



BWY

AT
THE
HEART
OF YOGA
IN THE EAST

IN THE LOOP

Spring Newsletter 2024

bwy.org.uk

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The BWY is the Sports England recognised National Governing Body for Yoga.

Disclaimer: Please note that the views expressed in this newsletter are not necessarily the views of the editor nor the BWY. Any advertisements are accepted in good faith and no responsibility can be accepted for the contents

EAST NEWS



Welcome to your Spring newsletter from Eastern Region. I am sure you agree that it is great to emerge from the depths of Winter and see Spring make its mark on the earth.

Noticing the changing season can also allow us to be aware of ourselves in connection to the environment we inhabit. Practicing Yoga cultivates our awareness and increases our ability to pay attention to how we are feeling and how we are managing.

As I have progressed on my yoga journey the importance of acknowledging the connection we have to everything around us and in us has become more pronounced. Being part of the BWY community is a great way to be part of something greater and to know that you are not alone on your journey. This newsletter has some fantastic yoga days to book and remember to check out the courses and what is on offer both on the BWY website and in this newsletter.

I look forward to seeing you on your mat.

With love,

Donna Negus (Regional Editor for Eastern Region)

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REGIONAL OFFICER'S REPORT: ROSIE EVANS



Welcome to 2024!

As I write these words, the daylight is gradually lengthening little by little, day by day and the bright green tips of the bulbs are just beginning to emerge as a tantalising glimpse that Spring is quietly on its way.

2023 was another busy yoga year for Eastern Region Committee with the detailed planning of our first Regional Sangha, “Embracing Life”, taking much of our time and energy. A heartfelt thank you to all committee members as everyone contributed to make this event happen so successfully, even with unforeseen website issues and challenges, we welcomed a full house plus our zoom attendees on the day. Please see the lovely review by our new West Essex Rep, Nickie Gordon in Spectrum and pages 8 and 9 in this newsletter.

The County Reps continue to support and promote yoga through the seven regional counties, setting up and managing a rich and diverse programme of yoga events for all to enjoy in person and/or via zoom. We reluctantly said farewell to our friends Aslihan Yenigun (West Essex) Siobhan Murtagh (Herts) and Caroline Flack (Suffolk) who both stepped back from their County Rep roles and we gladly welcome Nickie Gordon who has kindly volunteered for West Essex. I send a huge thank you to everyone who has volunteered on the Eastern Committee, past and present, for your continued energy, support and commitment in making everything happen and being part of this fantastic team.

We very much look forward to welcoming you to our yoga events in 2024 so do take a look at our packed calendar of forthcoming event dates for your diaries. Remember, we are all here to help, so do get in touch with your County Rep or any committee member if you need to.

Wishing you all a wonderful 2024 as we move towards the brighter days of Spring.

Yours in Yoga

Rosie

Eastern Region Officer

REGIONAL TRAINING OFFICER:



PAULINE MORGAN

I am always curious why people take up yoga. I always ask. Sometimes people say they wanted to get some exercise, some say that they wanted to relax more, a few say because their used to go along with their mum (very enlightened mothers!), and others say they were introduced to it when they were pregnant. A variety of reasons, you see. But no one ever says that they started because they thought it would change their lives. Almost without exception if you ask someone who has taken their yoga further, a foundation course or a teaching qualification, that is exactly what they say. They were curious enough to want to know more. I had a break from teaching for a while and started again this year. This made me dive into my notes from my teaching course. As I read them I know that I am not the same person who wrote those words. I don't see the world in the same way. This may be because life experiences have changed me or just through a change in mind or heart. I still feel as though I have progressed whatever the reason! I can now make connections which I didn't make at first and those things I read which still hold true for me remain relevant now as they did before. What starts off as something simple and with a sense of curiosity can take you on an unexpected journey. This is Yoga; a life long journey of learning, adapting and growing. I know why I practice yoga: Next time I see you I'll ask you why

Pauline Morgan is our Regional Training Officer and Area Representative for Cambridge. We have yoga events planned for next year to ignite your interest and promote wellbeing. It would be great for you to join us.

Bookings on our website: bwy.org.uk

Click on 'Yoga Search' and filter 'Eastern' under location

YOUR NEW REPRESENTATIVE FOR WEST ESSEX: NICKIE GORDON



Hi, I'm Nickie, the new West Essex Rep and I am here to help in any way for our members to get the very best out of their memberships. In the scheme of things I am relatively new to yoga. Running was my sport and foolishly early on I thought yoga would not be for me..... Until I tried it.... And was instantly hooked.

My real introduction to the practice was as a 'beginner' for my best friend to use for her teacher training class. My interest peaked (and I didn't want to let down my friend) and so at this time my sister (who already practiced) bought me a 20 day pass for Bikram Yoga London. From then onwards Hot Yoga was my go to. As I became more confident and comfortable with the practice I realized there was much more than the surface fitness happening to me! I already enjoy attending Buddhist meditation classes in Epping for many years when I can and I felt myself turning more inwards within my yoga practice. Then..... along came Yin! Pure bliss. If you know you know ! I still knew there was so much more and I knew I hadn't even scratched the surface of Yoga, as so many others initially only ever really thinking yoga was Asanas. By chance I took a Dynamic Vinyasa class at Hot Yoga Essex with BWY qualified teacher Paula Wade. At the end of this beautiful class Paula mentioned that she had a couple of places left for her Foundation Level 1 course. I felt there and then as if this course found me and not that I found the course. The subjects to study were all aspects that I had wanted to look deeper into but didn't really know where to start. As I write this we are a few months in and I am so looking forward to our next lesson on Sanskrit.

I have so many plans on what I would like to do with my yoga and how to help in communities but I still have a way to go.

Please get in touch with me or any of the team if we can help in any way or if you're in the West Essex area and would like to get involved.

east.wessexrep@bwyregions.org.uk

Committee News:

We are sorry to lose Caroline Aslihan and Siobhan. These were fantastic area reps. for Suffolk, West Essex and Hertfordshire. It has been great to welcome Nickie Gordon as our new West Essex Representative and if you are interested in finding out about representing Suffolk or Hertfordshire please get in touch by contacting our Regional Officer for information (page 2)

Being part of the BWY Eastern Region team of volunteers is a great way to meet fellow yogis as well as host and attend yoga workshops.

Social Media

Did you know we are on Face book and Instagram?

We post news and updates;
BWY in the East

Please like and follow us.

Email updates

We also send out emails to promote our yoga events. If you do not receive these please contact our secretary

east.secretary@bwyregions.org.uk

CPD points and logging in

When attending training events booked through the BWY website your CPD points will be automatically logged. Please ensure you have created your account to ensure you receive this benefit.

First Aid Listing: Page 17

IMAGES FROM EASTERN REGION SANGHA



Eastern Region were proud to host a Sangha last December. We came together in Essex (and ZOOM) on a cold wintry day to practice yoga centred around waking up the five elements in our body with Rosie Wright; pranayama and meditation with Donna Negus (our regional editor and trainee DCT); philosophy with Elaine Fletcher and Yoga Nidra with Judy Hirsh Sampath.



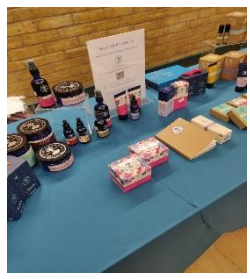
Learning Together



Practicing & Relaxing



There was a wonderful lunch, stalls to browse and reiki and Indian head massage mini treatments.



We have had some great testimonials and everyone enjoyed coming together, meeting old friends and making new ones. We look forward to seeing you at our future events and will keep you informed about our next Sangha for Spring 2025.



Thanking you for your continued support

PEACE STARTS WITH YOU



We can believe that things will get better if something changes or improves. We can invest in the idea that we cannot be peaceful because our life is too busy, or we can decide to find peace in the midst of it all.

Sometimes our lives are so busy we find it difficult to have time for our self. Outside influences and circumstances affect us and we find ourselves worried and out of sorts. We can be caught up in the frantic pace that is around us and forget that we do have a choice to step aside, to slow down and find some calm. One of my favourite quotes (unknown source) explains:

Peace. *It does not mean to be in a place where there is no noise, trouble or hard work. It means to be in the midst of all those things and still be calm in your heart.*

Practicing Yoga not only allows us to find ease in our body but brings us into contact with sensation and our emotions. Our body is the gateway to that quiet place within. Finding time to practice yoga means you have found time for you self. You have realised your value and you are coming away from the usual mode of completing lists, doing tasks, and rushing from one place to another.

Yoga practice can provide that oasis of calm in the busy life we lead; it brings us back into contact with a simpler state and the possibility of knowing that we are enough. We do not have to do everything to prove anything; all we have to do is slow down and rest in order to promote health and wellbeing . This isn't easy and we can fail at times but we can start again.

When we are caught in the frantic pace imposed on us by outside influences there is a possibility that we can realise by noticing our reaction we can come away from the stream of 'doing', catch our breath, slow down and understand that what is around us can wait. Then we can return to our lists and our busy life from a quieter place when we are ready.

Donna Negus – Regional Editor. Foundation course tutor and Teacher training starting April 2024.

PEACE IS THIS MOMENT WITHOUT JUDGEMENT

By Dorothy Hunt

Do you think peace requires an end to war?
Or tigers eating only vegetables?
Does peace require an absence from
your boss, your spouse, yourself?....
Do you think peace will come some other place than here?
Some other time than Now?
In some other heart than yours?

Peace is this moment without judgement.
That is all. This moment in the Heart-space
Where everything that is is welcome.
Peace is this moment without thinking
that it should be some other way,
that you should feel some other thing,
that your life should unfold according to your plans.

Peace is this moment without judgement,
this moment in the Heart-space where
everything that is is welcome.

THE SUBTLE GIFTS OF MUDRA PRACTIC



Swami Krishnapremananda is teaching 6th April in Boreham Village Hall, Essex. In this article he explains what you can expect to learn and experience. Booking on our website and more info on page 16

Mudras, or energetic gestures, are practices we can use to calm and balance our nervous system and redirect our energies within to invoke more subtle states of awareness and meditation.

They are part of the Hatha Yoga tradition which includes asana/ posture, pranayama/ breathing practices, bandha/ energetic locks and shatkarma/ cleansing practices. It is a rich tradition that is as invaluable today as it's ever been. Yet mostly in the west the primary focus is on asana/ postures in yoga classes meaning the subtle gifts of mudra, as well as bandha, are often neglected or mis-understood.

There is a whole range of mudras practices, which include hand, body, head and pelvic floor mudras. Their practice stimulates specific energetic or mood states within that can shift our awareness onto a more subtle level.

They are beautifully portrayed in classical Indian dance wherein subtle and skilful gestures of the fingers, hands, eyes, head and body, convey distinct messages to the audience.

If you wish to learn more, you are welcome to attend the CPD day on Mudras that I am holding on April 6th, 2024, in Chelmsford. During the day we will be exploring selected hand and body mudras to give participants personal experience of the mudra practice and the unique effects, physically and energetically.

Warm wishes, Sw. Krishnaprem

YOGA FOR DIGESTIVE HEALTH



Zoe Smith is teaching a workshop in Boreham 15th June on the importance of digestive health. Here, she explains why it is important to us and what to expect to practice and learn in June.

Digestive health is the cornerstone of overall well-being. It dictates our vitality and zest for life. Our body's intricate digestive system not only nourishes us but also efficiently eliminates waste, contributing to our overall sense of energy and passion. The practice of yoga serves as a powerful tool to maintain and fortify a healthy digestive system.

By incorporating dynamic yoga postures, targeted breathing exercises, and meditation techniques, participants will explore the connection between yoga and the Manipura chakra, associated with the digestive system. Emphasis will be placed on activating the element of fire within the body, stimulating the digestive fire, or agni, to enhance nutrient absorption.

This workshop is a proactive approach to digestive well-being. Attendees should be prepared for a session that involves twists and targeted pressure on the stomach and digestive organs. It's a form of preventative medicine for the digestive system, fostering resilience and balance.

As practitioners, heightened awareness of our bodies becomes second nature. The workshop aims to empower participants with insights into common digestive issues, offering yoga-based strategies for support.

Whether navigating digestive concerns or aspiring to elevate overall health, this workshop promotes enhanced vitality, energy, and balance. A well-nourished and efficient digestive system is the key to unlocking life force energy and embracing the full spectrum of well-being. Join us in June for an exploration of yoga's transformative impact on digestive health.

Zoe Smith | Silver Spiral Holistic Health

WHAT'S DIFFERENT ABOUT TEACHING YOGA CLASSES TO ATHLETES?



Anthea Sweet gives a taster of her CPD day planned to be held in Cambridgeshire 5th October

Why could gentle back bending be an essential part of a cyclist's toolkit? Or Nadi Shodhana the go-to breath for an archer on the shooting line?*

Yoga is steadily gaining in popularity amongst all levels of athletes, and yoga teachers often ask how they can best help their athletic students. On this CPD day, we set yoga in sport into context, explore what is different about teaching athletes and develop approaches which take into account the needs of various sports.

We also know that yoga is not just about stretching, and in sport, yoga offers unique benefits for power, strength, movement efficiency, recovery, helping prevent injury and controlling nerves. Breathing is a key component – you'll explore the relevancy of breath work different sports and practice some simple breathing strategies to improve athletic performance and recovery.

With their natural competitiveness, athletes sometimes present a challenge to a yoga teacher, and there will be tips on guiding them to overcome their natural competitiveness and turn it to advantage in their yoga practice.

The day itself is very practical - you'll experience a session for athletes for yourself, experiment with applying the same asana to different sports and link asanas into sequences for classes and for your students' home practice. Your lesson planning will focus on sports chosen by the group, so find out your students' sports beforehand and bring your questions along!

Anthea Sweet is Director of Academic Faculty for the Institute of Yoga Sports Science®, a BWY teacher and a soft tissue therapist

FIRE CIDER RECIPE

This is a traditional folk remedy which you can take as a preventative immune booster in cold and flu season, or as a medicine if you get ill. Ideally you make a big batch and let it sit for 4-6 weeks before straining it. But you can still have this ready in two weeks if you're a bit behind, and if you're really desperate, you could simmer these ingredients in 1L of water and make a tea to drink straight away. *Add the honey afterwards - it shouldn't be heated above 40 C.

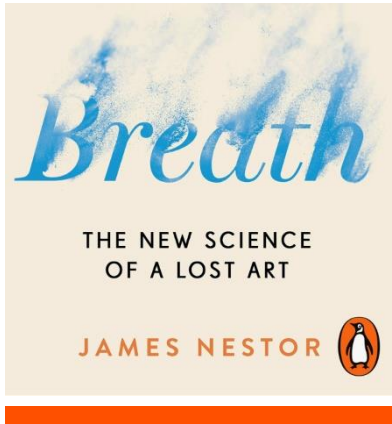


- 1 medium organic onion, chopped
- 10 cloves of organic garlic, crushed
- 2 jalapeno or other hot peppers, chopped
- 1 organic lemon chopped
- 1/2 cup fresh grated organic ginger
- 1/2 cup fresh grated organic horseradish root (omit if you can't find this or use powder)
- 2 inch piece organic turmeric chopped or grated.
- 1/4 tsp organic cayenne powder
- 2 large sprigs rosemary
- 2-4 sprigs of thyme
- 1 tsp black peppercorns
- Organic apple cider vinegar with 'The Mother'
- 1/4 cup of raw, local honey, or to taste

Put all the ingredients in a large mason jar and cover with apple cider vinegar. Put a piece of greaseproof paper over the top and screw the lid on your jar (to prevent oxidation).

Leave in a cool dark cupboard and shake daily or as often as you remember. After 4-6 weeks your fire cider is ready!

Strain and keep in the fridge. Take 1 Tbs daily for prevention, and 3 x day for cure.



The new Science of a lost Art

Exert – page 42:

Our bodies operate most efficiently in a state of balance, pivoting between action and relaxation, daydreaming and reasoned thought. This balance is influenced by the nasal cycle and may even be controlled by it.

It's a balance that can also be gamed.

There's a yoga practice dedicated to manipulating the body's functions with forced breathing through the nostrils. It's called nadi shodhana-in Sanskrit, nadi means "channel" and shodhana means "purification"-or, more commonly, alternate nostril breathing.

BREATH

James Nestor

I was first introduced to this book from Bill Woods. In the free members session Bill taught 19/11/23 (recording can be found under 'my resources' when you log into your account on the BWY website) we were introduced into a different way of breathing and the idea of breathing to expand our lungs and find space without forcing or controlling.

In this book, James Nestor travels the world to sample and be taught different breathing techniques; some yogic, some not. He participates in experiments on different ways to breathe and interviews practitioners of different breathing techniques.

This book served to validate the importance of pranayama and entertains with anecdotes and inspiring experiences.

James Nestor is not a yoga teacher and this is not written from a yogic perspective and somehow this serves to make his findings more interesting and vital to the health and well being for all of us.

I highly recommend this book

Donna Negus (Regional Editor)



Bookings on website: bwy.org.uk

Click on 'Yoga Search'- First Aid and filter 'Eastern' under location

2nd March Hemingford Abbots, Cambridgeshire PE28 9AH

23rd March Boreham Village Hall, Chelmsford, Essex, CM3 3JD

7th September Cotton End Road, Wilstead, Bedfordshire, MK45 3BX

19th October Costessey Centre, Longwater Lane, Norfolk NR8 5AH



Venue:

The Costessey Centre
Longwater Lane
Costessey
Norwich
Norfolk
NR8 5AH

Cost:

BWY member £35
Non member £45

CPD Information

7.5 points

Organiser

Liesl Emery
east.norfolkdep@bwyregions.org

Booking information

<https://portal.bwy.org.uk/user/vents/520>

FIVE ELEMENT THEORY WITH ADE BELCHAM

16th March 2024

10-4pm

Ayurvedic 5-element theory provides a useful model to help think about balance and right effort in yoga practice. This workshop explores the practical application of the theory in the context of asana.

We will use 5 element theory to explore the physical and mental aspects of yoga asana practice and also consider how this model can help us find balance in our approach to asana through the cultivation of sensory attention.

Content

- Overview of 5-element theory and the context within Ayurveda and Yoga
- Asana based exploration of each of the 5 elements – earth, fire, water, air and space.
- Consideration of the integration and dynamic equilibrium of the 5-elements as a flexible 'ideal state' both on and off the yoga mat
- Personal and group assessments of 5-element balance in the context of asana
- Consideration of 5-element theory in the context of yoga practice and teaching – sensation versus instruction
- Closing meditation



Venue:

Boreham Village Hall,
Chelmsford,
Essex, CM3 3JD

Cost:

BWY member £35
Non member £45

CPD Information

7.5 points

Organiser

Jo Thomas

east.eessexrep@bwyregions.org.uk

Booking information

<https://portal.bwy.org.uk/user/events/660>

MUDRA- PURPOSE AND VALUE WITH SWAMI KRISHNAPREM

6th April 2024

10-4pm

This quiet, enjoyable and re-energising day will be led by Krishnapremananda, a full time resident of Mandala Yoga Ashram in Wales.

Whilst living in the ashram, Krishnaprem has deepened his capacities to deliver the teachings to others in a clear and accessible way, and endeavouring to imbibe and live the spirit of Yoga in and through daily life. During 2007, he furthered his understanding and experience by participating in a 12 month Vedanta training course in India.

His aim for the day will be to introduce participants to the value, purpose and appropriate place of mudra in their personal practice and in their teaching.

We will have the opportunity to practice selected hand, body and attitudinal mudras, and gain a greater appreciation of the effect of mudra on mind, body and lifestyle. We hope that this calm and inspiring day will give participants a renewed inspiration for their yoga and in their ongoing yogic sadhana and understanding.



THE CHAKRAS AND THE PRINCIPLES OF ENERGY WITH LINA MOOKERJEE

27th April
10-4pm

Join Lina Mookerjee for this day on the Chakras and get to know and understand the principles of energy and the Chakra system so that you feel confident to apply your knowledge in your classes and teach in a safe and effective way.

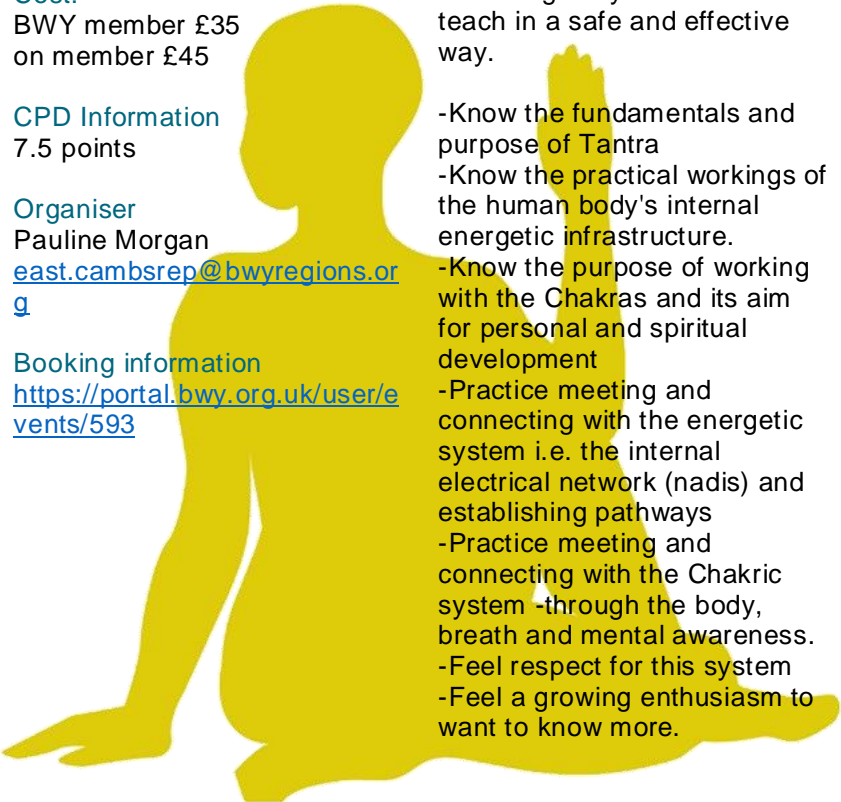
Venue:
Online

Cost:
BWY member £35
on member £45

CPD Information
7.5 points

Organiser
Pauline Morgan
east.camsrep@bwyregions.org

Booking information
<https://portal.bwy.org.uk/user/events/593>

- 
- Know the fundamentals and purpose of Tantra
 - Know the practical workings of the human body's internal energetic infrastructure.
 - Know the purpose of working with the Chakras and its aim for personal and spiritual development
 - Practice meeting and connecting with the energetic system i.e. the internal electrical network (nadis) and establishing pathways
 - Practice meeting and connecting with the Chakric system -through the body, breath and mental awareness.
 - Feel respect for this system
 - Feel a growing enthusiasm to want to know more.



CHAIR YOGA WITH RICHARD KRAVETZ

1st June
10-4pm

This day is for everyone, from yoga teachers to beginners. During the day we will explore and discuss the 'why', 'what', 'where' & 'how' of chair-based yoga and focus on ways you can evolve your yoga practice with this versatile prop.

If you are interested in enhancing your own practice and/or helping others to adapt their practice then this workshop will provide a toolkit of ideas and inspirations to help make chair-based yoga fun, engaging and interactive. You will experience the benefits of using a chair and how a different range of postures and movements can provide people with strength and flexibility whilst maintaining a safe practice. If you wish to learn the skills necessary for adapting yoga practices to the chair and how a flexible open minded approach works then this workshop is for you.

Please note that this day will not qualify teachers to adapt and teach yoga to older adults safely but is a grounding in the ideals and benefits of yoga in a chair.

Venue:
Online

Cost:
BWY member £35
Non member £45

CPD Information
7.5 points

Organiser
Pauline Morgan
east.camsrep@bwyregions.org

Booking information
<https://portal.bwy.org.uk/user/events/672>



YOGA FOR DIGESTIVE HEALTH WITH ZOE SMITH

15th June
10-4pm

A transformative workshop that focuses on the important connection between yoga and digestive health. We will explore how the practice of yoga can help to support and improve digestion, helping you to feel more vibrant, energised, and balanced.

Through a series of dynamic yoga postures, breathing exercises, and meditation techniques, we will work to stimulate the Manipura chakra, also known as the solar plexus chakra, which is associated with the digestive system. We will also learn how to activate the element of fire in the body, which is linked to the digestive fire, or agni, helping to improve digestion and absorption of nutrients.

We will discuss common digestive issues and learn how yoga can be used to support digestive health. We will also explore the role of diet and lifestyle in maintaining a healthy digestive system and learn practical tips for incorporating yoga into our daily routines.

Venue:

Boreham Village hall,
Chelmsford,
Essex,
CM3 3JD

Cost:

BWY member £35
Non member £45

CPD Information

7.5 points

Organiser

Jo Thomas

east.eessexrep@bwyregions.org.uk

Booking information

<https://portal.bwy.org.uk/user/events/654>



AYURVEDA AND YOGA FOR SUMMER: EMMA TURNBULL

6th July
10-4pm

Join Emma Turnbull, Yoga teacher and Ayurvedic consultant to prepare for summer with Yoga and Ayurveda. The day will focus on seasonal practices to support you through the transition into Summer. Both Yoga and Ayurveda offer simple daily practices that can enhance your health and well-being – you will leave armed with many simple practices to continue at home.

Yoga and Ayurveda are sister sciences, and together they work toward the goal of achieving health, happiness and liberation. Ayurveda heals through connecting with nature and being in tune with the seasons and circadian rhythms of life.

In this workshop you will:

- be introduced to the basics of Ayurveda
- discover foods appropriate for the summer season
- create a daily routine and self-care practice for yourself
- explore yoga postures and pranayama practices that are most beneficial this time of year

Venue:

Boreham Village hall,
Chelmsford,
Essex,
CM3 3JD

Cost:

BWY member £35
Non member £45

CPD Information

7.5 points

Organiser

Jo Thomas
east.eessexrep@bwyregions.org.uk

Booking information

TBC



YOGA CLASSES FOR ATHLETES – THE SCIENCE OF SEQUENCING WITH ANTHEA SWEET

5th October
10-4pm

This amazing day with Anthea is suitable for yoga teachers who wish to develop athletes through yoga. The day will develop teachers understanding of the science of yoga in sport and will explore key principles of sports-specific breathing. It will also explore key principles of sport-specific movement and sequencing and how teachers can develop their skills in managing athletes in a yoga class.

By the end of this session you will:-

Be able to explain the key differences between yoga delivered to athletes and yoga delivered to the general public
Understand key anatomical principles in relation to sport including planes of movement
Be able to plan and deliver effective classes for athletes in a variety of sports and manage athletes' expectations of yoga for their sporting performance.

Venue:

High Street
Hemingford Abbots
Cambridgeshire
PE28 9AH

Cost:

BWY member £35
Non member £45

CPD Information

7.5 points

Organiser

Pauline Morgan
east.camsrep@bwyregions.org
[g](#)

Booking information

<https://portal.bwy.org.uk/user/events/590>



TRAUMA IN TISSUES WITH GARY CARTER

16th November
10-4pm

Join the well-respected Gary Carter for this exceptional class on how tissues hold trauma and learn how we can use movement and postures to reduce tension and stress both in the physical body and in the mind. Gary will lead us through the day looking at the sympathetic and parasympathetic nervous systems, how the myofascial and facial react to stress and what this all means to us in the modern world. Learn through the use of movement and posture how we can release tension in body and in the mind.

Gary has over 30 years experience in movement, physical training, anatomical study and bodywork practices. He has lectured extensively on the anatomy of Yoga in the UK, Europe and America. He is the founder of the Natural Bodies Centre in Brighton, dedicated to the work and approach of Vanda Scaravelli, which was not so much about executing postures but cultivating the conditions that allow the body's natural intelligence to awaken.

Venue:

Symonds road
Bury St Edmunds
Suffolk
IP32 7EE

Cost:

BWY member £35
Non member £45

CPD Information

7.5 points

Organiser

Pauline Morgan
east.camsrep@bwyregions.org

Booking Information

<https://portal.bwy.org.uk/user/events/661>

DATE	EVENT	LOCATION	TYPE	CONTACT
02/03/24	First Aid	Cambridgeshire PE28 9AH	EFAW	Pauline Morgan
16/3/24	Ade Belcham	Norfolk NR8 5AH	CPD	Leisl Emery
23/03/24	First Aid	Boreham CM3 3JD	EFAW	Jo Thomas
6/4/24	Swami Krishnaprem	Boreham CM3 3JD	CPD	Jo Thomas
20/4/24	Gary Carter	Norfolk NR8 5AH	CPD	Leisl Emery
27/4/24	Lina Mookerjee	ZOOM	CPD	Pauline Morgan
1/6/24	Richard Kravetz	ZOOM	CPD	Pauline Morgan
15/6/24	Zoe Smith	Boreham CM3 3JD	CPD	Jo Thomas
6/7/24	Emma Turnbull	Boreham CM3 3JD	CPD	Jo Thomas
7/9/24	First Aid	Beds MK45 3BX	EFAW	Pauline Morgan
5/10/24	Anthea Sweet	Cambridgeshire PE28 9AH	CPD	Pauline Morgan
19/10/24	First Aid	Norfolk NR8 5AH	CPD	Leisl Emery
16/11/24	Gary Carter	Suffolk IP32 7EE	CPD	Pauline Morgan



EVENT BOOKINGS CAN BE MADE ON Our WEBSITE: WWW.BWY.ORG.UK

As a BWY member, log into your account.

Top right hand corner: tap on the 3 dots to find 'Yoga Search'

In Search write event you are looking for and under location select 'Eastern'

Tap on to the event you want o book and register your interest (blue box)

You are then able to book (scroll to bottom of page)

If you are not a BWY member, you are required to get a free account by clicking on the 'join us' button. Once you are logged in, you can click 'Register your interest' which will allow you to book.

Please email queries to the organiser of that particular event as listed previously or contact head office for technical issues.

REFUND AND TRANSFER OPTIONS:

- 1. Cancellation prior to 30 days from due date of event – full refund. The amount can be used to off-set against the cost of another event subject to availability and at the discretion of the event organisers.**
- 2. Cancellation within 15 to 29 days of event date – 50% refund. This amount can be used to off-set against the cost of another event subject to availability and at the discretion of the event organisers.**
- 3. Cancellation within 14 to 0 days of the event date – no refund or transfers.**



PRANAYAMA



INTENSIVE RETREAT

with *PHILIP XERRI*

Holland House, Cropthorne 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 'Early Bird' offers available.
Web www.yogaquests.co.uk and www.controlyourbreath.co.uk
Mobile 07710185827

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

BRITISH WHEEL OF YOGA FOUNDATION COURSE 1
In SUFFOLK with Bindie Edwards

DEVELOP CONFIDENCE IN YOUR HOME PRACTICE
LEARN ABOUT YOGA PHILOSOPHY AND HISTORY
DISCOVER THE YOGIC ENERGY BODY
GET A TASTE OF TEACHER TRAINING
AND MUCH MORE

2024 DATES

Introductory Morning (mandatory) 6 April
Full days: 27 April . 25 May . 29 June . 27 July .
7 Sept . 5 Oct . 2 Nov . 30 Nov

FREE TASTER MORNING SATURDAY 17 FEBRUARY 2024
(booking required)

VENUE

The Self Centre, Kempson Way, Moreton Hall,
Bury St Edmunds IP32 7AR

COST

Tutorial Fees: £600
BWY registration fee £60
BWY membership £42

contact Bindie:

bindie@bindie.yoga

www.bindie.yoga

Mob: 07798 918852



BWYT RESTORATIVE YOGA MODULE

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30-Hour Online CPD
Open to all qualified yoga teachers

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

BWY Certification and Yoga Alliance CEUs

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

For details and to apply:

carol@yogacarol.co.uk

07949 743 942

www.yogacarol.co.uk



SHAMBHALA

WORKSHOPS AND TEACHER TRAINING DAYS

Yin Yoga Workshop

With Norman Blair

Sunday 7th July 2024 2pm-5pm £35

Developing Strength with Single Leg Poses

With Zoe Knott

Sunday 10th November 2024 10am-3:45pm £47

Our Workshops at Shambhala are small and friendly in our lovely studio in Leigh on Sea, Essex SS9 1DJ

01702 478924

wellbeing@shambhalastudios.com

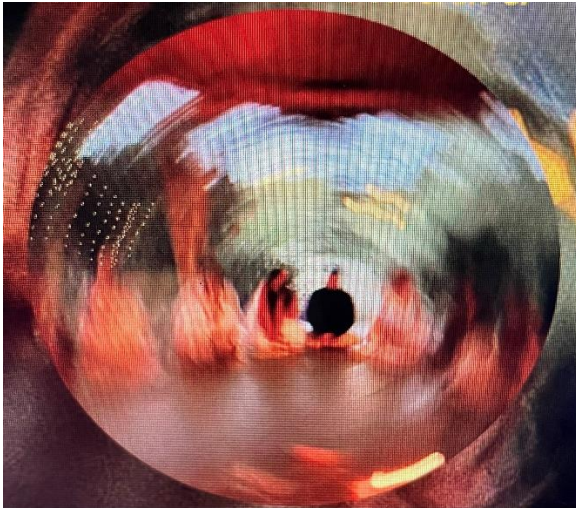
www.shambhalastudios.com

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THE 'I' OF THE STORM ACCESS BLISS & THE UNITIVE STATE

One Day Workshop

Saturday 9th March 2024 10am-4pm Tickets £45
Boreham Village Hall - Main Road, Boreham, Chelmsford CM3 3JD.
Bookings to matt@pranasanayoga.com Tel 07974 340 685



Khengarī Mudrā (space moving seal) has the ability to give us both mental and physical energy. My personal journey affirms this belief and I have spent the last 11 years unlocking that calm centre within myself. This workshop will explore the potential that practicing this mudra can allow. We will explore the concepts of Kundalini energy and unlearn all projections of ourselves as we begin the path to wholeness.

Join me to discover more about yourself and our ability to heal.



Conscious Body Open Heart

Retreat with Rajesh David & Marye Wyvill

Open Pathway Retreat Centre, Queen Camel, Somerset



26-28 July 2024

Become conscious of your mental & movement habits that block transformation, working with the yogic concepts of Anahata Chakra, Bhakti & the Koshas, and the Movement Intelligence practices of Bones for Life, Walk for Life & Mindful Eating.

For more information about our teaching sessions, see

www.rajeshdavid.com/consciousbodyopenheart/

Bookings: findyourway@openpathwaycentre.org T:01935 850266

Cost: £425 for tuition, meals and single room.

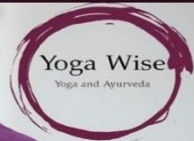


YOGA WISE YOGA TEACHER TRAINING COURSE

Starts April 2023

This course is so much more than learning to teach yoga – this unique course is Ayurvedic Yoga teacher training. Which means whilst you will learn everything you need to know to become a safe, effective and competent yoga teacher, you will also learn how to apply the ancient teachings of Ayurveda to your teaching and personal practice. You will learn so much more about yourself as you journey to become a yoga teacher.

A BWY accredited course.
www.yoga-wise.co.uk for full details



Emergency First Aid at Work Courses for Yoga Teachers

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

Tuesday 20 February – Uxbridge (UB8 2RR)
 Sunday 03 March – Crouch End (N8 9PR)
 Thursday 07 March – Luton (LU3 2HX)
 Tuesday 12 March – Slough (SL3 7TP)
 Saturday 16 March – Luton (LU3 2HX)
 Tuesday 19 March – Uxbridge (UB8 2RR)
 Saturday 23 March – Uxbridge (UB8 2RR)
 Sunday 24 March – Seaford (BN25 2AB)
 Tuesday 09 April – Uxbridge (UB8 2RR)
 Saturday 13 April – Uxbridge (UB8 2RR)
 Sunday 14 April – Crouch End (N8 9PR)
 Monday 15 April – Slough (SL3 7TP)
 Thursday 25 April – Luton (LU3 2HX)
 Tuesday 07 May – Uxbridge (UB8 2RR)
 Thursday 09 May – Luton (LU3 2HX)
 Sunday 19 May – Luton (LU3 2HX)
 Monday 20 May – Slough (SL3 7TP)
 Saturday 25 May – Uxbridge (UB8 2RR)
 Sunday 26 May – Crouch End (N8 9PR)
 Monday 10 June – Uxbridge (UB8 2RR)
 Thursday 13 June – Luton (LU3 2HX)
 Sunday 30 June – Seaford (BN25 2AB)

Further courses dates in 2024 are shown on our website

To book your place please visit www.mgmtraining.co.uk

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

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



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

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donna.negus11@gmail.com
www.donnanegusyoga.co.uk**