



BWY

AT
THE
HEART
OF YOGA
| IN THE EAST

IN THE LOOP

Summer Newsletter 2024

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.

Advertising Rates **BWY / Accredited Price** **Full Price**

(inc VAT)

Half Page	£15.00	£30.00
Full Page	£25.00	£35.00
Back Page (Colour)	£40.00	£75.00

Issue

Date Sent Out

Copy Deadline

Edition 3 – 2024	October	(Adverts and Editorial) 15 September
Edition 1 – 2025	February	15 January
Edition 2 – 2025	June	15 May

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 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



Summer has arrived! You will find some great Yoga days for you to come along to in this edition and a big thank you for all of you that continue to support the BWY; it is great to meet you on our yoga days.

There are plans for this newsletter to go digital so please make sure we have your email if you would like to continue to receive this compilation of all that Eastern

Region can offer. This can be done by ensuring your information is correct on the BWY website or emailing the office (office@bwy.org.uk).

We hope you continue to support the BWY and wishing you a fantastic Summer.

Donna Negus (Eastern Region Editor)

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ROSIE EVANS: REGIONAL OFFICER



Rosie and Pauline are now sharing the integral role of Regional Officer.

Hello Eastern Region

I write this RO Report with the Eastern Region Election very much at the forefront of my mind so thank you if you were able to join us on 18 May. I especially extend my heartfelt thanks to those committee members who have stood for re-election in their different roles and capacities which come together as a whole team to deliver yet another year of wonderful yoga events. I also want to warmly welcome new members joining us. The Eastern Region offers a diverse programme of events that could not happen without the commitment of the whole of the fantastic Eastern Region team

We welcome new members to the committee, so please don't be shy about stepping forward to volunteer in any way you can.

The County Reps continue to support and promote yoga through the region, setting up and managing a rich and diverse programme of yoga events for all to enjoy in person and/or via zoom.

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. Please check out the events planner (page 19) for Yoga days that are planned through to April 2025!

Remember, we are all here to help and support, so do get in touch with your County Rep or any committee member if you need to.

Wishing you all a wonderful summer of yoga

Yours in Yoga

Rosie

Eastern Region Officer

east.ro@bwyregions.org.uk

PAULINE MORGAN: REGIONAL OFFICER



Rosie and Pauline are now sharing the integral role of Regional Officer.

We're cracking on to arrange our 2025 programme of events and from the comments I get I know that you really appreciate all the time and effort the Committee put into it. Someone kindly said that we are an asset not just to the BWY but to yoga. So how do we go about it? We always try to organise a First Aid Day in each county and advertise the dates as soon as possible as places are limited on the course. Then we start to think about Continuing Professional Development days – these are days where the content has gone through a process of being approved by the central Training Committee. Many more can be done by Zoom nowadays and these prove to be really popular with you so we will continue with those.

As organisers, we have our own passion and interests and have themes which we might want to pursue when organising open events – a style of yoga, a seasonal approach, anatomy, accessible yoga or anything really. Please do come to these, particularly the in-person events where you tell us you value the contact with other like-minded yogis and the chats in between. Check out the BWY website and look out for our emails and social media.

This year, we've decided on a change with a spring equinox sangha in March 2025 rather than a winter sangha, giving us chance to theme things around the spring energy and a wonderful start to 2025. Watch out for more details in the coming months.

Enjoy your summer and hope to see you soon at one of our events.

Pauline Morgan: Regional Officer with Rosie Evans
east.ro@bwyregions.org.uk

Bedfordshire Representative
east.bedsrep@bwyregions.org

Committee News:

We are sorry to lose Nicki as our West Essex Rep. and wish her all the best for the future. If you would like to help us bring Yoga to your community please get in touch. We would love to hear from you! Please get in touch by contacting our Regional Officer for information (page 2)

We are looking for help in West Essex, Cambridgeshire and Hertfordshire.

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 on Face Book & instagram
@BWYintheEast

Please like and follow

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 days: Page 11

AYURVEDA AND YOGA FOR SUMMER WITH EMMA TURNBULL



Join Emma 6th July in Boreham, Essex to learn how the ancient wisdom of Ayurveda can prepare us for summer. In this article Emma explains what we can expect to learn.

It may seem strange to some people, but I used to hate summer! I always found myself tired, irritable, lacking motivation and even unwell with summer flu every year. Now thanks to the ancient wisdom of Ayurveda I know how to deal with the imbalances that occur for me at this time of the year, and I help the women I work with balance themselves throughout all seasons of the year.

Ayurveda and yoga heal through connecting with nature and being in tune with the seasons and circadian rhythms of life, as practitioners, we seek to align the body and mind with the rhythms of nature, recognising that optimal health is achieved when there is a harmonious balance between them. In this way, yoga practice becomes skilful; rather than just a practice for the sake of practice, we are empowered to choose the right practices for the time of year and for our own unique constitution – this is where the magic happens.

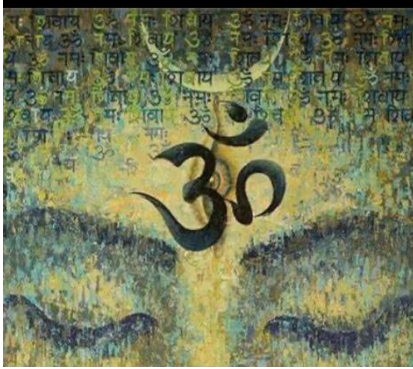
Through the practice of yoga asanas (postures), pranayama (breath control), meditation, and mindful living, Ayurvedic yoga offers a pathway to cultivate balance and awaken the body's innate healing intelligence.

Beyond the physical practices, Ayurveda also provides invaluable insights into lifestyle adjustments and dietary choices to support summer wellness. By integrating Ayurveda and yoga into our lives, we cultivate a deeper connection to nature's rhythms and empower ourselves to thrive in every season.

If you would like to learn more 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. Book: <http://www.bwy.org.uk> (filter Eastern Region)

For consultations, classes, courses and more information: www.yoga-wise.co.uk emma@yoga-wise.co.uk

WE ALREADY KNOW THE ANSWER



Sometimes things are hiding in plain site.

Something to think about:

There is a Hindu legend about a time when all humans were gods, but they abused that divinity. They so abused it that Brahma, the chief god, decided to take it away from them and hide it where they would never find it again.

Where to hide it became the big question. The lesser gods were called into council to consider this question: “Where shall we hide humanity’s divinity?” The council said, “We will bury humanity’s divinity deep in the earth, but Brahma said, “No that will not do; one day they will dig down deep into the earth and will find it.”

Then they said, “We will sink their divinity into the deepest ocean.” Again Brahma replied, “No, not there, for they will learn to dive into the deepest waters, and search the ocean bed and find it.”

Then the lesser gods said, “We will take it to the top of the highest mountain and hide it there.” But again Brahma replied, “No, for eventually humans will climb every high mountain on earth; they will be sure some day to find it and take it up again.”

Then the lesser gods gave up and concluded, “We do not know where to hide it, for it seems there is no place on the earth or in the sea that humans will not eventually reach.” Then Brahma said, “Here is what we will do with humanity’s divinity. “We will hide it deep down in humans themselves; they will never think to look for it there.”

Ever since then, the legend concludes, humans have been going to and from throughout the earth, climbing, digging, diving, exploring, and searching for something already within themselves. The divinity within humanity is still the best-kept secret of the ages.

Author: Unknown

When I allow myself to feel my body
When I inhabit it and close off the
world beyond my flesh
I know who I am;
Energy and spirit.
I am not my mind
I am not my brain.
I am stardust, comets, nebulae and
Galaxies.
I am trees and wind and stone.
I am space,
I am emptiness and wholeness at
the same time.
That is when my body sings to me,
Of glorious ancient sayings
Redolent with mystery
Seeking to remain mystery.
Connecting to it
Living with it
Receiving it even for a moment
I am healed and made more.
Ceremony is
Whatever brings you closer to your
essential self.

VEGAN APPLE CAKE

INGREDIENTS

200g self-raising flour
100g brown sugar
1tsp baking powder
1 tsp cinnamon powder
150ml dairy-free milk
75ml sunflower oil
1 1/2 tsp vanilla essence
1 tbsp apple cider vinegar
2 apples
Vegan butter to grease the baking tin
Icing sugar



METHOD

Preheat your oven to 180C (360F).

In a large bowl mix together all dry ingredients.

Then take a measuring cup and add all wet ingredients.

Stir and mix with a spoon.

Using a hand mixer mix the dry ingredients and then pour the wet ingredients and mix together well until you get a smooth batter. If you don't have a hand-mixer you can also use a whisk for it.

Line a baking tin with baking paper and then grease the sides with vegan butter.

Pour the batter into the cake tin and spread evenly.

Peel two apples, remove the seeds and cut each into 8 slices.

Now place the apple slices on the batter in a star shape.

Bake the cake in the preheated oven for 35 minutes.

Let cool down and then sprinkle some icing sugar (and optional cinnamon) on top.

Enjoy!



Bookings on website: bwy.org.uk

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

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

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

2nd November Boreham Village hall, Chelmsford, Essex, CM3 3JD

25th January Costessey Centre, Longwater Lane, Norfolk, NR8 5AH



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>

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 routine.



CREATIVE LESSON PLANNING WITH DAWN WESSELBY

9th June 10-4pm

This is an interactive day to help the creative juices flow and revitalise your lesson planning with the help of an experienced DCT. It is rare to get this chance to work so closely with a DCT and during the day you will be working in small groups creating and sharing lessons plans based on themes, philosophical quotes and from asana cards. Dawn will share some ways of finding inspiration and clearing your lesson planning blocks which will help you and keep your students wanting to come back for more.

Tutor bio

Dawn is BWY trained teacher with over 19 years experience and also a DCT (teacher trainer) ., Dawn is also qualified in a number of complimentary therapies including Reiki, crystal therapy and shamanic healing as well as physical practices such as massage and reflexology. She believes that yoga is a wonderful tool to help us understand ourselves and the world around us and how we can apply that to our daily lives to help us deal with living in modern times.

Venue:

Hemingford Abbots Village Hall, High Street, Hemingford Abbots, Cambridgeshire, PE28 9AH

Cost:

BWY member £35
Non member £45

CPD Information

7.5 points

Organiser

Pauline Morgan
east.bedsrep@bwyregions.org

Booking Information

<https://portal.bwy.org.uk/user/vents/526>



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

<https://portal.bwy.org.uk/user/events/676>



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.bedsrep@bwyregions.org

Booking information

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



YOGA, POSTURAL STABILITY AND FALLS PREVENTION WITH ANNA SEMLYEN

12th October 10-4pm

Venue:
On Line

Cost:
BWY member £35
Non member £45

CPD Information
7.5.points

Organiser
Rosie Evans

Booking information
<https://portal.bwy.org.uk/user/events/532>

As people age, the risk of falling rises. Yoga can hugely contribute to helping one to be stable, steady and keep upright. Anna has a certificate in fall prevention Awareness. This day teaches how to prevent falls with the Otago Falls prevention programme - proven to lower the incidence and severity of falls. Learn tips for general classes and private lessons in postural stability instruction. Handouts and hatha yoga postures, breathing and meditation and advice on reducing fear are included. Anna will give logical and sound advice on how to integrate this knowledge into both your classes and practice.





THE PANCHA VAYUS - CURRENTS OF LIFE, EXPLORATION AND APPLICATION WITH SARAH O'CONNOR

26th October 10-4pm

Sarah will skilfully guide you into a direct experience of body-mind and yogic practices, from a place of inner discernment, taking the yoga practice deeper and creating a stronger experience of the mind-body connection.

The teaching will guide us through Tibetan and Indian practices to cleanse the mind and body of negative stored energies, using asana, Tsa Lung, kriya, pranayama, mantra, and meditation. Leaving you in the stillness, silence and spaciousness of pure awareness

Venue: Online

Cost:

BWY member £35

Non member £45

CPD Information

7.5.points

Organiser

Pauline Morgan

Booking information

<https://portal.bwy.org.uk/user/events/549>



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 myofacial 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.bedsrep@bwyregions.org

Booking Information

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

DATE	EVENT	LOCATION	TYPE	CONTACT
15/6/24	Zoe Smith	Essex CM3 3JD	CPD	Jo Thomas
29/6/24	Dawn Wesselby	Cambridgeshire, PE28 9AH	CPD	Pauline Morgan
6/7/24	Emma Turnbull	Essex CM3 3JD	CPD	Jo Thomas
7/9/24	First Aid Day	Bedfordshire, MK45 3BX	EFAW	Pauline Morgan
5/10/24	Anthea Sweet	Cambridgeshire PE28 9AH	CPD	Pauline Morgan
12/10/24	Anna Semlyn	On Line	CPD	Rosie Evans
19/10/24	First Aid day	Norfolk NR8 5AH	EFAW	Leisl Emery
26/10/24	Sarah O'Connor	On line	CPD	Pauline Morgan
2/11/24	First Aid day	Essex, CM3 3JD	EFAW	Jo Thomas
16/11/24	Gary Carter	Suffolk IP32 7EE	CPD	Pauline Morgan
25/1/24	First Aid day	Norfolk, NR8 5AH	EFAW	Leisl Emery
1/2/25	Catherine Annis	On line	CPD	Pauline Morgan
22/3/25	Sangha	Essex CM3 3JD	Event	Pauline Morgan
12/4/25	Philip Xerri	On line	CPD	Pauline Morgan

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

CLICK ON 'YOGA SEARCH'-

**IN 'SEARCH' WRITE EVENT YOU ARE LOOKING FOR AND UNDER
LOCATION SELECT 'EASTERN'**

**TAP ON TO THE EVENT YOU WANT TO 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 60 DAYS FROM DUE DATE OF
EVENT – FULL REFUND.**
- 2. CANCELLATION WITHIN 59-15 DAYS PRIOR TO EVENT
DATE – 50% REFUND.**
- 3. CANCELLATION WITHIN 14 TO 0 DAYS OF THE EVENT
DATE – NO REFUND OR TRANSFERS.**

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Bones for Life[®]
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Tutor: Marye Wyvill, Co-Director Movement Intelligence UK

Designed to address the issue of osteoporosis, **Bones for Life** also fosters:

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- Harmonious coordination
- Healthy ageing



Whether you want to become a **Bones for Life** teacher, incorporate Movement Intelligence principles into your own professional practice, or for your own personal development, you will find **Bones for Life** an empowering approach to overall well-being.

This 2-year course will comprise 10 online and 2 residential weekends.

For more information & prospectus, contact: maryewyvill@hotmail.com

www.movementintelligence.co.uk

Bones for Life is covered by BWY Student & Teacher Insurance

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SARAH & TY POWERS**

INTAKE 9



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

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

ONLINE VIA ZOOM



Yoga Nidra Teacher Training Course

With Nickie Short (aka Tulsi)

For all yoga teachers, qualified or in-training

6 month online course starting Sept 2024



Yoga Nidra is a profound, powerful practice giving deep relaxation on all levels - physically, mentally, emotionally and spiritually. It not only releases tension but provides an introduction to deeper meditative states and the opportunity to get closer to the deeper aspects of our Being.

Given the many stresses experienced in modern life, this accessible practice can be of great value to yoga teachers and their students whatever their experience or ability.

Over 6 months this course will introduce you to all eight stages of the classical practice as taught by Bihar Yoga, together with providing you with the experience, skills and confidence to safely share this practice with a wide range student groups

Your commitment:

- Daily yoga nidra practice
- Attend all online sessions
- Submit regular feedback to tutor
- Submit audio recordings of Yoga Nidra teaching
- £295 (plus BWY registration)

What you get:

- 5 online Sunday afternoon workshops
- Tools to improve your teaching skills
- Teachings to safely and confidently share Yoga Nidra in a class or workshop setting
- Regular tutor contact and support
- Ongoing assessment
- Pre-recorded Yoga Nidras each month
- Handouts from all sessions

*Online session will take place 16:00-18:30 on the following Sundays:
September 29th, October 27th, November 24th, January 26th and
March 2nd*

Your tutor:

Nickie is a Satyananda Yoga teacher with over 20 years teaching experience. She is currently the manager and a senior teacher at Mandala Yoga Ashram in Wales.

For more information email nickie.short@icloud.com or tel 07799 032824



**British Wheel of Yoga
Yoga Foundation Course
with Hester**
Norwich (Inner Space, St Benedict's Street)

**60 hours over 10 Saturdays
October 2024 to June 2025**

Deepen your knowledge and experience of yoga
Develop confidence in your home yoga practice
An opportunity for personal development and friendship
A foundation for teacher training (if desired)



More information
www.hesteryoga.co.uk/foundation-course

Ask a question
hi@hesteryoga.co.uk



Save the date!
Eastern Region
Sangha
22nd March 2025
Boreham Village Hall

TEACHING YOGA TO CHILDREN & TEENS BWY ACCREDITED MODULE

Do you want to inspire and empower the next generation of yogis?

On this module you will gain the skills and confidence to safely teach yoga to young people from ages 2 1/2 to 18.

This module is run fully online and combines the connection of live Zoom sessions with the convenience of self-paced learning through pre-recorded material available on our course learning platform.



The module will include:

- ✦ Anatomy and physiology for each age group.
- ✦ Social, emotional and cognitive development of children and teens.
- ✦ Simple neuroscience.
- ✦ How to adapt asanas for safe teaching practice.
- ✦ Breath awareness and simple pranayama exercises for young people.
- ✦ How to teach meditation, mindfulness and relaxation.
- ✦ Ways to plan, structure and manage your children's yoga classes.
- ✦ Creative ways to engage each age group with yoga.
- ✦ **AND MUCH MORE**

The course is suitable for yoga teachers and trainees from all traditions.

The module tutor is **Christiane Kerr of Calm for Kids**, a senior yoga teacher with **over 25 years of teaching and training experience**. Christiane is also a qualified mindfulness teacher and author of six children's yoga books.

"I wanted to say a massive thank you for the online course. I loved all the material and teachings, particularly the games, practicals and watching the educational videos."

Donna Ward, Yoga Teacher



Next module starts on **January 18th 2025**
Time commitment, approximately 52 hours



www.calmforkids.com
info@calmforkids.com
07973953812





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



Eastern Region held the Regional Meeting 18th May and were heartened to have volunteers continue to come forward to offer their time and help. Rosie and Pauline are now joint Regional Officers and we are excited to have Robyn Creighton join us. Robyn is the CPD officer for the BWY and is sure to bring some valuable insight and expertise to our region. We are also pleased to welcome Melanie Sharman based in Suffolk to help us with events in this region.

It will come as no surprise that offering time and energy as a volunteer is not always easy but the personal reward of helping others and bringing yoga to your region is fantastic and much appreciated by everyone. If you would like to join us, please get in touch. We would love to hear from you. We have vacancies in Cambridgeshire, Hertfordshire and West Essex.

Social Media

Follow us on Facebook: @BWY in the East

And Instagram: @bwyinthest

Please contact regional editor, Donna east.editor@bwyregions.org.uk if you would like to contribute to this newsletter and/or post on social media.

Thank you for your continued support and we look forward to seeing you at future yoga events.

Wishing you warmth, happiness and light.

With love,

Eastern Region Committee

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:

Sunday 16 June – Uxbridge (UB8 2RR)
Monday 24 June – Slough (SL3 7TP)
Sunday 30 June – Seaford (BN25 2AB)
Sunday 07 July – Crouch End (N8 9PR)
Thursday 11 July – Uxbridge (UB8 2RR)
Saturday 13 July – Luton (LU3 2HX)
Sunday 14 July – Uxbridge (UB8 2RR)
Monday 15 July – Luton (LU3 2HX)
Monday 12 August – Luton (LU3 2HX)
Thursday 15 August – Uxbridge (UB8 2RR)
Sunday 18 August – Crouch End (N8 9PR)
Saturday 24 August – Uxbridge (UB8 2RR)
Sunday 25 August – Luton (LU3 2HX)
Saturday 07 September – Uxbridge (UB8 2RR)
Thursday 12 September – Uxbridge (UB8 2RR)
Wednesday 18 September – Luton (LU3 2HX)
Sunday 22 September – Seaford (BN25 2AB)
Sunday 06 October – Crouch End (N8 9PR)
Monday 14 October – Luton (LU3 2HX)
Thursday 17 October – Uxbridge (UB8 2RR)
Sunday 20 October – Uxbridge (UB8 2RR)

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 with any queries