online anatomy courses per year and welcomes private clients to her clinic online and in person. [www.yoga-therapy.uk](http://www.yoga-therapy.uk) and [www.anatomy-yoga.uk](http://www.anatomy-yoga.uk)**

**Julie is running a Embodied Anatomy Pilot Module for BWY starting online in January**

## A WINTER'S TALE



by Judy Hirsh Sampath

Winter is calling you in. The conditions of winter is a natural calling to close the draft out, curl up to keep warm inside, enter into an internal journey on the inside, linger longer in the dark pause to rest, to spend time in your inner neighbourhood, getting to know the characters who live in the community of your own body.

The word “hibernate” originates from the Latin to ‘occupy winter quarters’. Consider the word ‘quarters’ and how you will inhabit them.

This exercise that may inspire you to hibernate in the creative quarters of your being and see where it leads you. It’s not a “yoga practice” as such but can offer insight and self-awareness in the most unexpected ways.

Imagine a movie of your life; a story you tell about yourself from your past or a hope you have for the future. Where would you begin? Which story would you choose? What genre would it be - romantic comedy, thriller, Disney fantasy, musical, melodrama, horror, documentary?

Occupy your winter quarters. Close your eyes and move your body, small micro movements to big sweeping movements, see what comes. Notice sensations in your body and choose one to focus on. Lean into yourself. Who is here? Can you see, hear, feel them? Get into character. If this sounds silly, well silly can be refreshing if you don’t ‘do silly’ often.

If this doesn’t work for you, go to your wardrobe and pick out a costume. A good way to start is to find an outfit hidden in the back of your wardrobe that you have never thrown away because it has meaningful memories for you, a picture in time of who you were in that moment. Move in character, speak in character, throw some shapes that express the essence of the character, find a pace or rhythm - get deeper into this part of you.

Check in with your senses. What can you see on the screen behind your forehead (chidakasha), what is the soundtrack, follow where it takes you, how do these ideas land in your body. This may be enough. You don't have to do this as a linear narrative, pick a moment and dwell in your quarters, cosy up with a bed time story to yourself.

Or continue to act, write, move, imagine to find a creative outlet.

From here, you can develop the narrative – where you would start, what and who you would include and how would you like the ending to be. Take time with the ending, try out all different endings and choose one that satisfies you in some way, it can be 'based on a true story' but with new embellishments, characters, scenes and especially a new and wildly imagined ending! How does 'happily ever after' translate for you, if at all?

Be as creative and wildly daring as you like. it's all inside, a vast well of characters, voices, spirits, memories – your body has been with you for the whole of your life, it is holding a lot! Allow yourself to dream free, turn thoughts into hopes and dreams, limitless possibilities and choices. Why not write a letter to the editor about how this unfolded for you?

**If you would like to dream wildly about your life stories and direction, contact Judy for a discovery call**  
**[judy@yogaunited.com](mailto:judy@yogaunited.com)**

**Who knows where it might lead.**



## WHAT IS THE PAWANMUKTASANA SERIES?



by **Darshna Parmar**

In Pantajali's Yoga sutras there is a principle called Sthira Sukham Asanam, which can be translated to steady (Sthira), comfortable (Sukha) and asana (Asanam), and the Pawanmuktasana fits beautifully with this concept.

The Pawanmuktasana series are part of the sukshma vyayama, which aims to loosen the body. The word Pawanmuktasana is a combination of two Sanskrit words; Pawan which means air (or wind) and Mukta which means to release. This is why the Pawanmuktasana is described as the wind releasing pose and you'll often hear reference to this in your classes. They warm your body and make you aware of how the body moves whilst it's said to release toxins.

There are several sequences which are intuitively divided into three distinct groups; anti Rheumatic group, digestive and abdominal, and Shakti Bandha and releasing energy blocks. Pawanmuktasana may seem basic, however it can also be viewed as the essential foundation and simple blocks of building the broader practice which can then be built upon. This series will not only help you to carry out your practice safely, but will also have a profound effect physically, mentally and emotionally. It will bring you into a state of awareness and prepares the joints, and calms you working with your neural pathway bringing peace within. Even if you don't finish with complicated asana you will get a lot just from these movements alone.

## What are the benefits?

The Pawanmuktasana are thought to improve health in the body and mind by removing blockages that may prevent energy from moving freely. The aim is to work on joints, abdominals, hips and back to open the body in a gentle way. As well as the broad benefits described already, you can also potentially experience these benefits:

- Anti rheumatic
- Core strength and stability
- Massage of intestines and internal organs
- Toning of arms and legs
- Promotes digestion
- Promotes blood flow to hips
- Peace and calmness

This sequence is a gentle series which is possible to be undertaken at any level and age. Please seek medical advice if you have any health conditions.

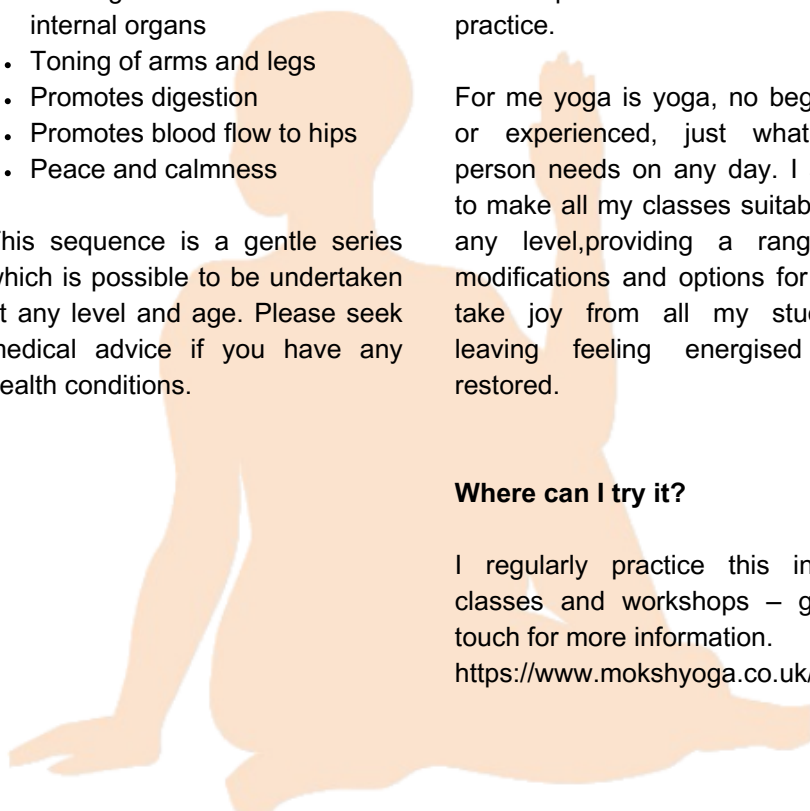
## What does Pawanmuktasana mean to me?

My ongoing commitment to a holistic and accessible approach to yoga means the Pawanmuktasana is staple series in my personal and taught practice. In modern life asana are sometimes misunderstood and the intention becomes to create extreme shapes with the body, and the essence of yoga may be lost. The mental state is equally important and the concept of being steady, stable and adaptable can lead to a fuller practice.

For me yoga is yoga, no beginner or experienced, just what the person needs on any day. I strive to make all my classes suitable for any level, providing a range of modifications and options for all. I take joy from all my students leaving feeling energised but restored.

## Where can I try it?

I regularly practice this in my classes and workshops – get in touch for more information.  
<https://www.mokshyoga.co.uk/>





## POWER AND AGENCY IN YOGA

**18 November 2023**

An online event with lecture, discussion and movement.

**Communities:** in the first part of this workshop Amelia will present a history of abuses of power in yoga, covering cases from the 20th and 21st century, and offer a definition of spiritual abuse. We will discuss our own networks of support, drawing from Theo Wildcroft's model of post-lineage yoga.

**Classes:** in the second part we will consider how we can respond, as yoga teachers, in class contexts. How can we understand our power and hold space, authentically? Amelia will talk about trends and models, such as accessible and trauma-aware yoga.

We discuss how we can integrate agency and consent into class contexts, how to apply these ideas in a practical way.

The workshop will include lectures, group discussions and some movement work.

### Venue:

ONLINE EVENT

### Time:

10:00 - 14:00

### Cost:

BWY Members £35

Non-members £40

### Tutor Bio:

Amelia has been teaching yoga and working in the industry since 2010. She is currently a lead tutor on the Yogacampus teacher training programme and also teaches a variety of short courses that bring together her academic and teaching experiences. Topics include power in yoga, trauma and yoga, teaching skills, the history of yoga and women in yoga.



## CONFIDENT VOCAL SKILLS FOR YOGA TEACHERS AND AN INTRODUCTION TO EMOTIONAL FREEDOM TECHNIQUE (TAPPING)

21 January 2024

### Venue:

ONLINE EVENT

### Time:

10:00 - 14:30

### Cost:

BWY Members £50

Non-members £60

### Tutor Bio:

Having worked as a professional opera singer for the past 23 years, Kim has a passion for linguistic interpretation and expression and see the voice as a reflection of our subconscious back to ourselves and those around us.

Kim Sheehan, is a BWY Yoga teacher, an EFT accredited and certified practitioner and an award-winning opera singer

### Voice Work

Do you feel that your voice lets you down when talking, teaching or chanting?

This taster class will teach you the fundamentals of vocal projection and confidence in speech and chant, in a fun and curious way, to give you the freedom to communicate both through speech and chant, with ease and fluency.

**Emotional Freedom Technique** is fast becoming the most popular modality in clearing the path to clarity and finding relief from anxiety, with an emphasis of safety at its core.

In this session you'll learn the tapping points and then take part in a deep, yet fun tapping session that will help you to acknowledge and release stuck emotions that may be holding you back in your self-practice or teaching.



## BONES FOR LIFE

**2 March 2024**

Bones for Life focuses on natural movement that can be enhanced in order to help develop the postural integrity, flexibility and stability that support strong bones. Its gentle exercises are designed to transform habitual patterns into ways of moving that can lead to what its originator, Ruthy Alon, calls a state of “biological optimism”.

Bones for Life is suitable for people of all ages and abilities.

Whilst this workshop is aimed primarily at teachers who wish to integrate exercises designed to combat osteoporosis into their weekly classes, it would benefit anyone with an interest or concern in this field, or anyone who simply wants to improve their posture and movement.

### Venue:

ONLINE EVENT

### Time:

10:00 - 14:30

### Cost:

BWY Members £50

Non-members £60

### Tutor Bio:

Marye Wyvill is a qualified teacher and trainer of several of Ruthy Alon’s Movement Intelligence programmes, which include Bones for Life and Walk for Life. She runs 2-year teacher-training courses in Bones for Life, the next of which will begin in early 2025.

For further information see [www.movementintelligence.co.uk](http://www.movementintelligence.co.uk)

Her background is in Yoga, having trained in the 1990s under Julie Friedeberger. She also spent four years as resident and teacher at Mandala Yoga Ashram in Wales.

## **EVENT BOOKINGS CAN BE MADE ON THE WEBSITE:**

**WWW.BWY.ORG.UK**

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

- Login on the homepage (this is to ensure you get to view the member's pricing)
- Click on the 'YOGA SEARCH' tab
- A table of events from all regions close to you will appear
- Browse events, click on each one for more details and to book

## **REFUNDS POLICY**

If a person is unable to attend a regional event, they should apply for a refund to the regional event organiser via email.

Refunds will be given as follows:

Cancellation up to 60 days prior to the event date - full refund.

Cancellation between 59 days and 15 days prior to the event - 50% of the fee.

Cancellation between 14 days and the day of the event - no refund will be given.

If a place can be filled from a waiting list, a refund less an administration fee of £10, may be offered.

Transfers to another event will only be allowed within the same region and for an event that is to be held within the following six months. Only one transfer is allowed per payment (i.e. if the replacement booking is not attended, no refund is payable and no further transfers may be made.) If the event is more expensive, the additional amount will be payable before the transfer is made. If the event is cheaper, no refund of the difference will be paid.





## FIRST AID DAYS

**11 February 2024**

**12 May 2024**

**22 September 2024**

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

The cost of the day includes certification - valid for 3 years.

Booklet and resources are provided on the day but please bring a notepad and pen for notes

Wear comfortable clothing. No yoga equipment or props are required.

Please bring your own lunch or there are also local cafes near the venue.

### Venue:

The Light Centre  
7-9 Eccleston Street  
London  
SW1W 9LX

### Time:

9:30 - 16:30

### Cost:

BWY Members £95  
Non-members £135



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

# FROM CERTIFICATE TO DIPLOMA

## ADVANCED YOGA TEACHER TRAINING

~

Are you a BWYQ Certificate (300hr) Yoga teacher?

Would you like to deepen your skills and knowledge as a teacher?

Have you thought about taking the advanced teacher training programme that progresses your qualification to a 500-hour BWYQ Diploma?

This Progression course might be for you. It starts in **January – December 2024** monthly in person meetings in Richmond SW London plus monthly mentoring support once a month online



## BWYQ Progression Course

### Why take the advanced training?

Deepen your knowledge of pranayama, meditation, yoga philosophy.

Enhance your understanding and application of subtle points of teaching asana.

Professional career progression with the opportunity to become a Foundation Course Tutor and/or Diploma course tutor to run your own BWY courses

~

**Contact Diploma Course Tutor – Laura Le Feuvre for more information and a prospectus:**

[shaktiyogatraining@gmail.com](mailto:shaktiyogatraining@gmail.com)

*Laura is an experienced Yoga teacher and Course tutor, teaching regular group classes, private classes, and trauma informed yoga /pregnancy yoga for charitable organisations. She is a BWY Diploma Course Tutor, training aspiring yoga teachers as well as offering the BWY Foundation Course to those who wish to study and practice yoga in more depth. Originally from a nursing background, Laura is drawn to the therapeutic and healing aspects of yoga, applying this knowledge and experience to her teaching and training courses. Laura is a curious student of yoga and is committed to learning and development, some of her previous trainings in yoga: Trauma informed yoga; pregnancy yoga; yoga for insomnia; the well woman yoga therapy module; the BWY Ayurveda module and has taken advanced trainings in meditation and yoga philosophies.*

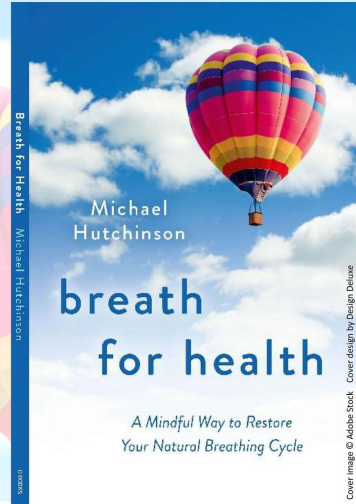
# BREATH FOR HEALTH

by Michael Hutchinson

a new book, based on the teachings of Sri T Krishnamacharya and TKV Desikachar and supported by modern physiology that will explain to beginner and teacher alike how it is we are meant to breathe and how, step-by-step, our natural, healthy breathing can be fully restored.

“This is the guide that every yoga practitioner, teacher and therapist needs to have. I will be using it for all of my yoga and yoga therapy trainings going forward.”

Dr Amy Wheeler, PhD, former president of the Board of the International Association of Yoga Therapists



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For a signed pre-release print copy visit <https://two-birds-yoga.sumupstore.com>

Or visit stall H15 at the Om Yoga Show 13-15 October <https://london.omyogashow.com>



heartfirstbreath



breath4health

## Power & Community in Yoga

A 4-week live online course | Lectures & group discussions

This course examines abuses of power in modern yoga and how yoga communities have responded to injustice. We will look at specific case studies and modes of community recovery.

**Book:** [ameliawood.com/power-and-community](http://ameliawood.com/power-and-community) | @amelia\_wood\_yoga

Contact: [ameliawoodyoga@gmail.com](mailto:ameliawoodyoga@gmail.com)

Early bird: £195 | Full price: £260 | Bursary places: £95



### Tutor: Amelia Wood

Amelia is a yoga teacher, writer, academic and is currently a PhD candidate at SOAS researching abuse in modern yoga. This course is based on original research.

Thursday 16th, 23rd, 30th  
November & 7th December 2023  
7-9pm (UK time)





**YOGA UNITED**  
made in the spirit of yoga

# South India Retreats Winter 2024



[WWW.YOGAUNITED.COM/HOLIDAYS](http://WWW.YOGAUNITED.COM/HOLIDAYS)

The banner features a sunset background with palm trees and a temple silhouette. The Yoga United logo is in the top right. The title 'South India Retreats Winter 2024' is centered in a white script font. A QR code is on the left, and the website URL is at the bottom.





# PRANAYAMA



# INTENSIVE RETREAT

with *PHILIP XERRI*

Holland House, Crophorne 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





yogamentor.yoga

## MENTORING PROGRAMMES with Swami Saradananda



Swami Saradananda offers ongoing mentoring and counsel to enhance your teaching and personal practice.

- 1:1 sessions
- Personalised study programmes designed
- Guided pranayama and meditations

Swami Saradananda's methodology is rooted in her many years of experience working with students and fellow yoga teachers, as well as formulating trainings and writing books.

When you book 3 or more sessions, you receive a complimentary 15-minute strategy-meeting to explore an approach tailored to your unique needs.

swami.saradananda@gmail.com  
<https://yogamentor.yoga/mentoring>  
Instagram: @yoga\_mentor

# Emergency First Aid at Work Courses for Yoga Teachers

MGM Training Limited is holding a regular schedule of Emergency First Aid at Work courses for Yoga Teachers and Student Yoga Teachers. Holding regular courses for numerous Studios, you can be sure these high-quality courses are aimed at Yoga Teachers by a Trainer who specialises in First Aid Course Provision. The schedule is:

Monday 16 October – Uxbridge (UB8 2RR)  
Thursday 19 October – Luton (LU3 2HX)  
Sunday 22 October – Crouch End (N8 9PR)  
Monday 23 October – Slough (SL3 7TP)  
Saturday 28 October – Luton (LU3 2HX)  
Thursday 02 November – Uxbridge (UB8 2RR)  
Sunday 12 November – Seaford (BN25 2AB)  
Monday 13 November – Slough (SL3 7TP)  
Tuesday 14 November – Uxbridge (UB8 2RR)  
Sunday 19 November – Crouch End (N8 9PR)  
Thursday 23 November – Uxbridge (UB8 2RR)  
Sunday 26 November – Uxbridge (UB8 2RR)  
Tuesday 05 December – Slough (SL3 7TP)  
Tuesday 12 December – Uxbridge (UB8 2RR)  
Wednesday 13 December – Slough (SL3 7TP)  
Thursday 14 December – Luton (LU3 2HX)  
Saturday 16 December – Uxbridge (UB8 2RR)  
Sunday 17 December – Crouch End (N8 9PR)  
Tuesday 19 December – Slough (SL3 7TP)  
Wednesday 20 December – Uxbridge (UB8 2RR)

Further courses dates in 2023/2024 are shown on our website

**To book your place please visit [www.mgmtraining.co.uk](http://www.mgmtraining.co.uk)**

(Please note off-line bookings incur an additional administration fee)

MGM Training Limited also offers 'in-house' courses for **Studios**, groups, IST, and **Teacher Training Classes**, where we will visit your venue and provide a course for up to and including twelve students anywhere within the UK and outside the UK. In-house courses are charged on an extremely competitive course price.



Please note these first aid courses comply with BWY requirements for Yoga Teachers but are not organised by the BWY and Regional Representatives cannot answer questions regarding the courses; please email MGM Training for any queries