



BWY

AT
THE
HEART
OF YOGA

IN LONDON

IN THE LOOP

Spring 2024

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PUBLISHING POLICY

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

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

Advertising Rates (incl. VAT)

BWY/Accredited Full Price Price

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

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

LONDON NEWS

Hello everyone,

Welcome to the first newsletter of the year!

We recently asked our members to let us know “What yoga means to You” and have published some of the responses on pg 6. Dashna and Gen have also written articles on this topic. It is heartwarming to see how yoga can mean different things to different people but still carry the same spirit.

There is a reminder of the discount codes available to BWY members on pg 15 so if any of you are looking to make some new year purchases, do check it out.

If you would like to contribute to this newsletter or place an advert, please don't hesitate to email me at london.editor@bwyregions.org.uk

Warm wishes from the London volunteer committee,
Alex, Laura, Pravin, Gen, and Wengyee



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REGIONAL OFFICER'S REPORT



Welcome to our Spring issue and while at time of writing the days are still wintry, dark and chilly, I know by the time we read this the days will be brighter, warmer (or am I being overly optimistic?) and the Spring flowers will be in bloom.

Let me start by welcoming two new members to the London Committee. Pravin Patel, who is our Regional Treasurer, and Genaro Acciarino who is our Events Organiser. They're both making a fabulous contribution to the Committee already and have really hit the ground running. You can read Gen's article on p9. Thank you to both of them for giving up their time.

I know we all share the frustration at the teething problems we've experienced with the new website. The comms team at Head Office has been working really hard liaising with the website developers to get things fixed and I hope that we have the website we all want soon. Thank you for your patience during this time.

Finally, our Mailerlite contract has come to an end and we will be moving onto a new system for mailouts. If you unsubscribed from mailouts and you receive one from the new system, apologies, just click unsubscribe again and that will be done.

We will be sending out a members' survey soon so we can ensure we tailor our events to you, our London members.

I look forward to seeing you at an event soon.

Alex Yates
Regional Officer

REGIONAL TRAINING OFFICER'S REPORT



Hello BWY London

There is lots of planning and discussions on the future of events and what direction we should take them in 2024. To zoom means that we are mindful of our carbon footprint with less travel and from home we are able to access various corners of the UK with many great tutors. Yet being in person brings so much! with the spontaneity and intimacy of group discussions – its uplifting and engaging. Both have so many pros and we are fortunate to have access to both modes of training. What topics would you like to see on the 2024 CPD timetable? If you'd like to be part of the discussion, we'd love to hear from you. Please email:

london.rto@bwyregions.org.uk

What's coming up in 2024...

- **Members day event** – Breath work, Shamanic drumming, deep relaxation.
- **Yoga philosophy** – Daniel Simpson – a 3 -day course on Yoga philosophy – In person event
- **Strength in Asana** – 20 years on – Zoe Knott – Zoom event
- **The Pelvic Floor Muscles** – Roberta Jesson – In person event

Check out the website for booking details.

The BWY has community at its heart and a constant thread that we hear time and again is how you value the support and community of the BWY membership. Thank you to all who support our community.

Warm wishes to you all

Laura

WELCOME REGIONAL TREASURER



Pravin Patel - Regional Treasurer

Pravin Patel is a life member of the BWY. He has had a lifelong interest in yoga and has been practising hatha yoga since the early 1980s. In order to enhance his yoga skills and knowledge he completed one of Monica Burton's diploma teacher training courses and has been coaching yoga classes since 2003.

He was the London regional BWY editor for several years. In his other professional career he was a software engineer. He has retired from that career and is now able to spend more time persuing other interests. He is occasionally found in the shed tinkering with wood and other DIY activities.



WHAT YOGA MEANS TO 'YOU'



Yoga means to me
THE PHILOSOPHY OF LIFE
~ Sandy Lee

Yoga for me is like a refrain that repeats in
the song of my life
~ Julie Krausz



YOGA IS HUMANITY



by Darshna Parmar

Yoga is my safe haven, and my place to be my authentic self regardless of how I'm feeling in that moment whether I'm feeling sad or full of joy or anywhere between.

I first started my yoga journey first in 1999, and like many people the first class I took didn't resonate with me. At the time I was a trained fitness instructor, and the slow pace didn't seem to suit me or my state of mind. Something kept me with it though, so I tried another class with a teacher (Pat Scam Bell) who taught with so much kindness and confidence that I was hooked and attended the class continuously from then.

In 2004 I went to yoga Sibir by Swami Ramdev and that's where I initially started learning about pranayama which transformed my practice into a higher level, both mentally and physically. All the while Pat was encouraging me to take up teaching and finally 2007 felt like the right time so i joined BWY and started by teaching journey.

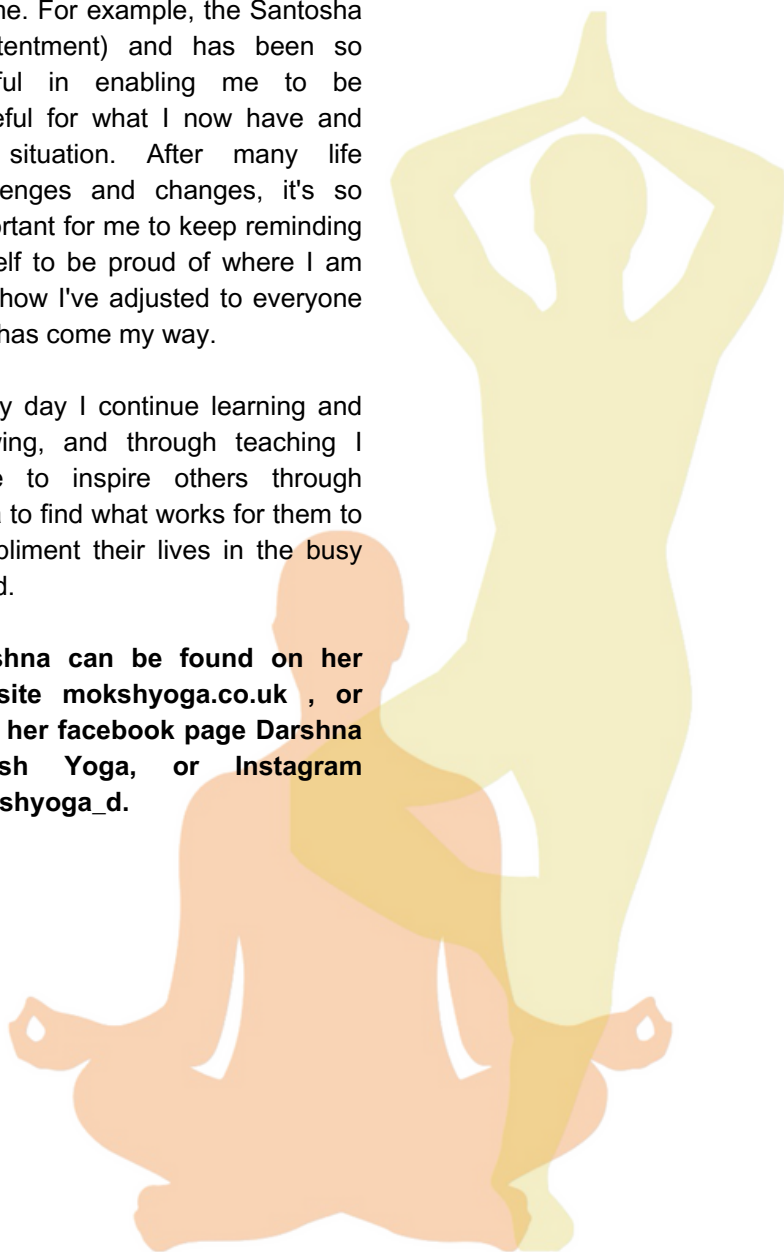
For me, yoga is not a religion, it's about humanity, and this is why the eight limbs of yoga has been my foundation.

The eight limbs consists of five Yamas, which are a guide for your experience of the world and interaction it (Ashimsa - non-violence, Asteya -non-stealing, Satya -truthfulness, Aparigraha - non-possessiveness, and Brahmacharya - celibacy or fidelity), and the Niyamas, which are duties directed towards ourselves (Saucha - cleanliness-, Santosha – contentment, Tapas – discipline, and Svadhyaya – self-study, Isvara Pranidhana – surrendering to a higher power).

These continue to play a daily role in my life allowing me a soft structure for how to live a good life and to keep me on the right path for me. For example, the Santosha (contentment) and has been so helpful in enabling me to be grateful for what I now have and my situation. After many life challenges and changes, it's so important for me to keep reminding myself to be proud of where I am and how I've adjusted to everyone that has come my way.

Every day I continue learning and growing, and through teaching I hope to inspire others through yoga to find what works for them to compliment their lives in the busy world.

Darshna can be found on her website mokshyoga.co.uk , or visit her facebook page Darshna Moksh Yoga, or Instagram [mokshyoga_d](https://www.instagram.com/mokshyoga_d).



I LIVED OF ART, I LIVED OF LOVE



by **Gen Acciarino**

Or as the tragic character, Tosca sings in the opera with which she shares the name - “Vissi d’arte, vissi d’amore,” - I ask myself, could this sentiment represent the desire of yogis and those seeking more from life?

Personally, I started exploring yoga because I wanted to understand its philosophy— a way of living that promises a perfect connection between body and soul, between humanity and the world. It’s more than just poses; it’s an ancient practice that nurtures wellness and teaches us to love ourselves and the world around us—the earth, the present, the peace, and the breath.

But what exactly do people seek from yoga? And how can we make it more inclusive and accessible to everyone?

Recent statistics reveal varied expectations from yoga enthusiasts. People of all ages and abilities join yoga workshops across the globe, seeking different benefits. From stress relief and physical fitness to mental clarity and spiritual growth, the reasons for practicing yoga are as varied as each participant to a workshop.

The popularity of yoga isn’t just about stretching or holding poses; in fact in a busy world where yoga offers a sanctuary—a place to find balance, both physically and mentally. It’s a space where everyone, regardless of their age or physical capability, can embark on a personal journey toward better health and inner peace.

However, despite its many benefits, making yoga truly inclusive and accessible remains a challenge. Some may perceive yoga as intimidating or exclusive, thinking it’s only for the flexible or spiritually inclined. Breaking these misconceptions is crucial to promote an environment where everyone feels welcome on the yoga mat.

To achieve a wider audience, it's imperative to embrace the core philosophy of yoga—a philosophy rooted in unity and connection. Yoga is more than a physical practice; it's a way of life that invites us to unite with ourselves, others, and the world around us. It encourages acceptance, compassion, and respect for oneself and others, irrespective of differences.

By emphasizing the essence of yoga—its philosophy of union—we would like to create a space where everyone feels valued and supported. It's about cultivating an environment where people are encouraged to embrace their individuality, celebrate their progress, and find comfort in their practice without judgment or comparison.

To truly make yoga accessible, teachers shall offer modified poses, different levels of intensity, and providing a welcoming atmosphere to make yoga an enjoyable experience for everyone.

In essence, with a yoga workshop we aim to create connection, unity, and acceptance. It's about building a community where everyone, regardless of their background, age, or capabilities, can experience the transformative power of yoga—a practice that allows us to live of art and of love, for ourselves, and for the world around us.

As BWY committee, we try to envision the future of yoga events, therefore we would invite everyone to come forward and share their ideas, suggestions, proposals to help us spreading within our community, and beyond, the transformative power of yoga. Please come forward with your vision about the content of a yoga event and let's together make this a more compassionate, connected, and loving world.

Gen Acciarino (BWY Teacher)
London.Events@bwyregions.org.uk



BONES FOR LIFE

2 March 2024

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

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

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

Venue:

ONLINE EVENT

Time:

10:00 - 14:30

Cost:

BWY Members £50

Non-members £60

Tutor Bio:

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

For further information see www.movementintelligence.co.uk
Her background is in Yoga, having trained in the 1990s under Julie Friedeberger. She also spent four years as resident and teacher at Mandala Yoga Ashram in Wales.



Venue:

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

Time:

10:00 - 15:30

Cost:

BWY Members £50
Non-members £70

Tutor Bio:

Roberta Jesson has been a yoga teacher for 20 years and is a BWY DCT & FCT. She has a particular interest in anatomy and physiology having taught Yoga in a physio practice for the last 10 years and loves sharing her knowledge in anatomical workshops.

Bertie teaches in Oxfordshire.

Email: bertieyoga@gmail.com
Instagram: bertieyoga

YOGA AND THE PELVIC FLOOR MUSCLES

20 October 2024

The group of muscles we call the pelvic floor are integral to the health of women and men. They can improve back, hip and knee stability, are a key element of the core muscles of the body, assist in bladder control and are even involved in regulating the breath. But do you really know how to activate them? Should you try and stretch them? Or is it all about strength? How often should you be doing your pelvic floor exercises and how?

This workshop is designed to teach you how to connect with the pelvic floor, through breath, theory, practice and visualisation. It is suitable for yoga teachers, students or those interested in increasing their A&P knowledge of this critical group of muscles.

**50-HOURS
YIN YOGA TEACHER
TRAINING**

**LEVEL 1 –
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LOWER BODY**

**A HIGHLY
EXPERIENCED YIN
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TRAINING WITH PAUL
& SUZEE GRILLEY AND
SARAH & TY POWERS**

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POSES, MERIDIANS
AND MINDFULNESS
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**Comprehensive
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of Yoga and
Yoga Alliance
Certification**

**Total cost: £695
Early Bird Discount
Available**

**2024
6 Saturdays
14th and 21st
September, 5th, 12
and 26th October
2nd November**

ONLINE VIA ZOOM





Venue:

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

Time:

9:30 - 16:30

Cost:

BWY Members £95
Non-members £135

FIRST AID DAYS

11 February 2024

12 May 2024

22 September 2024

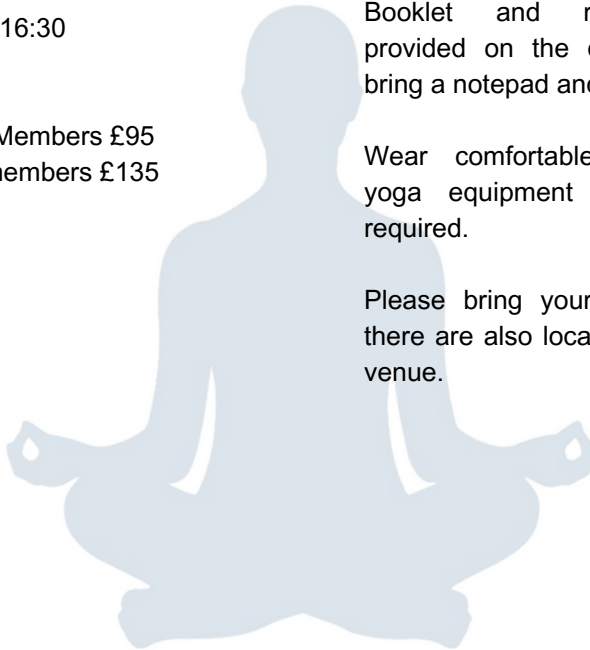
Join Kerri Hartwright, on this First aid course. Kerri is an experienced first aid tutor and A&E Nurse and has a wealth of knowledge to share with you, giving you the confidence to deal with first aid injuries /illness or situations in both the yoga room and everyday life.

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

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

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

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



MEMBER DISCOUNTS

As a member of BWY, you can enjoy discounts on yoga clothes, props and equipment:



30% discount applied during registration using link in image, plus bulk buy offers.



35% discount applied during trade registration for teachers and student teachers.



15% discount using code BWY15

Avaja Singing Bowls

5% discount using code BWY5%



10% discount on props using code bwy1024



10% discount using code BWYLOVE



10% discount applied automatically using link in image or code BWY10



20% discount on clothes using code BWY20



As a member of BWY, you can enjoy discounts on reading and courses from our education partners:



30% discount on all books using code BWY30



20% discount on all books using code BWYM20



20% discount on all books using code BWY20



20% off their online short course programme using code SOAS-BWY-20



25% discount on Dr Yogi's 30-hour applied anatomy course using code BWY25



75% discount on subscription to Yoga Magazine using code BWY50



PRANAYAMA



INTENSIVE RETREAT

with *PHILIP XERRI*

Holland House, Crophorne JUNE 10-14, 2024

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

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

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

Philip has been practicing/teaching Pranayama for over 40 years. Originally trained with Swami Gitananda in India, he has also worked within many other disciplines and Schools of Yoga. His first inspiration was Philip Jones – the 'Welsh Wizard of Pranayama' whose understanding of the connections between the Breath and Prana was profound.

It is these connections and their relevance to the deeper aspects of Yoga practice that we will be exploring on this Course.



Further details/Booking pax_yoga@yahoo.com '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 Sivananda



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.



SPRING YOGA RETREAT

The Society of
Yoga Practitioners



Friday 26th to Sunday 28th April 2024

At Sarum College, Salisbury; meetings and practice sessions will be in this quiet location in view of the Cathedral.

'OUT OF THE ORDINARY'

Offering our usual mix of practice sessions suited to the time of day alternating with short presentations and discussions on the importance of valuing our everyday yoga practice, experiences and relationships.

Most of all, a friendly, relaxed break with fellow yoga enthusiasts and time for reflection away from today's fraught world!

Led by Michael Hutchinson and Liz Murtha

both appointed as Yoga Teacher-Trainers by Sri TKV Desikachar

Package includes all meals in refectory and a single room.

Details at www.twobirdsyoga.com or from michael@twobirdsyoga.com

£120 to reserve a place; book at 2023 prices until 28th February

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

YOGA IMMERSION

4 - 9 June, 2024

5 days beside the sea in the glorious Sussex countryside to restore your energy levels and reawaken your creativity.

This is a deeply nourishing opportunity to focus on yoga and wellbeing. Join us for yoga, breathing, meditation and a dive into the myofascia to explore how and why yoga helps us feel better.



This immersion is a great way for anyone with a serious interest in yoga to explore their practice more deeply

With **Catherine Annis & Gary Carter**

tuesday - sunday
Gayles Retreat, Friston
East Sussex

www.CatherineAnnisYoga.co.uk

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