



BWY

AT  
THE  
HEART  
OF YOGA

IN THE SOUTH WEST

**WITH THE FLOW**

Spring 2024  
[www.bwy.org.uk](http://www.bwy.org.uk)

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## PUBLISHING POLICY

Please send adverts to the Newsletter Editor and make payments as per the instructions on the invoice. If you wish to take advantage of members' rates, you will need to provide your BWY membership number. If you are part of a registered charity VAT will be deducted. Listings for BWY foundation courses, modules and teaching diploma courses within the region are free.

Advertising Rates (inc VAT)	BWY / Accredited Price	Full Price
Half Page	£18.00	£36.00
Full Page	£30.00	£42.00
Back Page (Colour)	£48.00	£90.00

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Edition 3 – 2024	24 October	11 September
Edition 1 – 2025	13 February	9 January

Please note: goods or services advertised are not necessarily BWY accredited. Views expressed are not necessarily those of the editor or the committee. Advertisements are accepted at the discretion of the committee, and are included on a first-come, first-served basis as space allows. Advertising of courses that offer 'yoga teacher training' will only be accepted if the course is BWY or accredited to the BWY. 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.

# SOUTH WEST NEWS

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### **CPD points**

Some of you may have noticed that not all your CPD points have been migrated across to the new website; please don't worry - this will not affect your insurance cover in any way.

If you haven't already done so we would recommend checking your CPD points.

If they have not all been migrated across you will need to inform Natalie ([communications@bwy.org.uk](mailto:communications@bwy.org.uk)); Your CPD points will not be migrated across if you do not let her know.

You can still add new CPD points even if yours have not all been migrated across yet.

## REGIONAL OFFICER'S REPORT



Although we have our new website, it's launch did not go as well as we had planned, and there are still some glitches, although I believe most of the members' services are now working.

I would like to apologise for any inconvenience we have caused and thank you all for your patience and forbearance.

As you will read further down, our longstanding volunteer Tina Bosley has stepped down from her role as Regional Training Officer so we now have four vacancies on the Committee, so if you are interested in a non-committal chat about these opportunities as RTO or as Area Reps in Cornwall, Gloucestershire and Wiltshire, please get in touch with me. My contact details are on Page 2 of this newsletter.

The Reps for Dorset, Devon and Somerset are still doing sterling work arranging CPD tutors and First Aid days for you and the forthcoming events are detailed in the pages that follow.

Don't forget to let them know what events you would like to see, or which topics you want us to find tutors for.

Namaste ☺

Keith

## REGIONAL TRAINING OFFICER'S REPORT



**Tina Bosley**

Hello Folks,

A very Happy New Year to one and all!

It's now time for me to say 'farewell' to you all. I've held two posts on the South West Committee during the past eight years, some of you may not know that previous to being the RTO I acted as the Wiltshire Area Rep.

There's been 'highs' and 'lows' as there generally is in life, but I shall never look back with regret, being part of the Committee has been a truly amazing experience and I thank them from the bottom of my heart, both current and past Committee Members. They're a great team and that's just one reason to volunteer and join the South West Committee!

The other reason is being able to meet our amazing members and bring excellent events and CPD days to you in your local environment for you to enjoy in person.

Be kind and look after yourselves, enjoy life and love so your heart is filled with joy.

Namaste

Tina



## DEVON REPORT



**Mary-Ella Kyte**

Anna and I have found this a tricky time to become involved in our Representative posts, given all the changes to the website.

We are really pleased that there is an on-line day on Hypermobility to be held in October by Carol Trevor as we know there needs to be greater awareness around this subject. We are keen to host an in-person day before then if possible.

This year we are also hoping to host an on-line Menopause CPD day. Do feed back to us if you are interested in attending.

Recently, we discussed ideas about a 'Summertime Sangha' to be held at a convenient location for both Devon and Cornwall members to be able to access in person.

Please let me know if you are a tutor with proximity close to the Devon /Cornwall border and would like to get involved in this event. There will be no specific agenda, in fact a variety of approaches would be welcome.

We'd like to get to know our members and the venues you use that could be suitable for hosting future BWY events. So, please do contact us with a local hall or other venue that you think could be ideal to use. This may mean we choose something closer to home to you!

Looking forward to meeting you at events in 2024,

Mary-Ella & Anna

## DORSET REPORT



**Hayley Giles**



**Emma Whitewood**

Here we are again everyone, as another journey around the sun begins. Aren't we lucky to see it? The wonder and anticipation as the new year begins, as we step into the newness filled with a sense of vitality, vigour and expectations, setting resolutions to...be MORE. And this is where it becomes important to be mindful. It is wonderful to have aspirations, of course it is. We must just remember that what has already been was important, valuable and enough. Why be gifted another year on the planet only to fill it with stress, pressure and unrealistic expectations? Look at how far you have already come; how much you have already achieved, how wondrous you already are.

So, in this time of newness, this time of shifting and growing, take a close look at those resolutions. Do they come from a place of lack, perhaps? If so, maybe shift the wording, observe the true feeling behind them and take a look at the mindset you are sitting within when they come to life. Reflect upon what has been before in kindness to yourself. You have already achieved so very much.

If we are to promise more for ourselves, let us pledge for rest, allowing ourselves to listen to what our body truly needs. Let us promise to stop...and pay close attention to life in the moment. Instead of wanting more, we could instead vow to be grateful for all we already have. And just maybe, we peel back that desire for perfection to reveal our truth. Messy, imperfect and wondrous just as it is.

Perhaps the beauty has always been there, sitting within that imperfect life, that imperfect body, that imperfect soul. And perhaps, if we look for that beauty, we will find our peace. Which

is all we really need.

*'Look well to this day (this year) for it is life, the very best of life  
and in it's brief course, lie all the realities and truths of existence.  
the joy of growth,*

*the splendor of action,*

*the glory of power,*

*For yesterday is but a memory and tomorrow is only a vision but  
today if well lived, makes every yesterday a memory of  
happiness and every tomorrow a vision of hope, look well  
therefore to this day (year)'*

***Ancient Sanskrit Poem (adapted)***

We wish you peace in 2024.

Everything else is just a part of the journey.  
Let it be so.

With Love, as always.

Hayley & Emma



## SOMERSET REPORT



**Jo Webb**

We have continued to respond to your suggestions, providing both in person and online workshops with Chant and Mantra, Masterclasses with Zoe Knott, and Catherine Annis online and First Aid – see event details below . And for those of you near Gloucestershire see CPD 23/55 [Yoga for Mental Health Conditions-Nikki Jackson](#) .

Feel free to contact me with ideas for CPD and workshops.

### **Ayurvedic Routine for February**

Light is returning! Notice that the sun rises a bit earlier and brightens the sky a little later. The lengthening days may have Pitta and Vata types feeling the urge to get moving, roll up their sleeves, and dive into spring projects. It's a good time to prep for the spring - plan your garden, start your seedlings, get your bicycle tuned up, and clean out your home. Cabin fever comes early for Vata and Pitta. Kapha people, on the other hand, may still feel sleepy, heavy, and dull. They can kick start the spring with some invigorating breathing exercises and gentle stretching.

On cold, dry days, continue with abhyanga using a [Kapha](#) or [Vata pacifying oil](#). As the weather warms up, [dry brushing](#) is preferred for Kapha, as it is more invigorating and moves stagnant lymph more effectively. Exercise is another great way to move stagnant lymph. Walking, hiking, biking, and workouts at the gym are all great ways to lighten up and metabolize that winter layer of fat.

## Yoga Postures for Spring

To reawaken and re-energise your body and mind in Spring, try more twisting postures such as Ardha Matsyendrasana (Half Lord of the Fishes pose), reclined twists, and Parivritta Anjaneyasana (Twisted lunge). Core-focused asanas like Navasana (Boat pose) can boost circulation to the digestive system, and a few rounds of Surya Namaskar (sun salutations) each morning, is a great way to stimulate physical and subtle channels, raising your mood and energy.

Whilst Winter is the perfect time for deep yin and restorative yoga, Spring is the time to bring in a little more movement and flow. If you feel as though you curled up and spent much of Winter in a hunched and rounded position, this is a great time to reintroduce heart-opening backbends and postures that open the chest and lungs

## Pranayama

If the beginning of Spring is also the beginning of hay fever season for you, then Kapalabhati breath is a great way to cleanse the sinus passages, as well as giving a boost of energy and clarity. To shift from a state of 'yin' to 'yang' energy, practices such as *Surya Bhedana* ('sun activating' breath or simply 'right nostril breathing') awaken the *Pingala Nadi* channel of energy, linked to feeling more vibrant and energised. Any type of deep, diaphragmatic breathing you're able to practice will go a long way to boosting energy levels, brightening your mood, and encouraging more oxygen saturation in the muscles and organs.

<https://www.ekhartyoga.com/articles/wellbeing/living-seasonally-tune-into-spring>

In Yoga  
Jo Webb

## CONGRATULATIONS TO YOGA TEACHERS COMPLETING A TRAINING COURSE OR MODULE

- Charlotte Bentley      Menopause Yoga
- Piotr Pudelko      L5 Diploma
- Julie Tingay      L5 Diploma
- Nicola Walter      Menopause Yoga

“Teaching others is best  
done with love, once the  
heart has understood, the  
mind opens”

(unattributed but found here: [Teaching with Love....Onshantiretreat – 10 Secrets to a Balanced, Successful & Happy Life \(wordpress.com\)](#))

## BOOKING PROCEDURES AND INFORMATION

### **EVENT BOOKINGS CAN BE MADE ON THE WEBSITE: WWW.BWY.ORG.UK**

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

- Login using the Member Login button on the homepage
- Hover over the Events tab and enter your postcode
- A table of events from all regions close to you will appear
- Browse events, click on each one for more details and to book

### **TO BOOK AN EVENT:**

- Click on the title of the event
- Scroll to the bottom of the page to Ticket Types
- If you are logged in, but can't see any ticket types it means you are not eligible to book onto this event, ie; teacher only events
- Select type & number of tickets you want & complete the form
- Click submit

Please email queries to the organizer of that particular event as listed opposite 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 0 to 14 days of the event date – no refund or transfer.

DATE	EVENT	VENUE	TYPE	CONTACT
23 March	Morning Workshop With Zoe Knott Via Zoom – A Safe, Accessible Approach To Ustrasana	Online	CPD	Jo Webb
13 April 2024	Emergency First Aid At Work With Alison Hawthorn	Holt, Wiltshire	First Aid	Jo Webb
27 April	Yoga For Mental Health Conditions-Nikki Jackson	Down Hatherley , Gloucs.	CPD 23/55	Jo Webb
4 May	Shoulders, Upper Back & Neck In Yoga-Catherine Annis	Online	Workshop	Jo Webb
1 June	The Stress System And Altered States With Hayley Giles	Holt, Wiltshire	Workshop	Hayley Giles
29 June	Emergency First Aid At Work With Alison Hawthorn	Shepton Mallet, Somerset	First Aid	Jo Webb
13 October	Hypermobility and Yoga	Online	Workshop	Jo Webb

## MORNING WORKSHOP WITH ZOE KNOTT VIA ZOOM – A SAFE, ACCESSIBLE APPROACH TO USTRASANA



Date:

23 March 2024

9.30-12.30

Location:

Online

Cost:

Membership/Accredited

Discount: £20

Non-Member: £30

An asana-based practice building towards Ustrasana, exploring the varied elements of the asana to deepen both our experience and understanding of the pose.

This event earns 3 CPD points.

For booking information, see <https://portal.bwy.org.uk/user/events/649>

## EMERGENCY FIRST AID AT WORK WITH ALISON HAWTHORN



**Also at St Michael's Parish  
Room 6 Park Rd, Shepton  
Mallet, Somerset, BA4 5 BP  
on 29 June 2024.**

**Date:**

13 April 2024

9.30-4.30

**Location:**

Holt Village Hall

The Street

Holt

BA14 6QH

**Cost:**

Membership/Accredited

Discount: £78

Non-Member: £88

The qualification is valid for 3 years.

The content of this course provides basic life saving first aid and workplace health and safety regulations

The fee includes a first aid manual and certificate.

Alison Hawthorn is a qualified first aid trainer and also a yoga teacher.

Please bring lunch, pen and paper, tea and coffee will be provided. Yoga mats and kit will not be needed.

For booking information, see <https://portal.bwy.org.uk/user/events/628>

## CPD 23/55 YOGA FOR MENTAL HEALTH CONDITIONS-NIKKI JACKSON



Date:

27 April 2024

10.00-16.00

Location:

Down Hatherley Village Hall,  
Down Hatherley Lane,  
Gloucestershire,

GL2 9QB

Cost:

Membership/Accredited

Discount: £40

Non-Member: £50

This day explores case studies that highlight more common mental health illnesses such as major depression, anxiety disorders, eating disorders, personality disorders, psychosis and trauma. You will learn a variety of safe self compassion practises whilst learning those that are contraindicated. The day encourages a 'person centred' 'no one cure fits all' approach.

Nikki currently runs the 550hr Yoga Therapy Professional Training course, approved by BWY She also runs BWY modular courses in The Foundations of Yoga Therapy Trained as an occupational therapist , Nikki has a particular interest in Tibetan Healing style yoga and has based her teachings on Self Compassion as well as a deep connection with Nature and the natural process of Life.

For more details and booking information, see <https://portal.bwy.org.uk/user/events/480>



## SHOULDERS, UPPER BACK & NECK IN YOGA- CATHERINE ANNIS



Date:

4 May 2024

10.00-12.30

Location:

Online

Cost:

Membership/Accredited

Discount: £20

Non-Member: £30

The shoulders are often a source of discomfort, tightness and misunderstanding. Modern office jobs mean we're sitting, working at keyboards and holding our arms in fixed positions for long periods of the day. All this creates unnecessary tension potentially leading to long term tightness and dysfunctional movement patterns that affect our ability to move easily.

Join Catherine Annis for this practical workshop, to learn more about the anatomy of this area, particularly the complex structure and function of the shoulder joint. Explore the intimate relationship between the upper spine, shoulders and breath and give your shoulders and upper back a sensory treat. Learn to let go of long held tensions and discover some gentle, deliberate and focused techniques to help you change movement habits and release unnecessary tension..

For more details and booking information, see <https://portal.bwy.org.uk/user/vents/673>

# THE STRESS SYSTEM AND ALTERED STATES THROUGH BREATH WORK AND ASANA WITH HAYLEY GILES



**Date:**

1 June 2024

10.00-16.00

**Location:**

Holt Village Hall

The Street

Holt

BA14 6QH

**Cost:**

Membership/Accredited

Discount: £40

Non-Member: £50

This inspiring day is a blend of theory, exploration and discussion. We will practice a plethora of unique breathing techniques, from both ancient and modern traditions. Breathing is our first interaction with our environment and holds the secret to vitality and wellbeing. In challenging times, the Breath is the key to becoming still and centred, so that we may ride the waves. Exploring the breath, with a focus on the stress system, hormonal, Vagus Nerve, Negative bias and post covid problems. We shall harness the breath, override and reset ourselves and gain the tools to share that understanding with others.

For more details and booking information, see <https://portal.bwy.org.uk/user/vents/533>

## HYPERMOBILITY AND YOGA WITH CAROL TREVOR



Date:

13 October 2024

10.00-15.45

Location:

Online

Cost:

Membership/Accredited

Discount: £40

Non-Member: £50

Hypermobility is commonly evident in yoga classes (and among yoga teachers), but is it catered for? Are adaptations optional or essential for a condition that can range from asymptomatic to debilitating, and what happens with age?

Hypermobility may initially seem like a blessing in yoga, yet it can present unique - and possibly surprising - challenges, ranging from joint pain, stiffness and tension, a propensity for injury, compensatory imbalances, a scattered mind and difficulty with spatial awareness.

For more details and booking information, see <https://portal.bwy.org.uk/user/events/557>

## SPRING YOGA RETREAT

The Society of  
Yoga Practitioners



Friday 26<sup>th</sup> to Sunday 28<sup>th</sup> 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](http://www.twobirdsyoga.com) or from [michael@twobirdsyoga.com](mailto:michael@twobirdsyoga.com)

£120 to reserve a place; book at 2023 prices until 28<sup>th</sup> February



### 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/](http://www.rajeshdavid.com/consciousbodyopenheart/)

Bookings: [findyourway@openpathwaycentre.org](mailto:findyourway@openpathwaycentre.org) T:01935 850266

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





# COMMUNITY OUTREACH YOGA

**Help us develop BWY's  
community outreach work**

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)

# 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.



# PRANAYAMA



## INTENSIVE RETREAT

with *PHILIP XERRI*

Holland House, Crophorne JUNE 10-14, 2024

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

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

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

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

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



**Further details/Booking** [pax\\_yoga@yahoo.com](mailto:pax_yoga@yahoo.com) 'Early Bird' offers available.  
Web [www.yogaquests.co.uk](http://www.yogaquests.co.uk) and [www.controlyourbreath.co.uk](http://www.controlyourbreath.co.uk)  
Mobile 07710185827

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



# YOGA THERAPY FOUNDATION COURSE

**BWY Six Month 50hr On Line/In person Module**

*with*

**Nikki Jackson & Vicky Arundel**

*Professional Yoga Therapists and National Yoga Therapy Trainers*

**Leading to 500hr Stage 2 course to become a Professional Yoga Therapist  
with retreats held at The Mandala Ashram, South Wales**



*"We are all the leaves of one tree"*

*(Thich Nhat Hanh)*

**Starting Saturday 23rd March 2024, 9.15am – 4.15pm**

**West Oxfordshire and On line**

*5 further monthly training days and 6 monthly on line anatomy, physiology and medicine seminars*

**Emphasis on Self-compassionate based practises & Nature connections.**

### **For qualified yoga teachers to:**

- *improve confidence and understanding of the principles behind yoga therapy*
- *create a variety of safe yoga therapy practises & tools specific to individual's particular health needs*
- *develop knowledge of a variety of physical and mental health conditions*
- *increase confidence in assessing, implementing and evaluating case studies through a 'person centred' approach*

E: [admin@yogafocus.co.uk](mailto:admin@yogafocus.co.uk)

W: [yogafocus.co.uk](http://yogafocus.co.uk)

M: 07816786656





**50-HOURS  
YIN YOGA TEACHER  
TRAINING**

**LEVEL 1 –  
FUNCTIONAL  
ANATOMY  
LOWER BODY**

**A HIGHLY  
EXPERIENCED YIN  
YOGA TEACHER WITH  
OVER 1,500 HOURS  
TRAINING WITH PAUL  
& SUZEE GRILLEY AND  
SARAH & TY POWERS**

**INTAKE 9**



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07968 154525  
[www.gilliancawteyoga.co.uk](http://www.gilliancawteyoga.co.uk)

**BONES, MUSCLES,  
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AND MINDFULNESS  
MEDITATION**

**Comprehensive  
Colour Manual,  
Meridian Doll,  
British Wheel  
of Yoga and  
Yoga Alliance  
Certification**

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

**2024**

**6 Saturdays  
14<sup>th</sup> and 21<sup>st</sup>  
September, 5<sup>th</sup>, 12  
and 26<sup>th</sup> October  
2<sup>nd</sup> November**

**ONLINE VIA ZOOM**



## **Yoga Without Boundaries**

A new book, written and illustrated by Vani Devi

Lots of new ideas for yoga teachers from a wide range of sources.

Yoga Vedanta philosophy is explained in simple, short sections. There are long sequences that will take up at least half a class. It comes with a free sound track that can be downloaded. There are two Coherent Breath tracks (breathing 5 times a minute) and two 'Journey into the Universe' visualisations.

Available on Amazon for £12.99 or

from [www.koolkatpublications.co.uk](http://www.koolkatpublications.co.uk)

For more information: e-mail

[koolkatpub@hotmail.com](mailto:koolkatpub@hotmail.com) or phone 01635 45300

The CD of the sound tracks can be purchased from the above website.

# Yoga with Ruth White



## Yoga at Aura Soma

Thursday 27th June – Monday 1st July 2024

Ruth is delighted to be returning to this fine spacious country mansion in Tetford village, LN9 6QL.

A full programme is offered from dawn until dusk, please feel free to attend all or any. We can practice pranayama together in the early morning and talks after supper.

Yoga class, meal, and talk on day of arrival and departure.

Come and join us.

## Weekend in Yoga at Hawkwood

Friday 27th – Sunday 29th September 2024

Whatever your ability, you will be most welcome at this 2-day yoga retreat.

Hawkwood, GL6 7QW, is set in 42 acres of beautiful gardens, woods, and fields at the head of the Stroud Valley. Renowned for its delicious organic cuisine, it also has its own spring water. It truly is a magical weekend.



### A Different Day in Yoga

Every month at Beaconsfield Hall, OX7 5BQ  
9.45am – 3pm

Take a further step into the peace and quiet of the mind through the practice of asana, pranayama & meditation  
24th January, 21st February & 20th March



[www.yogawithruthwhite.com](http://www.yogawithruthwhite.com) - [info@yogawithruthwhite.com](mailto:info@yogawithruthwhite.com) - 07587 140032

# Become a mindfulness teacher with MindfulnessUK



We offer a variety of mindfulness and compassion courses, online, face-to-face or as an e-Course, using different learning materials and methods to give you the tools that you need, and our friendly team will support you throughout your chosen training pathway.



## Our courses

Mindfulness-Based Stress Reduction Teacher Training (MBSRTT)

Integrating Mindfulness and Compassion Qualification (IMC)

Compassionate Mindful Resilience Teacher Training (CMRTT)

Continuous Professional Development (CPD)

Mindfulness-Based Stress Reduction (MBSR)

Compassionate Mindful Resilience (CMR)

Silent Meditation Retreats



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