

# Patanjali's Sutras

BWY

AT  
THE  
HEART  
OF YOGA

IN THE NORTH

## BEYOND THE MAT

Spring Newsletter 2024

<http://www.bwy.org.uk/north/>

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

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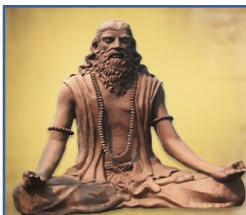
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## ADVERTISING & PUBLISHING DEADLINES

Copy Deadline	Copy to Office	Copy to Printer	Delivery Date
25 <sup>th</sup> Apr 2024	27 <sup>th</sup> May 2024	10 <sup>th</sup> Jun 2024	20 <sup>th</sup> Jun 2024
23 <sup>rd</sup> Aug 2024	23 <sup>rd</sup> Sep 2024	30 <sup>th</sup> Sep 2024	14 <sup>th</sup> Oct 2024
10 <sup>th</sup> Dec 2024	13 <sup>th</sup> Jan 2025	20 <sup>th</sup> Jan 2025	3 <sup>rd</sup> Feb 2025



*The subject now being offered is yoga.*

*— Yoga Sutras 1:1*

## EDITORIAL

### THE 5 VRITTIS



Our theme this time is 'Patanjali's Sutras' those aphorisms and sayings packed with meaning that can bring so much understanding to our yoga practice and teaching.

Sadly, the philosophy of yoga is often the aspect that gets left out of class teaching, especially when the session time is short, as it tends to be these days in public classes. However, that does not mean that you cannot bring those

aspects into your own practice and general life, and we hope that this issue can point you in some way to doing that.

There are many translations of the Sutras out there, it's good to find one that resonates with you and makes it easier to use as a guide to life and inspirations for meditation or maybe as a Yoga Nidra Sankalpa – be imaginative with them and they will improve your quality of life.

Great thanks to everyone who has contributed to this edition of the magazine. If you think you'd like to contribute in future, please contact the editor with articles/suggestions/poems etc.

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WELCOME

## REGIONAL OFFICER

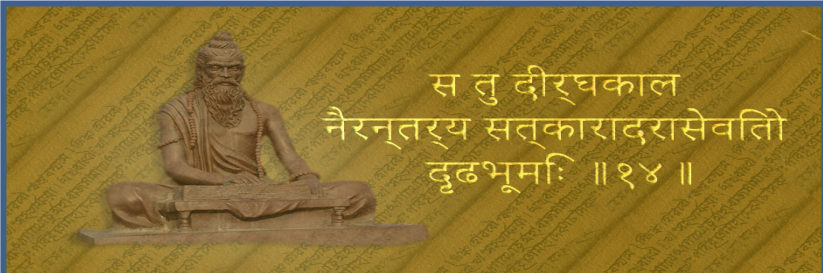
## Jacqueline Stevenson



Hello everyone,

Well, another year is here and as ever this season - with weather that encourages us to stay inside and sit - gives us a chance to re-evaluate ourselves and our lives and make some decisions for the future. I'm reluctant to call them resolutions, because those have a particular expectation and a feeling of disappointment and failure if we can't maintain them for longer than January, if indeed that far. If we make them a more long-term aim then, if they don't happen immediately, they can still be in our plan and we can work towards them. Yoga, of course, can help us to achieve our aims, through steady practice, giving us a firm base to start from and to return to if, temporarily, there is a setback and we feel dejected and uninspired.

*Patanjali, Sutra 1:14*



**SAH TU DIRGHA KALA NAIRANTAIRA  
SATKARA ASEVITAH DRIDHA BHUMIH**

When yoga is practiced continuously over time, and with devotion and sincerity, it will become a firm resting place

We have most of our training days, workshops and other events planned for this year, and by the time you receive the magazine they should all be on the website for booking. Details are to be found in the local events section of the magazine. We hope that you will find something to your liking and look forward to seeing you at one of our events, whether in person or online. Do let us know if you have any suggestions for future events.

Sue Harding-Smith is also already making plans for our Festival in July this year. We will be returning to the Linskill Centre as it has proven so popular over the last few years, though we are always looking for another venue that we might be able to use in years to come and we'd love to hear from you if you have any suggestions. It would need to: have parking available; preferably be accessible by public transport; have a large space for registration, dining and the marketplace; and four teaching spaces, at least one of which would be able to take 30-40 people for the headline teacher's sessions. If it had access to nature that would be a great bonus, especially if there were a large enough outdoor space to allow teaching there (weather permitting!!).

Changes are planned to election of local officers, with a return to a local Annual Meeting rather than the complicated election process used recently. This needs a change to the Articles and you should have received an invitation from the BWY to vote on this change. We hope that it will pass as it will make local elections much simpler, and hopefully encourage more people to step forward to volunteer with us. Once the change to the Articles has been approved (fingers crossed) then we will arrange a BWY in the North Annual Meeting to elect our local officials (probably in April, but we'll keep you posted).

I'd just like to say a quick word about the new website. I can only apologise on behalf of the BWY for the problems that there have been with the implementation and since. The issues are being addressed as quickly as possible, but if you notice anything you think would bear changing, don't assume that someone else will report it, please contact the support team on [marketing@bwy.org.uk](mailto:marketing@bwy.org.uk). If you can, include screenshots to make it easier for them to identify your issue. It doesn't have to be an error, e.g. if there's something that you feel could be better or is irritating in use, e.g. a navigation that just doesn't take you to the most obviously useful place, let them know, they are looking for possibilities for development for version 2. In the meantime, I'll continue to send out newsletters with hints on how to use the website where you might be looking for something or trying to do something and it isn't immediately obvious how to find or do it.

Don't forget the local yoga groups running once a month in Cleveland, Darlington, Durham, Teesdale and Tyne and Wear. These monthly sessions give you a chance to work with a variety of teachers and styles and also to meet up with friends for a chat. We hope that you can get along and have an enjoyable yoga experience.

Hoping to see you at an event soon

Om Shanti,

Jacqueline

CLEVELAND AREA REP

Jean Sullivan



Hi Everyone

As I write this we have just entered 2024 and as ever we all ponder on what the coming year will bring – I hope, as ever, for peace, health and happiness for you all and that each of our yoga journeys continue to bring the many rewards of body, breath and mind into our lives.

Looking back over the latter part of 2024, I am delighted that numbers have been growing very nicely at the Cleveland Yoga Groups and we have enjoyed sessions led by Suzanne Calvert and Ruth Nichol and our Christmas event by Fiona Duke and Colin Harding-Smith. At this event we held a small charity raffle, which raised over £28, that was used to buy much needed donations for the local FoodBank, thanks to everyone who made this possible.



Moving forwards with the Group, we now have an established date of the last Saturday in the month, except on a couple of occasions and ALL of the sessions will be held at Ingleby Barwick Community Hall (not to be mistaken with the Community Hub!) You can just come along and pay on the day – no need to book in advance. Our dates and teachers for the early part of 2024 are listed later in the magazine. Do come and join us for some fabulous yoga and, if you're able to stay, for a cuppa, cake and chat afterwards; it's so nice to stay in touch.

We also have a Workshop organised for Sunday 17<sup>th</sup> March with Jacqui Gunnion with a theme of a combination of Somatics and Bones for Life. This will be held at the Wilson Centre in Long Newton from 10am to 1pm, with refreshments provided. Bookings for this need to be made through the BWY website and there are further details later in the magazine – it promises to be an excellent and informative workshop – so don't miss out as numbers are limited.

I hope to see you soon,

Jean



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## DURHAM AREA REP

### Judith Gibbons

Hello everyone,

Happy New Year!



My personal aim this year is to give more time to the 'limbs' of yoga which can sometimes be pushed into the last few minutes of a class (guilty as charged!). I will be dedicating more time to meditation in my classes and my own daily routine. Confucius said: *'The more man meditates upon good thoughts, the better will be his world and the world at large'*. It's certainly worth a try! Which of the 8 Limbs might you make more time for?

I hope everyone has had a chance to explore the new website. Now is the time to get some yoga dates on your calendar. Towards the end of the year (26<sup>th</sup> October) there will be the 'Yoga for Menopause' day in Barnard Castle. The day will be led by Kate Knowles and will be, in her words, 'A balance of chat, presentation and practice'. It is suitable for yoga practitioners who want to gain ideas on managing hot flushes, anxiety, insomnia and other symptoms (tailored to attendees' needs). Teachers who attend the session will get lots of useful information and ideas to take back to their own classes. Kate includes the following quotation from SARK in her presentation, *"The circles of women around us weave invisible nets of love that carry us when we're weak, and sing with us when we are strong"*. So, practice *Ahimsa* and attend the session for yourself and all the women in your life!

The excellent Lucy Maresh will be giving a workshop on 1<sup>st</sup> June at Belmont Church Hall. She is delivering a session on the Sutras, specifically *Abhyasa* and *Vairagya*. These can be translated as 'effort and surrender' and are essential for the Yogi's spiritual journey. I'm very much looking forward to learning more!

Finally, the Durham Yoga Group sessions have been phenomenally successful these past few months with numbers consistently in the high 20s. We had 34 people at our free Christmas session with Lynn and Roy Moor, and raised an amazing £281 for St. Cuthbert's Hospice from donations bolstered by Roy and Lynn who very generously donated their fee to the collection. The teacher list for 2024 is complete, with lots of different teachers to inspire your yoga journey.

Please contact me with any questions, comments or suggestions.

Warm wishes,

Judith.

## TYNE AND WEAR AREA REP

## Sue Harding-Smith



Hi Readers

I hope you all enjoyed the Christmas/New Year holidays and are ready for the year ahead and all the yoga on offer.

The CPD day we had organised for July could not, for various reasons, go ahead and has now been re-arranged. It will take place on 23 June at the same venue – St Paul's, Winlaton. The event is now on the BWY website – so get your place booked as soon as you can as it looks so interesting and it's in person – a chance to get together with friends old and new.

Though it seems an age away, the Committee is already working on plans for the Festival. The Linskill Centre in North Shields has proven such an ideal venue, that we're going to go back there again. Watch out for more details as the plans develop.

In my last report the TWYG was looking forward to going back to our old venue, Gosforth Parish Hall, which we did. However, we couldn't get our usual room and had to take a smaller one. Even so, this was not a problem; our main concern was the noise from Baby Ballet now taking place in what I consider our room! We decided to look around for another venue and found a lovely room in All Saints, Gosforth which has a little kitchen area in the corner. Again, it's a small room, but as we've decided to do hybrid in-person and Zoom sessions it has worked out well and we've done three sessions so far with friends from as far afield as Nottingham and France being able to join us.

Your Editor, and Regional Officer, Jacqueline, did the September class at Gosforth. A great class with a practice based on the principles of gentle somatic yoga, followed by simple pranayama - so calming and relaxing, despite the distractions from Baby Ballet.

In October, I did the first of the combined in person/Zoom classes on the theme of 'Focusing on the Journey, not the Outcome', and was pleased with the way things worked.

In November we had a most interesting session from Moira Fitzpatrick – bringing an awareness of Patanjali's intention to provide us with a comprehensive guide to achieving integration and harmony in our practice.



For Christmas, who else but Noel Sharpe – untying knots, exploring the relationship between the somatic and the emotional elements of our beings. We raised £150 for the People’s Kitchen in Newcastle who support homeless and vulnerable people throughout the year.

We’ve got a whole year of workshops lined up for 2024. Make sure you’re on our mailing list.

Om Shanti, shanti, shanti,

Sue

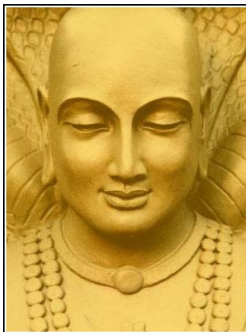
## CUMBRIA SOUTH AND NORTH AREA REP

There is currently no elected Area Representative for Cumbria. If you would like to take up the post, please contact the committee to discuss.

## NORTHUMBERLAND AREA REP

There is no currently no elected Area Representative for Northumberland.

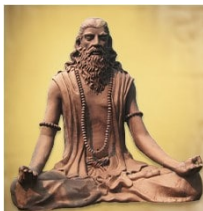
If you would like to take up the post, please contact the committee to discuss.



When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds; your mind transcends limitations; your conscious expands in every direction; and you find yourself in a great, new and wonderful world.

— Patanjali —

AZ QUOTES



**With keen and one-pointed practice,  
this highest attainment comes easily.**

— Yoga Sutras 1:21

## FESTIVAL 2024

Contributor	Jacqueline Stevenson, Regional Officer
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Our Festival/Sangha this year will once again be taking place at the Linskill Centre and we will be following the format that proved to be so well received last year.

We are not yet sure of the date, but it will be in July, with three dates currently in the running – 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup>. Following up Jacqui Gunnion’s recommendation, Sue Harding-Smith has found a wonderful headline teacher for us. Brenda Ward, who specialises in Ayurveda and Yoga has agreed to join us for the day, in what we’re sure will be an interesting approach to yoga, bringing in aspects that many people will not have experienced before.

When asked to be our headline teacher, Brenda said:

*Thank you for your email and to Jacqui for being so generous in putting my name forward.*

*I have taken a look at last year's Festival - it looks wonderful. I would be delighted to take part as your headline teacher in 2024 and can confirm that I am free on 7th, 14th and 21st July.*

*I entered the new year setting an intention to find different platforms to share the beautiful wisdom of Ayurveda and feel very grateful to have this opportunity to teach a new audience in North Shields. What a lovely venue too.*

*I look forward to meeting you and your Yoga community.*

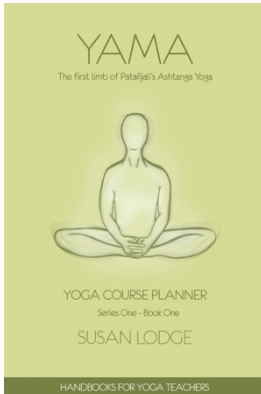
*With warmest wishes*

*Brenda*



Whether you have never been to our Sangha before or are a regular attender, we look forward to seeing you this year. Look out for notifications of when booking opens.

As always, we hope that our local teachers will volunteer to teach at the festival, either in one of the more active sessions in the morning, the relaxing sessions after lunch, or the winding up sessions at the end of the day. If you teach you are, of course, welcome to attend the rest of the day and as you are teaching, there is no cost for you to do so. If you feel that you would like to teach or know of someone who might, please contact us to let us know on [north.festival@bwyregions.org.uk](mailto:north.festival@bwyregions.org.uk).



## YAMA –Yoga course planner

*Paperback, 88 pages, RRP £12.99*

*ISBN 978-1-908299-92-5*

*Published by Sixth Element Publishing, May 2016*

**Author: Susan Lodge**

*Reviewer: Jacqueline Stevenson*

In this series of books (also including ‘Niyama’ and ‘Dharana’), Susan presents the fundamental principles which lie at the core of her teaching in an accessible and extremely useful format.

Susan was inspired to write this book when other teachers “expressed a desire to explore Yoga philosophy in general classes, but found it difficult to find (suitable) support materials”.

### Content overview

This handbook presents a complete six-week practical yoga course, firmly rooted in the teachings of Patañjali’s Yoga Sūtra. It is a practical companion text and includes:

- An explanation of yama sūtra
- Asana sequences relating to each of the yama principles
- Thirty yama based mantras for meditation.
- Six relaxation scripts.
- ‘Off-the-mat’ practices which support understanding.
- Recommended websites for high quality information and training.

The course is designed so that readers can use the whole course or choose specific practices to bring fresh ideas to existing plans.

### Review

This is certainly the book to go to if you’re not sure how to include elements of Patanjali’s Sutras in your personal practice or your teaching. Susan explains the principles of Yama very clearly, pointing the reader to the appropriate verses in the Sutra text and providing a link from each of the Yama to the benefits of following them, also in the Sutra though often not appreciated.

Each week of the six-week course highlights a particular Yama principle and suggests ways to introduce it both in discussion and in practice, whether that be in asana, pranayama, visualisation or meditation. The final week reviews the course and suggests areas for development.

## THE SUTRAS

Contributor	Jacqueline Stevenson, Regional Officer
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The Yoga Sutras are considered to be one of the most important texts in the yoga tradition and have had a profound influence on the development of yoga philosophy and practice over the centuries. They provide a comprehensive guide to the practice of yoga, both the physical and the spiritual dimensions, and offer insights into the nature of consciousness, the human mind, and the reality of the universe.

### [What is Yoga Philosophy?](#)

Philosophy can sound so unrelated to the dilemmas and decisions we face every day. In reality though, philosophy can help us to understand our place in the world. Yoga philosophy is deeply woven into ancient Indian thought and Patanjali's 'Yoga Sutra' is made up of 196 aphorisms about yoga; summarising its theory and practice.

### [What are Patanjali's Yoga Sutras?](#)

The compilation of the sutras was done approximately 1600 – 1700 years ago (though this is subject to debate). They date from an oral tradition, and, traditionally, the sutras would have been passed from teacher to student. The sutras are both a manual for practice and also offer a theoretical understanding of self progression.

The Sutras are attributed to a sage called Patanjali. There are in fact, three 'Patanjalis' who compiled significant philosophical manuals that emerged from ancient India. Someone called Patanjali was also a grammarian responsible for compiling a dictionary of Sanskrit and wrote significant works regarding Ayurveda.

### [What is the best way to understand the sutras?](#)

Traditionally, students would have worked with a teacher to gain an understanding of the sutras. The same applies today – working with a teacher can be a useful way to approach the sutras if you can find one who resonates with you. However, another key feature of these ancient texts is the translations and commentaries that have been and are being written about them.

There are many translations of the text made in times of differing societal norms. Although you might think the translation from the Sanskrit in which they are written wouldn't change, in fact, like all translations from one language to another, especially where complex principles are involved, they vary with the translator, and the language of the translation changes depending on the time in which it was done.

Referring to the commentaries can help us to make sense of the text, especially as people come to the sutras from a wide variety of different disciplines of yoga. You may have a personal teacher whose opinion you value and who has written a commentary on the text that you value and use as your reference point. If not, then taking time to find a commentary that you can work with is well worth it. The problem may be finding the one for you, there are so many out there.

### What's in the sutras

There are four chapters (padas) in the sutras.

#### **Samadhi pada**

The first chapter is concerned with meditative bliss: in many ways this is the ultimate goal of yoga. It discusses the nature of yoga, the obstacles that can arise on the path, and the practices that can help overcome those obstacles.

This chapter also contains one of the most well known definitions of yoga (sutra 1.2):

*“Yoga is the cessation of the fluctuations of the mind”*

#### **Sadhana pada**

The second chapter is all about practice. This is the chapter which offers the eight-limbed path as a way in which we can lead our lives to improve our spiritual, mental and physical health.

Although meditative absorption remains the ultimate goal, Patanjali presents a number of methods in which we can prepare. These include: study, discipline and devotion; asana, pranayama and pratyahara; dharana and Dhyana. In this chapter Patanjali suggests that whilst our mind gets caught up in perceiving material states as real, an ethical approach to our life can steady our minds.

#### **Vibhuti pada**

The third chapter is concerned with ever more subtle states of meditation. Some of these seem extreme and it can be difficult to know quite how to interpret them: are they metaphors, or did ancient yogis train their minds to gain an ‘elephant’s strength’ and the ability to see into the nature of the universe and the place of the stars?

#### **Kaivalya pada**

This chapter is concerned with what happens when kaivalya or liberation from the cycle of birth and death is achieved. This is when the ‘purusha’, frequently translated as the soul, becomes detached from ‘prakriti’ or material life to experience the true nature of the Self.

## PRATYAHARA

Contributor

Jean Sullivan, Area Rep, Cleveland

In preparation for a CPD day on the topic of Pratyahara (withdrawal of the senses) my mind became drawn once again, to Patanjali's Sutras and another welcome delve into my long-term favourite translation and reflections:

"The Essence of Yoga" by Bernard Bouanchard.

I'm sure most of us can be fairly easily distracted by the senses, something we see, hear or smell guiding us away from the present moment and then, as Bernard says, we find our senses "*dragging us in our wake.*"

In Patanjali's sutra II.54:

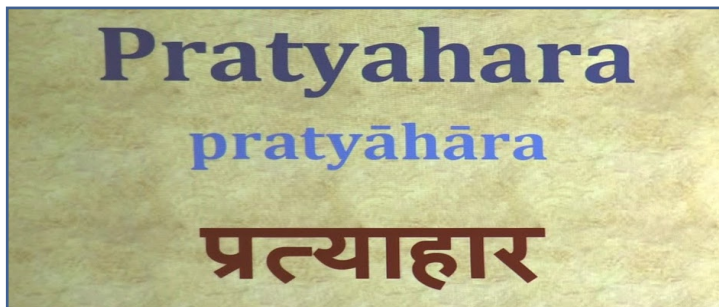
*Withdrawal of the sense organs occurs when the sensory organs, independent of their particular objects, conform to the nature of mind.*

Sensory withdrawal follows more mastery of concentration (Dharana) and Bouanchard reflects that:

*"Once we reach the state of concentration necessary for a more subtle research than the mere satisfaction of the senses, this capacity to accept or leave external situations in abeyance occurs spontaneously.*

*Without frustration, it becomes possible to return home without flying straight to the radio, tv (or computer), magazine, work and so on. The choice is freely made. This stage is an excellent pointer to any personal evolution."*

In this world of 24-hour distractions, perhaps a return to a simpler and quieter approach would serve us well.





## THE GRAVITY OF IT ALL

Contributor and Author

Gary Williams, Innominate Yoga

*The shutter creates noise.  
The silence captured  
In resolution.*

*Dramatic layers play.  
Somatic players lay.*

*Lay down to look up.  
Go out to go in.  
Stay awhile and while away.*

*The gravity of it all is outweighed  
by the depth of becoming.*

*Sinking down I grow up.  
Rooting, I expand.*

*The sky is always there.  
How easily we forget.  
Barking up the wrong tree.*

*Into the wide blue yonder.  
A cloud hangs under me.  
I knew something under the sun.*

*Boomeranging in mellow drama  
I catch the ease  
And fly home to roost.  
Caving at the old world made new.*



March 2023

The view that inspired the poem

This poem is reflective of the sutra discussed later in the magazine:  
—  
Sthirasukhamasanam by Sue Harding-Smith.

The Sutra asks us to have softness and strength, to see the opposites and grow within them. This poem illustrates that – capturing the silence with noise, sinking down to grow up. It certainly bears many readings to take all of the meaning from it.

JAS – Editor.

## JOURNEYING BACK HOME

Contributor	Judith Gibbons, Area Rep, Durham
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### *Patanjali's Sutra 1.3.*

*When the mind has settled, we are established in our essential nature, which is unbounded Consciousness.*

'Effortless Being' (Wildwood House) is a beautiful copy of the Yoga Sutras of Patanjali, complete with stunning photographs of temples, shrines and paintings to accompany the text. The introduction by Alistair Shearer is super-informative and contains a reference to a poem from American/British poet, T.S Eliot to which I have returned time and time again, as I find it



Nirvana of the Buddha, Anjata

brings focus and meaning to my yoga practice, linking beautifully to Sutra 1.3:

*We shall not cease from exploration,  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time*

These lines are from the final section of Eliot's Four Quartets written in 1943 and reflect perfectly our challenge as human beings. Following birth, we travel through life, becoming increasingly invested in the material world and our true Self becomes obscured by 'veils', known as the five Kleshas, which are: ignorance, egoism, attachment, aversion to pain and fear. The good news is that regular yoga practice, including meditation, will help to still our minds, dissolve these veils and bring clarity once again.

Eliot's words reassure us too that we do not need to look elsewhere to find this clarity, as our true nature is deeply hidden within our own being; it is in our hearts waiting to be **re**discovered. The journey to our essential nature is bound to be fraught with setbacks and difficulties, but with perseverance and dedication (and Patanjali's Sutras as a road map!) might we begin to take the first steps of our journey back home?

## STHIRASUKHAMASANAM

Contributor	Sue Harding-Smith, Area Rep, Tyne and Wear
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The theme for this magazine is Patanjali's Sutras, bringing us back to the foundations of yoga. The sutra I refer to most often in my classes is II.46 "sthirasukhamasanam" –

*'The posture is firm (shira) and soft (sukham).'*

Such a short phrase (sutra) but with so much meaning and seemingly requiring contradictory, but in fact compatible qualities.

Patanjali was likely referring to the seated meditation postures, but as yoga has developed to include the many asanas we practice today, I feel this sutra has relevance for all of our modern-day practices.

Some of the translations/interpretations of sukham that I have found are - happy, good, joyful, gentle and mild, originally related to the smooth ride of a well-balanced chariot, implying a dynamic process. It is also about finding a good space – good alignment, harmony – and also energy level – an easy flow of breath. While Sthira is described as being firm, physically stable, without change, resolute; more importantly it can be seen as presence, attention, mental stillness.

I feel one of the benefits of yoga is learning the difference between tense and relaxed muscles. Holding tension chronically can have all sort of knock-on effects such as: breathing problems; muscular pains; and anxiety. Yoga teaches us, I feel, to hold a posture without too much force or tension, achieving both steadiness and ease in the asana, achieving good posture and alignment to take into your day-to-day life. As Desikachar says

*"It is attention without tension, loosening without slackness"*

Another aspect of the need to find the balance between ease and strength is finding a level to work at where you stay safe and also find what will benefit you individually. I've heard it called working at your edge, that point between too much and too little. I googled this sutra whilst writing this article and it seems that the ideal mattress has the right degree of firmness and softness for the individual –in mattresses as in yoga it's important to discover what is right for you.

You might think that when it comes to relaxation only the sukham element is in play, but sthira is important –remaining alert but with a quiet mind. In other words, not falling asleep.

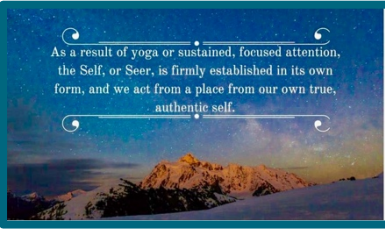
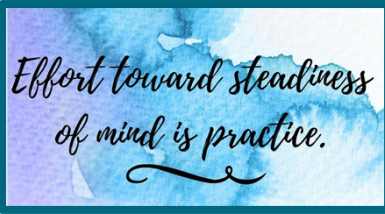
Finally, here is my favourite translation of this sutra from Gerard Blitz who said the posture is to

*"be firmly established in a happy place".*

Ref. Translation: Bouanchaud, Bernard, (1997) *The Essence of Yoga – Reflections on the Yoga Sutras of Patanjali*, Rudra Press

## INSPIRATIONAL SUTRAS

Just a few Sutras that might inspire you to look further and contemplate more. Many thanks to everyone who put these lovely illustrations on the internet!

<p><b>Yoga Sutra I.3</b></p> <p>Tada drastuh svarupe avasthanam</p>  <p>As a result of yoga or sustained, focused attention, the Self, or Seer, is firmly established in its own form, and we act from a place from our own true, authentic self.</p>	<p><b>Yoga Sutra 1.12</b></p> <p>Abhyasa vairagyabhyam tat nirodhah</p>  <p>IN ORDER TO ACHIEVE A STATE OF YOGA, ONE MUST DEVELOP BOTH PRACTICE AND DETACHMENT</p>
<p><b>Yoga Sutra I.17</b></p> <p>Vitarka vicara ananda asmitarupa anugamat samprajnatah</p>  <p>In order to reach a state of complete understanding, we must go through a process that progresses from a superficial understanding to increasingly greater refinement and subtlety of comprehension, until our understanding becomes fully integrated and total.</p>	<p><b>Yoga Sutra 1.14</b></p> <p>Sa tu dirgha kala nairantarya satkara adara asevita drdha bhumi</p>  <p>To achieve a strong foundation in our practice, we must practise over a long time without interruption, believing in it and looking forward to it.</p>
<p><b>Yoga Sutra I.13</b></p> <p>Tatra sthithau yatnah abhyasa</p>  <p><i>Effort toward steadiness of mind is practice.</i></p>	<p><b>Yoga Sutra ???</b></p> <ul style="list-style-type: none"> <li>☞ <i>What is your favourite Sutra?</i></li> <li>☞ <i>Why is it special to you?</i></li> <li>☞ <i>How does it manifest itself in your life?</i></li> <li>☞ <i>How can you progress along the path of this Sutra?</i></li> </ul>

## SUTRAS FOR CHILDREN

Contributor	Jacqueline Stevenson, Regional Officer
Website	<a href="http://www.kidsyogastories.com/yoga-sutras-for-beginners/">www.kidsyogastories.com/yoga-sutras-for-beginners/</a>

We tend to think that the Sutras are complex and mysterious, difficult to understand and definitely not for children. Some though, are applicable to children, and can be taught in yoga practice and stories. Giselle Shardlow has written books to illustrate the principles of four sutra particularly apposite to children. However many children you teach about yoga, many or one, in a class or less formally, these books are a great resource and wonderful stories.

1.32: *Bringing your mind to a single focus will help eliminate life's obstacles.*  
Patanjali suggests there are obstacles, or imbalances, that can make us suffer. To heal ourselves from this suffering, we must bring our mind to a single focus and thus hopefully let our negative thoughts and feelings melt away.

**'Elizabeth and the Magnolia Fairy'** illustrates achieving this single focus on the next step in order to overcome a frightening situation and succeed.

1.33: *To be happy yourself, you must be happy for those around you.*  
This sutra encourages us to think of others: if we are kind to others, kindness will come back to us. Not something that always comes naturally, especially to young children. We can teach them that, when they are feeling angry at someone, they should try to understand that person's situation. This helps them to be compassionate with other people.

**'Anna and her Rainbow-coloured yoga mats'** illustrates this sutra. It is a story about a child adapting to change and relying on her own inner happiness to help her fit in to her new situation and in the process inspire others.

2.33: *Think the opposite when faced with negative thoughts.*  
The basic principle here is: When something bad happens, try to embrace the opposite thought or emotion. If something doesn't go our way, it's easy to be disappointed. Instead, pause and look for a positive takeaway. It is a key practice that enables us to remain balanced and open-hearted. Do you feel fear? Cultivate courage. Do you feel anger? Cultivate love.

**'Katie's Karate Class'** illustrates how the fear that can arise when trying something new can be helped by thinking about how happy you feel doing something you enjoy, such as yoga.

2.46: *Posture should be steady and comfortable*  
For children, we can help them create a balance of effort (active) and surrender (calm) in their lives by having them tune in to their bodies and its needs. For example, after sitting at their desks for a long time, their bodies need to move and burn off energy. Whereas, after a super-busy schedule, they need to learn to have downtime and rest.

**'Hannah and Hugo'** is the story of a pair of children who are apparent opposites, Hannah is always active, Hugo much more slow-paced. Despite their differences, they hit it off and learn to appreciate and enjoy each other's different styles, bringing balance to their relationship and their activities.

## YOGA AND KNITTING – PROTECTING RESOURCES AND CREATING COMMUNITY.

The best thing about having Covid was that I had plenty of time to myself and I not only had my knitting needles out but I also revisited a great book called “The Power of Knitting” by Loretta Napoleoni.<sup>1</sup>



In it, the author explores the idea that crafting and making items by hand rather than buying mass produced goods is both a creative process and a way of using precious commodities wisely. And that made me think about Brahmacharya!

Brahmacharya is one of Patanjali's Yamas or precepts for ethical living and it is the one that everyone skips over, mostly because it's often translated as “celibacy”. Not the most comfortable of concepts to be bandying about in a Yoga class! However, I'd say that's a very narrow definition and that it can be much more usefully expanded out into:

*“not exploiting people or things and not being wasteful of resources.”*

And that's where the knitting comes in.

In her book, Loretta talks about how sheep were, and in some parts of the world still are, part of a perfect cycle of provision to meet need without waste. Ewes give milk, produce fleece which can be turned into materials for clothing and shelter, provide dung for the fire and ultimately, after giving birth to the next generation, become meat for the pot (Sorry!). They can also live in virtually any conditions and survive on only the sparsest of vegetation.

To a much lesser extent, as a child growing up in a relatively poor, industrial town in the North of England, I also saw how valuable resources like wool, yarn and cloth were an important part of the fabric of everyday life. Hand knitted jumpers kept us warm in the coldest of winters and when the elbows wore thin or they just didn't fit any more they were unpicked and turned into scarves or gloves. Adult clothes were cut down to make children's dresses or shirts and when they wore out the cloth went into quilts. At the very end of the cycle, when they couldn't be made into anything else they were cut into strips and turned into “clippy mats” to keep the dust at bay! All of that is such a

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<sup>1</sup> Napoleini L “The Power of Knitting” Random House 2020



far cry from the “fast fashion” and “disposable” society of today that it’s hard to believe it was little more than half a century ago!

And every woman I knew could knit! It was a basic way of clothing your family. Growing up I had hand knitted jumpers and cardigans, socks and gloves - although thankfully never knitted underwear or swimwear! Knitting was also a skill passed from generation to generation and I remember sitting with my Aunt and carefully mirroring her movements because, like me, she was left handed and therefore the only person who understood why I wanted to hold my needles and yarn so differently from everyone else! (Sadly, school was far less sympathetic which is why I now write with my right hand!).

Knitting links me not only to the women in my family but to the women in my community and even to birth and death as well. When my son was born, colleagues at work knitted blankets and baby clothes for him and when my mother was dying and slipping in and out of consciousness I sat by her hospital bedside making a shawl to pass the hours away.

So, knitting, for me, is so much more than just having a new jumper, or a snazzy pair of socks. Just like the loops linking together to form a stable fabric it’s representative of the things that come together to create a contented life – looking after resources, caring for people and creating community. And I can’t think of anything more Yogic than that!

**Brahmacharya** — the moderation of the senses — is one of the key practices that yoga offers for managing sensory cravings. It is the fourth of five yamas, or restraints, which help us cultivate self-awareness and transform habits preventing spiritual development.

Practically speaking, this means that brahmacharya turns the mind inward, balances the senses, and leads to freedom from dependencies and cravings. The texts of yoga tell us that when the mind is freed from domination by the senses, sensory pleasures are replaced by inner joy.

Brahmacharya is sometimes identified with celibacy, but this is a narrow view of the practice. In Vedic culture, the word denoted the first of four stages of life - that of the student. Then, the aspirant spent all their time with a spiritual teacher, which was, quite naturally, a celibate time. However, in the context of the yamas, brahmacharya refers to a middle path of restraint. Both overindulgence and repression can deplete your vital force; both can leave you insecure and anxious. The middle path allows you to enjoy the control of your senses rather than letting uncontrolled senses spoil your enjoyment of life.

## Your Account

Clicking on your name (or photo if you've loaded one) at the top right of the screen you can get quick access to useful links, e.g. 'Yoga Search', and to your details e.g. 'My Profile'. If you are a teacher you will also see a link to 'My listings' – your classes if you've added any to the website – and to your first aid details.

## Finding events

The 'Events near you' functionality on the website is not working as yet. To find events in any particular area (North for example!) you need to go to 'Yoga Search' from the home page or from your account, then select 'North' from the Location list and click 'Filter' to see the events on offer in this region. If you wish to see online events around the country, don't select a Location, use the Advanced search and select online in the Event Type field. NB. The location list also includes 'North East', but this is there in error and will not show any events if selected.

## Booking onto events

In order to book onto an event, first click onto that event.

If you see a button at the top of the screen saying 'Register' click on that first. If the event has 'automatic waiting list' set up, whether there are places or not, you will get an email to say you have been added to the waiting list. Don't worry, if there are still places available then the email will also invite you to book.

To book, scroll to the bottom of the screen of event details to see the tickets on offer, select and pay.

You will receive an email confirming your booking.

## Health Questionnaire

Some events require a Health Questionnaire to be offered to the participants for completion and submission to the tutor. This is voluntary, though no responsibility can be taken by the BWY for any injury occurring due to failure to disclose.

To avoid having to complete an HQ from scratch for every event, you can complete an online version (My Profile/Health Questionnaire). You will be able to change it if needed either within your profile or when booking for a particular event.

### 'My events'

From your account, click on 'My Events' and you'll see a list of the events you have booked onto. You have the option to see all you are on a waiting list for or have expressed an interest in. From the bookings list, select "View Event Information" to see the 'General Information' tab which shows you basic details.

**The remaining tabs are seen only when appropriate.**

'Meeting Information' shows details of the meeting e.g additional equipment needed and Zoom details if relevant.

'Resources' shows any handouts or pre-event reading.

'Evaluation Form' contains an evaluation form to be completed after the event.

### After booking

Once you have booked your place on an event you will receive automated emails confirming your booking and, closer to the time, reminding you about the event. We will also make any handouts available on the website if provided and update the Meeting Information for the event with the Zoom info if relevant.

### CPD Points

Unfortunately, some CPD points have not been migrated to the new website. If you haven't already done so we would recommend checking your CPD points (My Profile/CPD).

If not all of your CPD points have been migrated across, don't worry - this will not affect insurance cover at all – but you will need to inform Natalie ([communications@bwy.org.uk](mailto:communications@bwy.org.uk)) as your CPD points will not be migrated across if you do not let her know.

You can still add new CPD points when you accrue some and where an event has CPD points allocated, once you have been marked by the organiser as attending the event, those points will be credited to your account automatically.

### Free members' events

Recordings of the free members' events can be found at My Resources/Video Recordings. There is a lot of other information in My Resources, well worth checking out.

## WORKSHOPS – INTENDED FOR ALL

All of our workshops are open to all, whatever their level of experience in yoga. We have five workshops arranged for 2024. Check out the website for more details and to book your place.

### **‘Shifting Perspectives’ with Jacqui Gunnion**

This workshop will be on the 17<sup>th</sup> March at The Wilson Centre in Long Newton, Cleveland; just off the A66 between Darlington and Stockton. Many of you will know this venue, as it was used for years by the Cleveland Yoga group. Don't worry that the event is in March – there's underfloor heating in the yoga room!

The workshop brings together techniques from James Knight's "Gentle Somatic Yoga" and Ruthy Alon's "Bones for Life"; both with origins in the work of Moshe Feldenkrais.

We'll be exploring how these simple practices can help increase body awareness, improve posture and general mobility and maybe make some familiar Yoga asanas feel that little bit more comfortable and accessible too.

We'll be starting the session with a simple breathing technique to calm the mind and focus the attention and ending with a lovely relaxation.

### **‘Yoga with a Smile’ with Colin Harding-Smith**

This workshop will be on the 15<sup>th</sup> May at Newton and Bywell Village Hall, Northumberland; just off the A19 between Newcastle and Hexham. Many of you will know this venue, as we have used it for previous workshops and training days.

Colin says of his workshop:

Come and enjoy yoga with Colin, moving to

*"Be firmly established in a Happy place" (Gerard Blitz)*

Find your happy place, bringing to your practice

*"Attention without tension, loosening up without slackness"*  
(Desikachar)

Maybe there'll even be a bit of face yoga, to strengthen your smile muscles!

**Doing and Being with Lucy Maresh** (festival headliner, 2022)

This workshop will be on the 1<sup>st</sup> June, at Belmont Parish Hall, Durham, just off the A1. This is the venue used by the Durham Yoga Group.

Implicit in yoga is a distinction between moments of action and moments of reflection. Some of our practices are more about 'doing' or changing something about ourselves; some more about 'being' and finding ease with where or who we already are. Both of these are skills to practice, and both require discipline, attention to detail and consistency.

Our workshop will include active and restorative postures, breathing practices and meditation. There will be a short discussion of Chapter 1, verse 12 of Patanjali's Yoga Sutra which introduces Abhyasa (practice) and Vairagya (non-attachment).

**Sound in Yoga with Sabine Dahn**

This workshop will be on the 7<sup>th</sup> September, and will be online. We don't have details yet, but definitely sound related. It will be an afternoon workshop from 1-4 pm.

On the 8th September Sabine will be delivering her CPD day: 'A Healing Journey from Trauma to Gentle Reintegration and Connection'.

More details of both of these in the next edition of the magazine, but keep your eyes out for a newsletter telling you more and when to book.

**Restorative Yoga for the Menopause with Katy Knowles**

This workshop will be on the 25<sup>th</sup> October and will take place in St. Mary's Parish Hall in Barnard Castle. The workshop will be a great accompaniment to her CPD day on the 26<sup>th</sup>, Yoga for Menopause, though of course each event can be attended separately.

As this is an evening workshop, it will run for only two hours and will not have a formal refreshment break.

**PRICING****CPD DAY**

£35 for members, £45 for non-members

**WORKSHOP – 2.5 hours plus refreshments**

£15 for members, £20 for non-members

**WORKSHOP – 2 hours**

£12 for members, £16 for non-members

**FESTIVAL**

TBC for 2024

## INTRODUCING NLP TECHNIQUES INTO YOGA TEACHING

<b>Tutor:</b>	<b>Jacqui Gunnion</b>
<b>Level:</b>	<b>Teacher or Student Teacher</b>
<b>Date:</b>	<b>23/06/2024</b>
<b>Time:</b>	<b>10am – 4pm</b>
<b>Venue:</b>	<b>St Paul's Church Hall, Winlaton, NE21 6PL</b>
<b>Website:</b>	<b><a href="https://portal.bwy.org.uk/user/events/635">https://portal.bwy.org.uk/user/events/635</a></b>
<b>Organiser:</b>	<b>Sue Harding-Smith</b> <a href="mailto:north.tynerep@bwyregions.org.uk">north.tynerep@bwyregions.org.uk</a>

This day introduces concepts and techniques from Neuro Linguistic Programming (NLP) and explores how they can help with effective communication, improve teaching skills and aid class management. It will also look at processes that teachers can use to make decisions about their personal and professional development using a mixture of theory, group work and practice.

### Learning Outcomes

By the end of the day teachers will be able to:

- Recall the pre-suppositions of NLP.
- State the meaning of VAKOG with examples.
- Teach an asana using rapport and VAKOG techniques
- Describe the PACER model for a well-formed outcome.

### Timetable of the day

1. Presentation - What is NLP.
2. The pre-suppositions of NLP and how they relate to Yoga
3. The communication model (VAKOG)
4. Who do we as Yoga teachers communicate with?
5. Creating Rapport – Discussion and practical pair work
6. Breaking Rapport - when why and how? Discussion and practical pair work
7. Positive Language for Yoga Teachers - "The meaning of your communication is the response you get."
8. Preparing your own state before teaching. Balanced breathing "Walking with Grace and Power"
9. Bringing it into practice. VAKOG and rapport in a range of asana.
10. Group work - use NLP techniques to teach a single asana
11. Where do YOU want to go next?
12. Well- formed outcomes and the PACER model, discussion and in pairs.
13. "Circle of Excellence"



## YOGA FOR MENOPAUSE

UNDERSTANDING THE NEEDS OF MENOPAUSAL WOMEN IN YOGA CLASSES

<b>Tutor:</b>	<b>Kate Knowles</b>
<b>Level:</b>	<b>Any yoga practitioner – men are welcome</b>
<b>Date:</b>	<b>26/10/2024</b>
<b>Time:</b>	<b>10am – 4pm</b>
<b>Venue:</b>	<b>St Mary's Parish Hall, Newgate, DL12 8NQ</b>
<b>Website:</b>	<b><a href="https://portal.bwy.org.uk/user/events/632">https://portal.bwy.org.uk/user/events/632</a></b>
<b>Organiser:</b>	<b>Judith Gibbons</b> <b><a href="mailto:north.durhamrep@bwyregions.org.uk">north.durhamrep@bwyregions.org.uk</a></b>

Yoga can be a wonderful way of supporting a woman through menopause. Asana practices may help maintain strength and flexibility. Pranayama and relaxation techniques learnt in class can be used in daily life whenever necessary to soothe the mind and body. Yoga for menopause incorporates elements of Hatha yoga, Yin Yoga, Restorative Yoga, Qi Gong and Ayurveda. A group of women sharing experiences in a yoga class can be a life changing experience, giving women the opportunity to realise they are not alone.

The day will comprise mainly practical, illustrative work. During the day learners will be provided with information about the different stages of menopause; average ages and exceptions to the average; the hormonal changes; the medical controversy over how best women may cope with hormonal changes; the key symptoms of menopause (including brain fog, anxiety, hot flushes, anger, insomnia); and lesser known symptoms (itchy skin, dry eyes, numbness, palpitations, and joint pain to name a few).

The learners will be guided through asana, pranayama and mudra practices that may help women cope with: hot flushes; with anxiety and sleep disturbances; and with feelings of anxiety and overwhelm. These will include restorative yoga poses, using props as necessary to optimise comfort levels for participants. The practice will also include heart-womb river, hridaya and yoni mudras and Extended exhalation, Chandra Bheda and First Triangle breathing practice along with the Breath of Joy for re-energising.

## TEACHER TRAINING – DIPLOMA COURSE

<b>Tutor:</b>	<b>Jacqui Gunnion, jacquigunnionyoga@gmail.com</b>
<b>Level:</b>	<b>Trainee Teacher</b>
<b>Date:</b>	<b>April 2024 – November 2025</b>
<b>Venue:</b>	<b>Castleside Village Hall, Consett, DH8 5RE</b>
<b>Website:</b>	<b><a href="http://www.bwy.org.uk/bwy-teacher-training/event/2722/">www.bwy.org.uk/bwy-teacher-training/event/2722/</a></b>

The course is an OfQual registered BWYQ 500-hour level 4 Diploma in Teaching Yoga. It's the highest level of teacher training currently available on the National Framework in the UK and equivalent to the first year of a foundation degree.

The planned start date is April 2024 and the course runs for 39 sessions over 29 months finishing in November 2026.

The course is a hybrid of in person teaching and remote sessions.

Each month there is a full day face to face training day 9.15am - 5.00pm held on a Saturday in Castleside Village Hall (just off the main A68 trunk road.) Every quarter there is an additional Sunday morning session on Zoom.

Regular 12-week reviews are arranged at mutually convenient times, also via Zoom.

There is a free of charge Introductory Day on Saturday 3rd February 2024 in Castleside Village Hall. So, if you are interested get in touch by email and book onto that! If it's too late for that, get in touch anyway to discuss the possibilities.

### Course requirements:

- A passion for Yoga and a desire to share that with others!
- GCSE or equivalent pass in English (Lang. Or Lit)
- At least 2 years experience of attending a regular Yoga class (any style or tradition)
- Completion of a BWY Foundation course is desirable but not essential.

Full details, including a breakdown of the syllabus, are on my website under the Teacher Training tab and the link is here: <https://jacqui-gunnion-yoga.co.uk/teacher-training-course>

For details of the costs, follow this link:

<https://jacqui-gunnion-yoga.co.uk/teacher-training-costs>

## CLEVELAND YOGA GROUP

Venue	Ingleby Barwick Community Hall, TS17 0YL		
Time	10am – 12 noon, last Saturday of the month – 1.5 hours of yoga and a chance to chat afterwards		
Price	BWY members £7.50, non-members £10		
Contact	North.clevelandrep@bwyregions.org.uk		
24 <sup>th</sup> Feb	Gillian Gittins	23 <sup>rd</sup> March	Susan Lodge
27 <sup>th</sup> Apr	Leigh Johnson	25 <sup>th</sup> May	Nicola Garvey
29 <sup>th</sup> Jun	Pam Snowball	27 <sup>th</sup> July	Karen Bell

## DARLINGTON YOGA

Venue	The Millennium Centre, Darlington, DL3 8DT		
Time	10am - 12 noon, second Saturday of the month		
Contact	Tara Sellars e: <a href="mailto:bespoke.yoga@icloud.com">bespoke.yoga@icloud.com</a> , t: 07974677693, f: <a href="https://www.facebook.com/DarlingtonYogaGroup/">https://www.facebook.com/DarlingtonYogaGroup/</a>		
Website	<a href="https://bespokeyogawithtara.com/saturday-yoga-workshops/">https://bespokeyogawithtara.com/saturday-yoga-workshops/</a>		
Please contact Tara for all enquiries and bookings.			
10 <sup>th</sup> Feb	Roy and Lynn Moor	9 <sup>th</sup> March	Laura Ridgeon
20 <sup>th</sup> Apr	Lucy Croucher	11 <sup>th</sup> May	Ruth Nichol
8 <sup>th</sup> June	Jacqui Gunnion	July	TBC

## DURHAM YOGA GROUP

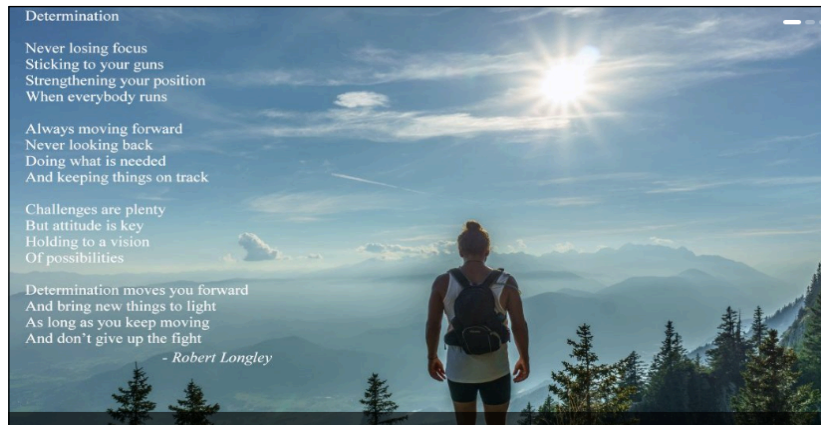
Venue	Belmont Parish Hall, Broomside Lane, DH1 2QR		
Time	10am – noon, third Saturday of the month		
Price	£6 for members, £8 for non-members		
Contact	Jacqueline Stevenson, Noel Sharpe, Judith Gibbons and Leigh Johnson e: <a href="mailto:durhamyogagroup@gmail.com">durhamyogagroup@gmail.com</a>		
Website	<a href="http://www.yoga-durham.co.uk/?page_id=272">www.yoga-durham.co.uk/?page_id=272</a>		
17 <sup>th</sup> Feb	Sue Harding-Smith	16 <sup>th</sup> Mar	Val Thorman
20 <sup>th</sup> Apr	Lynda Underwood	18 <sup>th</sup> May	Debbie Vincent
15 <sup>th</sup> Jun	Moiria Fitzpatrick	20 <sup>th</sup> Jul	Caroline Shields

## TEESDALE YOGA GROUP

Venue	Cotherstone Village Hall, DH12 9PU		
Time	10.30am - 12.30pm, last Saturday of the month		
Price	£10 per session, limited to 18 places, which must be booked in advance with Angela Griffiths		
Contact	Angela Griffiths 07702 316704, <a href="mailto:angelagriffiths5@icloud.com">angelagriffiths5@icloud.com</a>		
24 <sup>th</sup> Feb	Mark Aspinall	23 <sup>rd</sup> Mar	Samantha Lavery
27 <sup>th</sup> Apr	Fiona Johnson	18 <sup>th</sup> May	TBC Shared lunch after
29 <sup>th</sup> June	Laura Ridgeon	27 <sup>th</sup> July	Val Worley

## TYNE AND WEAR YOGA GROUP

Venue	These will be hybrid sessions (in person and Zoom). Upper Hall, in the Church Hall of All Saints Church, West Avenue, Gosforth, Newcastle, NE3 4ES.		
Time	10.15am – 11.45pm with time for a chat afterwards		
Price	BWY members £6, non-members £7		
Contact	Sue – 07970098028, Alex – 07702011887 Sandra – 07847486651		
Please contact the organiser to book a place.			
10 <sup>th</sup> Feb	Cristal Liddle	9 <sup>th</sup> Mar	Roxana Radulescu
13 <sup>th</sup> Apr	Sally Roach	11 <sup>th</sup> May	Roy Moor – Charity event
8 <sup>th</sup> Jun	Carol Stout	13 <sup>th</sup> Jul	Emma Middleton



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

**Placing an ad**

Please email the editor to request to place an ad and send your copy to the editor by email at [north.editor@bwyregions.org.uk](mailto:north.editor@bwyregions.org.uk)

**Advertisement copy**

Word or Pages documents with images as separate jpeg files, print-quality pdfs or jpegs are acceptable.

**Layout:** Please note the new advertisement sizes. The magazine layout has been changed to allow for larger advertisement space than in the previous two issues.

**Payment** – no advertisement will be put into the magazine until payment is received.

Payment by bank transfer to the regional bank account:

sort code: 20-58-17; account no: 00977411;

Account name: British Wheel of Yoga Northern Region;

Reference: BTM-yourinitials.

Once payment has been made, email the editor and treasurer ([north.treasurer@bwyregions.org.uk](mailto:north.treasurer@bwyregions.org.uk)) with details.

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Size	<i>BWY/ Accredited price</i>	<i>Full Price</i>	<i>Format (width*height)</i>
½ page	£15.00	£30.00	14.8*10.8
Full page	£25.00	£35.00	14.8*21.0
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British Wheel of Yoga Foundation Course Level 1

Newcastle-upon-Tyne



**[Who is the teacher?](#)**

Cristal Liddle, who is an experienced teacher based in Newcastle. For enquiries please email [cristalliddle@yahoo.com](mailto:cristalliddle@yahoo.com)

**[Why do the course?](#)**

This course is perfect for those who wish to deepen their yoga practice and their knowledge of the theory and philosophy of yoga, meet like-minded individuals and is an excellent precursor to a teacher training course.

**[How much will it cost?](#)**

The course costs £600 for the ten days tuition over ten months, with an additional £60 registration fee, payable to the British Wheel of Yoga. You will also need to be a member of the BWY to take the course, at a cost of £42 per year (£37 by direct debit) and there will be some additional costs for books (approx. £10-15). If you are accepted for the course, you will pay a £150 non-returnable deposit to hold your place. Payment by instalments can be arranged if required.

**[How can I find out more?](#)**

There is an introductory session on the 3<sup>rd</sup> of March from 11.30 – 2pm where you can come along and get a taste for what the course is about and decide if it's for you. To book your place please email [cristalliddle@yahoo.com](mailto:cristalliddle@yahoo.com)

**[Where is it?](#)**

West Moor Community Centre, Benton Lane, Newcastle upon Tyne NE12 7NP

**[What are the dates and times?](#)**

10 days from April 2024 to February 2025 (no session in August) each day runs from 10am-5pm.

**2024:** 20/04, 18/05, 22/06, 20/07, 14/09, 12/10, 09/11, 07/12

**2025:** 18/01, 22/02.



# COMMUNITY OUTREACH YOGA

**Help us develop BWY's  
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Whether you're involved locally or want to discover more  
contact E: [communications@bwy.org.uk](mailto:communications@bwy.org.uk)

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



# 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 training 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 Sivananada*



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TEACHER TRAINING SEP-NOV 2024



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**2024**

**6 Saturdays  
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September, 5<sup>th</sup>, 12  
and 26<sup>th</sup> October  
2<sup>nd</sup> November**

**ONLINE VIA ZOOM**



# KARMA YOGA

*Those who act without thought of personal  
Profit and lead a well-disciplined life  
Discover in course of time the divine  
Principle that all forms of life are one.  
Shvetashvatatara Upanishad 4:3*

Are you really passionate about something (apart from yoga on the mat)? Like tree planting or litter collection or organising a book swapping library or a creative crafting club.

Something you would like to share with others  
Something which could bring together like-minded people.

Something which might inspire others to join in  
Something which could create a community

Why not organise a Karma Yoga event?  
It can be something you organise yourself or something you do in collaboration with a charity or other organisation.

If you would like help promoting your event, please contact your BWY Regional Officer.