



BWY

AT  
THE  
HEART  
OF YOGA  
IN WALES

**BEYOND THE MAT**

Winter 2023

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

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

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## WALES NEWS

Hello everyone,

sportwales  
chwaraeon cymru



I am stepping down as Editor for BWY Wales at the end of the year. I very much hope someone will come forward to take on the role as it would be a shame for this magazine to cease. It's very rewarding, but I feel the time is right for a fresh pair of hands to take on the role and make it their own.

The role involves editing and liaising with advertisers and the committee in order to weave together an interesting and diverse newsletter, 3 times a year, using a Word template. Additional tasks can range from sourcing pictures for articles and asking members for contributions such as book reviews, recipes, and poems.

My email is [wales.editor@bwyregions.org.uk](mailto:wales.editor@bwyregions.org.uk) if anyone would like to chat with me further about the role.

Thank you to everyone who has contributed to this magazine with their reports and articles, and to our advertisers for their support.

See you on the mat soon.

Clare, Dave, Eloise, Joanna, Kate, Lesley, Michelle, Sue, Suzanne & Tori

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WELCOME

## REGIONAL OFFICER REPORT

Joanna Bogacz



*When all thoughts  
Are exhausted,  
I slip into the woods  
And gather  
A pile of shepherd's purse.  
Like the little stream  
Making its way  
Through the mossy crevices  
I too, quietly  
Turn clear and transparent*

- Haiku by Ryokan

Autumnal unfolding and we begin to feel the murmur of rhythms winding down for this year. Transitions at this time of year can be tumultuous so I encourage you all to stay well-nourished and find what brings the spark of joy into your daily life. BWY in Wales has just under 250 members based in South, West & Mid Wales, as well as numerous other people who support the work that we are doing. We are part of a diverse collaboration of people practising and celebrating yoga together in one way or another - thank you for all of your support so far in 2023.

Calls to support the growth of our Yoga Sangha here in Wales has seen expressions of interest from teachers to start to develop BWY CPD days. Carol Young's pilot CPD day around stress, resilience and the vagus nerve was a success, and we have Reva's pilot day, to help us discover our Goddess Within, to look forward to next year. The 2024 events programme is set to be wide ranging with something to peak everyone's interest. In amongst the programme, we happily welcome familiar faces, including Krishnapremananda from Mandala Yoga Ashram who will be returning to Cardiff to share practice with us. Please have a look at the BWY website and don't forget to book your spaces [bwy.org.uk/wales/](http://bwy.org.uk/wales/).

As the Wheel turns it is with great appreciation and gratitude that it is time to say thank you and farewell to both Joe Roberts & Allie John. Both have been involved with the committee for a number of years and will be missed. We are so pleased to welcome our new committee members:

- Lesley Denver - South West Wales Area Representative
- Michelle Davies - South West Wales Deputy Area Representative

Sue Evans, the BWY Wales Editor has decided to step down at the end of the year. Sue has been producing the regional newsletter since 2016 and although she has loved the experience, she feels it's time for some fresh eyes to have a go. Feel free to have a chat with Sue, myself, or any of the committee members about the role. Sue has said that she will be happy to offer support to the new editor for a period, if required.

For those interested in joining our BWY Wales committee and who have enthusiasm for volunteering, please get in touch. The benefits of volunteering are numerous and include developing team-working and organisational skills, as well as a chance to practice yoga in action. Current volunteer opportunities include:

- Editor
- Social Media Officer,
- Web Administrator,
- Deputy Area Representative in Cardiff & the Vale, and
- Area Representative Mid Wales

The concept of seva (selfless service) runs throughout our volunteer work as a committee, which may be described as Karma Yoga (skill in action or becoming a channel through which we act). Karma Yoga suggests that through our actions there is potential to expand our awareness when acting to the best of our abilities without being attached to the results. Combining action with how we perceive our inner and outer worlds, Karma Yoga can help us act more wisely and insightfully in life, perhaps even developing experiential understanding of ourselves in a less selfish or individualised way. By shifting our actions away from an egoic place we may begin to feel more freedom in our lives as every action starts to present an opportunity to get in touch with Life/Reality/Conscious Presence rather than the mundane.

Karma Yoga presents a path that may help steer us to have a healthier approach towards life, this path is discussed in the Bhagavad Gita along with two other interweaving paths of yoga (Ghyana & Bhakti). Helping us witness our limiting and perhaps



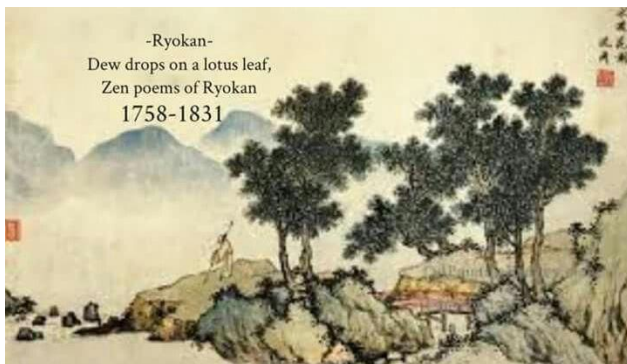
hidden patterns, Karma Yoga may serve as a process to support us as we work through our blockages and conflicts, fostering the conditions to make us more receptive to change and transformation. Clutter is created in our minds when we become caught up in expectations and when this happens Karma Yoga may help us create balance and be a little lighter in our outlook. Chapter 3, Verse 19-20 highlights the richness of undertaking action for the benefit and welfare of others, for the wealth of the whole rather than just ourselves. From Karma Yoga a sense of heart felt connection with others and all of humanity may grow and deepen our practice so that we feel more embedded into the deeper wholeness.

Whatever we decide to do in life, in our duties, work and service, it all provides us with fertile soil to encourage growth. Whether in our usual everyday rhythms or when volunteering, by orientating our work in life through the lens of Karma Yoga we may start to witness ourselves becoming a more purposeful instrument of action, more easily recognising how we play our part within the greater holistic picture. We can make an offering from our hearts of our practice and our teaching, and through this realise that Life flows through us.

Looking forward to seeing you soon, with my best wishes as always,

Jo Bogacz

(Welsh Regional Officer on behalf of the Welsh Committee)



## SOUTH CENTRAL WALES REPORT

**Dave Fowler**  
Area Representative



Embrace the Change of Seasons  
with Exciting New Adventures 🍁

As we transition into the vibrant embrace of autumn, our yoga community is buzzing with energy and anticipation for all the amazing things coming, we have been busy planning events so get ready to roll out your mat. We have taken on board your wish lists of teachers and your suggestions for events.

### 🌟 Ignite Your Practice with Exciting New Events

We're thrilled to announce an array of exhilarating classes that will challenge and inspire practitioners of all levels. From invigorating Pranayama to in-depth Ayurveda life balance, our schedule is all about variety. Whether you're a seasoned yogi or a newbie eager to start your journey, there's something for everyone. Stay tuned for the full lineup and get ready to explore uncharted territories on your mat!

### 👁️ Keep an Eye on Our Website for Sneak Peeks and Updates

Make sure to bookmark our website and follow us on social media for tantalising sneak peeks, class reveals, and special announcements. The anticipation is building, and you won't want to miss out.

### 🌟 Elevate Your Practice with Premium grade Instructors

We also have secured an ensemble of exceptional teachers who are poised to join our community. These seasoned yogis bring a wealth of expertise and unique styles that will take your practice to new heights. Get ready to flow, fly, and find balance under the

guidance of these talented individuals.



Teachers' Meetings: Where Magic is brewed, and cakes are eaten

Behind the scenes, our dedicated team of volunteers are working tirelessly to curate an unforgettable experience. Teachers' meetings are in full swing, where ideas are exchanged, creative flows are designed, and the foundation is laid for future events, anything goes and questions are answered, you don't have to be a teacher to attend either, come along and get involved with the community, all are welcome, we will have tea and cakes.

So, get ready to embrace the autumnal season with open arms and an open heart. We're thrilled to embark on this journey of growth, discovery, and connection with you. Stay tuned, stay inspired, and get ready to step onto your mat and into a world of endless possibilities. Your next yoga adventure starts here!

Namaste my friends

Dave





## SOUTH EAST WALES REPORT

**Kate Holly**  
Area Representative



Dear Yogis

I hope this edition of Beyond the Mat finds you well and settled in to your full autumnal flow.

As we head towards winter, we can heed nature's advice to slow down, replenish and prepare and, as always, our yoga practice can support us in this, keeping us connected to our body, mind, breath, and their particular needs at this time.

It has been fantastic this year to have many more in person and online events taking place across the Wales regions and we have lots more to look forward to!

I have thoroughly enjoyed diving deep with the Wales committee as together we have been paying close attention to your feedback and aim to host exciting events for all members as well as CPD days that incorporate as many of the themes you have been asking for as possible.

We have also been working together to try and ensure that they don't clash with other things going on so that you have as much choice and variety as we can possibly offer. It has been a yogi delight to delve in to the amazing different offerings available and I am delighted to have 2 brilliant open events and 2 fantastic CPD days coming up in the South East. Please book early to avoid disappointment!

## UPCOMING EVENTS - SOUTH EAST WALES

Saturday 18th November 2023, Abergavenny  
 Touching Life Partner Yoga & Ayurvedic Workshop  
 with Natasha Harvey

Next month we have a wonderful open event for all members and non-members with Natasha Harvey who is heading to Abergavenny to deliver her Partner Yoga Workshop. I had the pleasure of first meeting Natasha many moons ago at the BWY Wales Margam Park event where I had my first initiation into Partner Yoga. I was paired with a 6' Welsh farmer whom I had never met before and we both laughed imagining how it might go...in a nutshell, it was amazing! I was hooked and still bring elements of that session into my classes occasionally now.

I for one am super excited to revisit partner yoga in this Yoga & Ayurvedic workshop which will explore the innate healing power of positive touch. Just to clarify, you don't need to come with a partner (although you could)! Pairings can be made on the day, and it is sure to be a lovely exploration of Ayurvedic techniques for self-massage and an introduction into how to optimise your personal wellbeing with Marma point massage for self-care. We will also explore creative partner yoga exercises and experience how being guided and supported in pairs and group practices can develop new insights into the benefits of Yoga



Natasha Harvey founder of Gaia Wellbeing, has been in clinical practice for over 30 years as a Massage Practitioner, specialising in Ayurveda and Chavutti Thirumal. Having practised yoga from a young age, training as a BWY teacher was a natural progression and Natasha has been teaching in Cardiff and hosting retreats in Wales for over 20 years.

With a changing world of Covid and lockdowns, Gaia practitioners and teachers were unable to continue to practise in person and Zoom soon became the new norm. Embracing this medium of being able to stay connected to students, Natasha was able to continue teaching Childrens Yoga by working with the Local Education Authority and local councils to support the Flying Start Project, NHS Wellbeing and Early Learning Practitioners in nursery and childcare settings in South Wales throughout lockdown.

Saturday 27th January 2024, Abergavenny  
 'New Light on Yoga' with Daniel Simpson

It's often said that yoga is timeless, but methods and objectives have changed a great deal since the earliest descriptions. So, what if yoga didn't always mean union, wasn't really a practice, and sequences of postures were recent inventions? This talk draws on the latest research to explore some common misconceptions about yoga history and philosophy. There will be plenty of time to ask questions about any topic.



Daniel Simpson is the author of *The Truth of Yoga*, an accessible guide to yoga history and philosophy. His approach combines scholarly knowledge with humour and insight. He holds a master's degree in yoga studies (from SOAS at the University of London) and teaches courses at the Oxford Centre for Hindu Studies, on yoga teacher trainings and via

his website: <http://truthofyoga.com>

You will also have the opportunity to purchase a signed copy of Daniel's book on the day.

Saturday 16th March 2024, Abergavenny  
 'Developing Strength with Single Leg Poses' (CPD)  
 with Zoe Knott



We are delighted to be welcoming Zoe Knott to the South East Wales region to deliver her brand new CPD workshop - *Developing Strength with Single Leg Poses*. Please note you do not have to be a teacher to attend, if this topic is of interest to you, feel free to join us!

Zoe is a passionate and engaging teacher. She is a Diploma Course Tutor for the British Wheel of Yoga and served on the Training Committee for many years as DCT Training Officer. With over 40 years of yoga practice with many different teachers from a variety of traditions, her fundamental approach is to build strength as the cornerstone of practice and, from there, all poses

become possible.

Asana are broken down and analysed. Zoe looks at the muscles that need to be strong or flexible and works in detail gradually building up the components of a pose.

Saturday 23rd November 2024, Abergavenny  
CPD Meditation Day - An exploration of practice & teaching  
with Lynne Jones

Local gem Lynne Jones will be delivering this much demanded CPD day. This is a practical day of guided meditation practice, both sitting and walking (sometimes standing), building in stages.

The breath is the primary object of meditation, but we will also work with sensations in the body, feelings, and thoughts. We will also practice 'svadhyaya' or self-enquiry. Svadhyaya is one of the five niyama – the second limb of the eight prescribed by Patanjali. It is a component of kriya yoga which is defined as: 'The yoga of action is a way of discipline involving self-reflection based on the sacred texts and surrendering the fruits of action to a higher force' by Bernard Bouanchaud. There will be small group work to refine our self-enquiry and reflection, and whole group discussion on the application of meditation, and how we can introduce it into our teaching. Many people find that the day inspires them to start a daily meditation practice, which is vital support for those of us who wish to share it with our students.

By the time you read this, all the above should be bookable on the BWY website so get clicking! Wishing you a cosy and joyous winter season and hope to see you at one of the events above. I am always available on email or phone if you would like to discuss anything yoga! **Feel free to get in touch at** [wales.serep@bwyregions.org.uk](mailto:wales.serep@bwyregions.org.uk) or call/WhatsApp on 07866 455060.

 maste,

Kate x

## INTRODUCTION TO NEW COMMITTEE MEMBERS

### SOUTH WEST WALES AREA REPRESENTATIVE

#### Lesley Dever



Dear Yogis,

My name is Lesley Dever and I live in Newcastle Emlyn, well in the heart of West Wales!

I have been practising yoga since the 1970s which is a bit of a giveaway as to my age!!! And yes, I'm still standing and teaching, in fact I've been teaching since 1986. I first learnt in the early 1970s with a brilliant Iyengar teacher who was a direct pupil of Mr Iyengar himself, but over the years I have worked in different traditions including what was Viniyoga, and of course I did my teacher training with the British Wheel of Yoga.

I have been lucky enough to work with some wonderful teachers, Donna Farhi, Peter Blackaby, John Stirk, Philip Jones, Yogi Hari, Ranju Roy, Allan Oakman, Kay Baxter, and many others, all of whom have enriched my practice and knowledge of different aspects of yoga.

As the years have progressed my practice and teaching has changed from a fairly dynamic physical practice to a much gentler paced, more philosophy driven style. That was partly because I developed severe arthritis in both hips, which have now (in 2021 and 2022) been replaced. I feel like the Bionic Woman! I now teach both a floor based gentle yoga class as well as Chair yoga.

I have put myself forward as SW rep because firstly, like Michelle (the Deputy Area Representative for SW Wales introduced below), I would like to see a much higher profile of events for those in the South West of Wales, offering more events, teachers' meetings and generally trying to develop more of a sense of a real yoga community in our area. I also like to think I have much to offer in terms of advice regarding dealing with arthritis and yoga after hip

replacements! I am very happy to be contacted personally by anyone wanting advice either for themselves or their students. I look forward to getting to know and meet you hopefully in the near future.

Namaste

Lesley

**SOUTH WEST WALES  
DEPUTY AREA REPRESENTATIVE**

**Michelle Davies**



Hi everyone.

My name is Michelle and I'm currently a student yoga teacher, just over halfway through the BWY diploma course.

I only started practicing yoga in 2016, but from the first time I came to my mat I felt I needed to lean more. I completed the foundation courses with Diana O'Reilly in 2020 and 2021, which inspired me to carry on and study to become a yoga teacher. As you can imagine it's been a bit of a whirlwind and I often sit and wonder how on earth I got to this point. Haha.

Now I find myself as Deputy Area Representative for South West Wales, no one is more surprised than me!

But seriously, the reason I decided to apply for the position is because I would like to see the BWY become more visible in SW Wales. Along with Lesley, I'm hoping to be able to set up events, teachers meetings, groups etc, making them more accessible to members and teachers in this area.

If you have any ideas, requests etc please contact Lesley or me and we'll see what we can do.

I look forward to meeting some of you soon.

Michelle



### Committee News

Welcome to 2 new volunteers on the BWY Wales Committee:  
**Lesley Dever** who is your new South West Wales Rep. and **Michelle Davies** your new Deputy South West Wales rep.  
We look forward to all they offer.

By the time you receive this newsletter the new website will be live, designed to provide you with easier access to resources, events, training, and the heart of the BWY community. It has been a labour of love so that the BWY can provide you with a better user experience, tailored to meet the needs of both members and teaching members.

### Members Discounts

A number of discounts have been arranged by the BWY and are available to members. To see the discounts available and how to use them, login to the website and go to –

<https://www.bwy.org.uk/members/resources/36/>

There are a wide variety of discounts on yoga equipment and clothing, courses, aromatherapy oils, and gongs to name just a few!

Would you like to advertise your classes, courses, workshops & retreats in this magazine? Why not check our advertising rates on p. 25. We offer competitive prices, and the newsletter reaches the whole of the BWY community in Wales.

## RELAXING VISUALISATION: THE HEALING ROOM

This lovely yoga nidra visualisation is used by  
Sue Baynham-Evans  
BWY Teacher and YFHLB Teacher

After bringing the body and mind into a point of stillness begin the journey to the healing room.

Imagine you are approaching a wooden bedroom door; it is open, and you have permission to go inside.

As you open the door you are aware of the sweet fragrance of incense. It is evening and the room is lit by many candles. In the centre of the room is a sumptuous soft bed covered with a deep navy blue velvet quilt.

The carpet you are walking on is soft blue, and your bare feet sink into the deep pile.

On the bed are three velvet cushions, one emerald green, one pale blue and one deep purple.

You walk towards the bed; it is so inviting, soft and comfortable. It beckons you to lie down, and it is safe to do so. Choose a cushion for your head, the deep emerald green perhaps? The deep purple? Or maybe the soft blue? Allow your head to relax into the soft velvet.

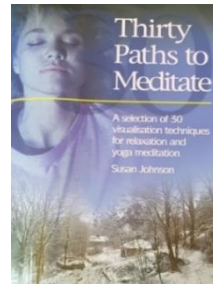
Now feel your body relaxing into the soft comfortable bed. Your body is ready for relaxation, feel yourself letting go. This is the time to allow all the stress and strain to drain away, to melt away. Feel it sliding away as you begin to breathe in relaxation. Wave after wave of peacefulness is now flowing over your entire body as you melt into the blue velvet quilt.



Now look up to the ceiling and see in the soft candlelight, painted moons and stars, they glow and shine down onto your body, full moons, crescent moons, clusters of stars. You are at peace and completely at ease. You feel yourself drifting and melting into a deep tranquil state, nothing can disturb your peace.

Your breathing is deep and relaxed. Feel the soft blue velvet quilt holding you and enfolding you in healing blue. Feel the light from the golden moon and suns shining down onto you, and do not let the outside world disturb you as you receive this healing.

Taken from *'Thirty Paths to Meditate'*  
*A selection of visualisation techniques  
 for relaxation & yoga meditation*  
 By Susan Johnson



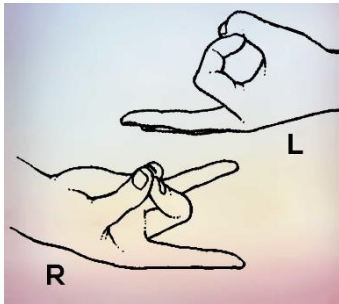
## Mudra Therapy

Pictures and extracts taken from “Yoga in your Hands” by *Gertrude Hirschi*

**Mudra therapy** is a non-medical mode of treatment that helps without causing harm. Mudras are various postures of fingers and thumbs. In Mudra therapy, various diseases are treated and treated by holding fingers and thumbs in different ways. It is the simplest remedy that surprisingly restores the state of balance in the body and increases the level of resistance of the performers.

### Back Mudra or Anundandi Mudra.

Anudandi means “spine” in Sanskrit and its core quality is to prevent and give back pain relief. When holding this gesture, take your breath and awareness to the entire back. This creates a calm, rhythmic, wavelike motion along the spine, flowing up and down, energetically, to encourage tension to release in the muscles. You will feel a great sense of comfort.



On your left hand, place your thumb joint on the nail of the index finger.

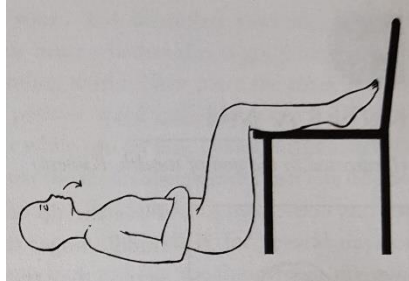
On your right hand, the thumb, middle finger, and little finger are touching; the index finger and ring finger are extended.

The mudra can be done at any time throughout the day alone or incorporated into a practice focused on posture or breath. Do 4 times a day for 4 minutes or, for more acute complaints, until it has an effect.

This mudra is primarily effective when someone with a weak back has engaged in an activity e.g. garden work or cleaning, that has strained the back too much and caused painful tension in the back muscles. This can also apply when someone has sat for too long in one position e.g. at a computer screen.

Backache can have a great variety of causes. Continuous mental strain, fears, meals that are too heavy, too little sleep, and/or too little exercise are other causes of pain.

This mudra can be even more effective in a position that relieves the back. A little bit of tension in the neck has an effect down to the small of the back, so keep your chin pulled in a bit so that the neck is stretched.



After just 20 minutes in this position, the intervertebral discs are optimally nourished, and the metabolism operates in full swing again. Perhaps you can even do this exercise during your lunch break at work. Then you can get through the entire day without pain.

What you think while you do this is also very important, so the affirmation below is particularly significant in this position.

#### **Affirmation**

*My backbone is strong, my back is wide, and I am protected and supported both inside and outside*

In your mind you are at a place that does you good – where you feel well. You are alone, or with people who give you strength and make you happy. Or you can simply observe your breathing and pay attention so that your thoughts don't drift away.

Information supplied by Sue Baynham-Evans  
BWY Teacher and YFHLB Teacher

**Marinated Kale Salad** from 'Deliciously Ella Cookbook'  
by Ella Woodward



I know raw kale doesn't sound that appetising, but this is a recipe that you have to try because it's delicious. The dressing does amazing things to the kale leaves and the tahini and lime flavours are just wonderful. Add to that the superfood pomegranate and you've got the best dish.

In Ella's book she says, you can bulk the salad up by adding some roasted veggies like sweet potatoes, aubergines or carrots or you can add avocado for some creaminess. You can also throw in some pumpkin or sunflower seeds for a protein-rich crunch as shown in the picture. But honestly, it's just perfect on its own and every time I've made it everyone has loved it and are always asking me for the recipe, so try it out.



*Suzanne Williams*

**Ingredients – Serves 4**

- Big bag of kale (500g)
- 2 limes (I only use 1 as I think 2 is too sharp)
- 4 tablespoons tahini
- 3 tablespoons tamari
- 2 tablespoons olive oil
- ½ mug pomegranate seeds (120g)
- sea salt and black pepper

**Method**

Tear the kale leaves off their stems into a salad bowl.

Juice the limes, then add the juice to the bowl along with the tahini, tamari and olive oil. Toss the kale in the dressing, you will feel and see how the kale wilts and softens.

Add the pomegranate seeds. Season with salt and pepper.



## Contribution from the Archives: Spring 1996

This item, from the Spring 1996 edition of Yoga in Wales (as the magazine was then called), was contributed by a French lady, who lived in Cardiff during the late 1980's, early 1990's. Monique Hanley was a BWY Member, taught by Philip Jones, Merle from Penarth and Viv who had a house called Serendipity! Monique still had the Yoga in Wales magazine in her home.

Monique, now living in France, is a close friend of the former Yoga Wales editor, Wendy Cahill, so thank you both for this 'blast from the past'.

YOGA IN WALES - SPRING 1996 - No. 71

### WORDS OF WISDOM

**Meditation on Inner Peace** by Henry W Longfellow

Within that silent centre of myself,  
Where I alone may enter and be known,  
There lies a secret place  
Where I may turn to rest  
And look within, with quietness  
Upon my inner face;  
And if I find there  
Harmony and peace,  
Reflections through the windows of my eyes  
Will shine with constant grace  
Upon my inner face.  
Let us strive then  
For that inner stillness  
And that inner healing  
That perfect stillness  
When mind and heart  
Are still, and we no longer entertain  
Our own imperfect thoughts  
And vain opinions,  
But God alone speaks in us  
And we wait in humbleness of heart,  
To do His will  
And do that only.

A human being is a part of the whole, called by us 'universe',  
a part limited in time and space.

He experiences himself, his thoughts and feelings, as something  
separated from the rest, a kind of optical delusion of his consciousness.  
This delusion is a kind of prison for us, restricting us to personal  
desires, and to affection for a few persons nearest to us.  
Our task is to free ourselves from this prison by widening the circle  
of compassion to embrace all living creatures, and the whole of  
nature in it's beauty.

*Albert Einstein.*

**Relight your Fire** (extracts taken from Pam Snowball contribution to 'Wheel North' winter 2021)

During these dark Winter days we can sometimes lose sight of our ability to shine. Now maybe more than ever, it is so important that we reconnect with our Inner Light.



Just like the festival of Diwali reminds us to shine through darkness, Manipura Chakra, the fire centre, can also do the same. The dark mornings, shorter darker days and longer winter evenings can have a huge impact on our mental wellbeing and our outlook in general.

The Sun, sometimes without us even knowing, brings us a feeling of upliftment and stimulates us in ways that makes us feel lighter and positive. During the winter months, when sunlight is in short supply, we can maybe feel less positive, and sometimes a little gloomy, which is understandable.

So what exactly can yoga ignite:

- ❖ Yoga Twists are really good for connecting to our inner light and stoking the fire centre at Manipura Chakra.
- ❖ Surya Namaskar; proven to create warmth and a glow from within, as we work through the whole body.
- ❖ Pranayama techniques that draw your attention to your solar plexus and diaphragm, as in abdominal breathing, encourage the use of the whole lung capacity. This is a sure way of creating heat and energy, alongside respiratory resilience.
- ❖ Padma Mudra – the Lotus Mudra; ten petalled lotus flower, so apt for our ten fingers, helps us draw upon our warmth, as a reflex point at the base of the palms, relating to the solar plexus area.
- ❖ Visualisation is a powerful tool to take us to where our light can shine or to where we can consciously release from darkness.
- ❖ Yellow is a good colour to visualise and meditate with as it holds so much upbeat energy that we can draw upon.

So let your light shine bright this Winter, lovely yogis.

## PUBLISHING POLICY

Advertisements are accepted at the discretion of the committee and included as space allows.

Please send adverts, course listings and articles to the editor at [wales.editor@bwyregions.org.uk](mailto:wales.editor@bwyregions.org.uk). Word documents are preferred, but jpeg's also accepted. If you wish to take advantage of members' rates, please provide your BWY membership number. Foundation, teaching, and module courses are free for the events listings section but are payable if advertised.

Advertising Rate (inc VAT)	BWY / Accredited Price	Full Price	Format
Half Page	£15.00	£30.00	10.8 x 9.03cm
Full Page (A5)	£25.00	£35.00	10.8 x 18.46cm
Back Page	£40.00	£75.00	10.8 x 18.46cm

### Advertising & Publishing Deadlines:

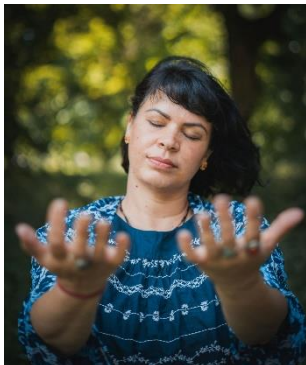
Issue	Copy Deadline	Copy to Head Office	Delivery Date
Spring 2024	4 December	12 January	5 February
Summer	12 April	17 May	10 June
Autumn/Winter	16 August	20 September	14 October

**Please note** goods or services are not necessarily BWY accredited. Advertisements are accepted at the discretion of the committee, and are included on a first come, first served basis space allowing., Teacher training courses are accepted on the basis they are BWY accredited

DATE	EVENT	LOCATION	TYPE	CONTACT
21 October	Asana & Connective Tissue Tutor: <i>Gary Carter</i>	Llanishen Baptist Church Fidlas Road Cardiff CF14 5LZ	CPD 10:00 – 16:00	Dave Fowler
<a href="https://www.bwy.org.uk/wales/event/2626/">https://www.bwy.org.uk/wales/event/2626/</a>				
18 November	Touching Life – Partner Yoga Workshop Tutor: <i>Natasha Harvey</i>	Llanfoist Village Hall Church Lane Llanfoist Abergavenny NP7 9LP	Workshop 10:00 – 13:00	Kate Holly
<a href="https://www.bwy.org.uk/wales/event/2676/">https://www.bwy.org.uk/wales/event/2676/</a>				
27 January 2024	A New Light on Yoga Tutor: <i>Daniel Simpson</i>	Llanfoist Village Hall Church Lane Llanfoist Abergavenny NP7 9LP	Workshop 13:00 – 16:00	Kate Holly
<a href="https://www.bwy.org.uk/wales/event/2723/">https://www.bwy.org.uk/wales/event/2723/</a>				
3 March	An Introduction to the Practices & Principles of Therapeutic Yoga for Women Facilitated by: <i>Sophie Ansari</i>	Cardiff Yoga Studio 12 Bedford Street (off St. Peter's Street) Cardiff CF24 3BA	Workshop 10:00 – 16:30	Sophie Ansari (see p. 23-24)
<a href="https://www.bwy.org.uk/national/event/2570/">https://www.bwy.org.uk/national/event/2570/</a>				
16 March	Developing Strength in Single Leg Poses Tutor: <i>Zoe Knott</i>	To be advised	CPD	Kate Holly



## An Introduction to the Practices & Principles of Therapeutic Yoga for Women



Facilitated by: Sophie Ansara  
3 March 2024, Cardiff Yoga Studio

“I am your home, your first house. It is my wish that you remember. You can return to me always for rest, comfort, peace and protection, I am the invitation of the great earthly dance of ecstatic love. I am power beyond measure of source, not force”

*Padma & Anaiya aon Prakasha.*

The cosmic womb is our source of love. A power that remedies our physical, emotional, and mental suffering in yoga therapy. In my private practice, I work with the most neglected and painful aspects of feminine experience. The heart break, despair and shame that is felt after baby/pregnancy loss, post- partum depression, sexual harm or reproductive illness. Women feeling lost, empty and exhausted will seek out yoga therapy as part of their healing journey. With time, they begin to feel soothed and settled. Group containers such as a grief ritual, women’s circle or weekly class will offer profound support and solace. During their yoga therapeutic process, these brave women learn not to give up on themselves and that Gaia holds us in a deep embrace.

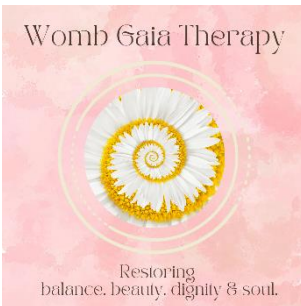
Womb Gaia yoga therapy is the culmination of my 25 years of experience and research. It revives feminine devotional alchemical wisdom to support women’s emotional and physiological wellbeing. It situates Indo Sufi- Vaisnava & Sakhi tantric philosophy within a yoga therapy framework. It incorporates Ayurvedic Marma wisdom, indigenous midwifery bodywork and somatic trauma practice.

This unique presentation redresses the prominence of patriarchal and hierarchal yoga teachings that saturate yoga curriculums and courses. Womb Gaia yoga therapy focuses on cultivating premarasa (love’s essence) within the body through flow, stability, tenderness, and courage. Based on the principle that beauty and love transforms suffering and worldly ruptures. In case you did not know, Love (Ishq) and light (Noor) are Sufi concepts that influenced

the bhakti movement, which made yogic spirituality more accessible, especially to women and caste excluded people.

Yoga philosophy can be intense and complicated, requiring years of study. Scholars who demonstrate how to apply teachings to reality are typically men with privilege. However, intermediaries can disconnect people from their agency; the path that reveals itself when steps are taken forward. The female body experiences so much socio-cultural shame and control, so this autonomy needs to be safeguarded.

The 8 limbs of yoga indicate that Samadhi is both the goal and the way. However in alchemical feminine philosophy, oneness leads to resurgence, grace and many more opportunities on earth. It gives us the promise of a fresh start. This philosophy is incredibly consoling to women seeking to re build their lives and identity after trauma. We are not meant to stay broken. The wound is where the light enters us. It shows us where healing is needed and where love can flow from source



Womb Gaia therapy focuses on integrating the body into a unified wholeness, softening, and opening her so that light and beauty can illuminate cellular and heart consciousness. These practices calm the nervous system and settle the heart centre, they help release stagnant energy and negative embodied stories. They specifically support a woman to embody her pelvis with honour

and joy, appreciating her yoni. After each Womb Gaia yoga session, women report feeling better connected and more hopeful. It is both humbling and joyful to experience this healing. It is the witness of Gaia working her subtle magic, transforming female suffering into beauty in an ongoing alchemy of tenderness and love.

Sophia Ayesha Ansari, MA, UKCP accredited. MCthA  
Yoga therapist, somatic bodyworker & psychotherapeutic  
counsellor. Trauma informed. Body Kind.




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

[www.wombgaiatherapy.com](http://www.wombgaiatherapy.com)



## MEMBER SESSIONS 2023/2024

<https://www.bwy.org.uk/members/resources/37/>

<b>Saturday 18 November</b> 10:00 - 12:00		<b>Bill Wood</b> Moving From Within Booking opens: 6 October
<b>Members Sessions - Upcoming in 2024</b>		
<b>Wednesday 17 January</b> 19:00 - 20:30		<b>Andrew McGonigle (Dr Yogi)</b> Refining the Language of Teaching Yoga Booking opens: 29 November
<b>Wednesday 13 March</b> 19:30 - 21:00		<b>Theo Wildcroft</b> Post-lineage yoga: from ancient wisdom traditions to modern teaching practices Booking opens: 31 January

All these events are online and free to BWY members with a wide range of subjects, taught by leading experts in their field. CPD points are accrued one per hour.

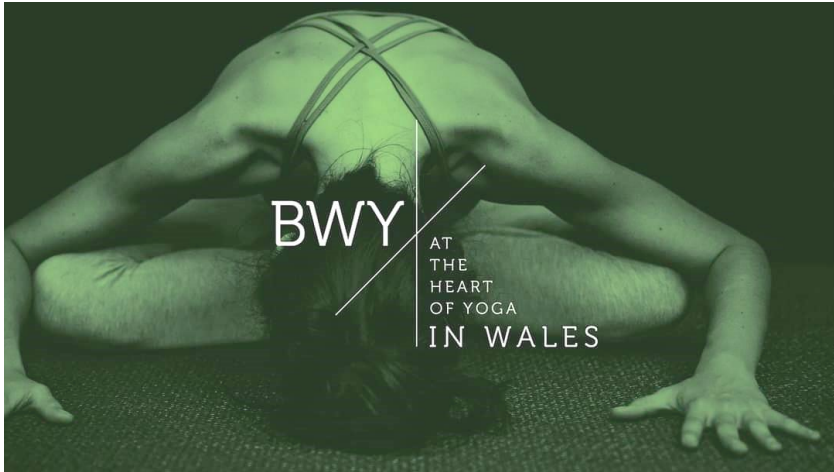
Booking for Members Sessions opens approximately six weeks prior to each event. You will need to register for a free ticket to attend live online using the links below.

### Not a BWY Member?

If you know of anyone who is not currently a member of the BWY, they are very welcome to attend at a cost of £20 per session to cover administration costs.

**Recordings** - BWY are working with the insurers to make as many of the recordings as possible available to all members. Visit the link above to click through to a recording, logging in first. Everyone who registered for the live session will receive the recording by email.

**Coming Soon** - Keep an eye on our social media pages for more details about the individual sessions @britishwheelofyoga. Spaces are limited, so make a note in your diary, not just for the event, but for the booking deadline.



### Final Note:

We are grateful for your continued support and hope to meet you on some of the great Yoga days organised. Please contact your area representative (contacts p.2) if you would like to get involved more/or if you would like any particular events in your area. We would really like to provide yoga days that appeal to you and would love for you to encourage your family, friends, and students (if you are a teacher) to book and come along with you to any yoga days you attend.

BWY Wales volunteers remain committed to bringing Yoga to you.

### Social Media:

To keep up to date and if you would like your courses or classes featured; we are on Facebook and Instagram. Follow us on Facebook: BWY in Wales. Instagram: bwyinwales

*May the long-time sun  
shine upon you  
All love surround you  
And the pure light within you  
Guide your way home  
Om shanti*



# 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*

# RETREAT

For yoga teachers, student teachers and  
experienced practitioners

Contact: [lynne@artfullyoga.co.uk](mailto:lynne@artfullyoga.co.uk)

07884 431894



Be empty of worrying  
Think of who created thought  
Why do you stay in prison  
when the door is so wide open  
Move outside the tangle of fear  
thinking  
Live in silence  
Flow down and down  
into always widening  
rings of being - RUMI

**Where:** Poulstone Court, King's  
Cadle, Hereford HR1 4UA

**When:** June 28<sup>th</sup> – 30<sup>th</sup> 2024

**Tutor:** Sarah Lynne Jones  
BWY Diploma Course tutor

**Cost:** £366

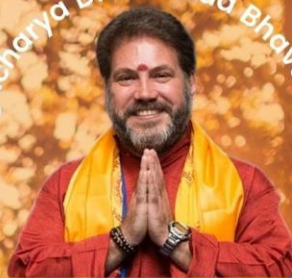


[www.yogasatsanga.org](http://www.yogasatsanga.org)

Yogacharini Deepika Giri



Yogacharya Dr. Ananda Bhavanani



## PRANAYAMA 500 HOURS TEACHER TRAINING

March 2024 – February 2026

Blended learning on line and residential

Learn about the 120 Pranayamas of the Gitananda Tradition including the cleansing, sound, shakti, healing, cooling, heating, corrective, rejuvenative and purifying breaths



# SAVE THE DATE



BWY

Festival in Wales

9 - 11 August 2024

University of Lampeter

Further details to follow