



BWY

AT
THE
HEART
OF YOGA
IN LONDON

IN THE LOOP

Summer 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

Half Page (10.8 x 9.03cm)	£15.00	£30.00
Full Page (10.8 x 18.46cm)	£25.00	£35.00
Back Page (10.8 x 18.46cm)	£40.00	£75.00

Issue

Date Sent Out

Copy Deadline (Adverts and Editorial)

Edition 1 – Spring	Mid February	5 January
Edition 2 – Summer	Mid June	5 May
Edition 3 – Winter	Mid October	5 September

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 London members,

It amazes me how it has been a whole year of me serving on the London committee, managing both this newsletter and the BWY London social media. I was delighted to receive the Rising Star award in recognition of my contributions so far at the recent AGM! A couple of photos members at the AGM in-person on page 6.

Change is afoot with the regional newsletter. We will soon be moving online and with a new format - this is to reduce our carbon footprint, reduce costs, and make the editing experience simpler. There will be further communication of this coming soon.

Events for the rest of the year have now been finalised and you can see we have some really interesting and varied ones from page 15. The London committee is always looking for fresh ideas of what events our members would book in for. So if you have suggestions or would like to volunteer to organise one yourself, please get in touch.

Wengyee
London Editor



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REGIONAL OFFICER'S REPORT



Greetings to all our London members!

Another newsletter and another season. I write this as the Spring sunshine pours in through the window (drying my nine month old Cocker Spaniel Louis's ears, which are still a bit damp from a much needed shower earlier).

Pravin, Weng Yee and I attended the AGM earlier in May. We were very proud to see Weng Yee receive her award for Rising Star. Congratulations Weng Yee from all of us in London!

One thing that came out of the AGM was the fact that the BWY needs to tighten its belt. That's the main reason that this newsletter will move online by the end of the year (although you can still receive a paper copy if you cannot access it online). We also need to think about what events we put on in London so that we are really delivering events that you are interested in. We've been putting together a survey so we can find out what our members, want from the BWY in London. By the time you read this I hope many of you will have taken part in the survey and can help shape your regional BWY going forward into 2025 and beyond.

I wish you all an enjoyable summer. Thank you from all of us for your continued support at London events and I hope to see you in person or online soon.

Alex x

REGIONAL TRAINING OFFICER'S REPORT



Hello BWY London,

What's coming up from June 2024...

- Members day event at Colet House Saturday 22nd June– Asana, sound, deep relaxation and journaling
- Yoga philosophy with Daniel Simpson – we welcome Daniel back to the 2024 timetable with a 3 -day course on Yoga philosophy. The topics might support you if you are doing teacher training or wish to double down on self-inquiry / reflection on how to bring ancient wisdom into your current life. – In person event
- Strength in Asana – 20 years on – Zoe Knott – Zoom event
- The Pelvic Floor Muscles – Roberta Jesson – In person at The Light Centre, Belgravia

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,

Laura

BWY London Regional Training Officer

london.rto@bwyregions.org.uk

BWY AGM PHOTOS



Photo L-R:

Jan Palmer (Ambassador of the Year),
 Natasha Harvey (Wilfred Clark Bursary),
 WengYee Loke (Rising Stars),
 Christina Bosley (Education Champion of the Year)



Photo L-R:

Deana Morris (BWY Head of
 Communications & Engagement),
 Pravin (London Regional Treasurer),
 Alex Yates (London Regional Officer),
 Keith Hart (South West Regional Officer)

VOLUNTEER WITH THE LONDON COMMITTEE

We are looking for help to build the local BWY London yoga community

Meet more people who want to talk about yoga, and you can even claim back the cost of your (non teaching) membership!

We are looking for:
 Event Volunteers

For more details or if you would like to volunteer in a capacity not mentioned,

Please get in touch with
london.ro@bwyregions.org.uk

GRAVITY – OUR LIFELINE



by Marye Wyvill

If we think about gravity at all, we might assume that it works against us, dragging us down and ageing us.

Yet astronauts, who spend months out of contact with the earth's gravitational field, not only experience a deterioration in vision, hand-eye coordination and balance. They also lose bone density at an alarming rate.

When we are upright, the force of gravity pulls through the body from head to feet, towards the centre of the planet. That pull is reduced considerably when we are lying down. Gravity centres and grounds us. It stimulates every cell, every nerve in our body, helping us to develop.

The problem of deteriorating bone tissue does not depend upon age alone, but is in part conditioned on the reaction of the organism to its environment. When our habit is to collapse and shrink with every step, movement loses its joy, and decline on more than just a physical level is inevitable.

For an astronaut returning from space, initially unable to walk, a programme of exercise which produces pulsations of springy pressure through re-confrontation with gravity will re-generate their wasted bones. This can only be achieved if the skeleton is optimally aligned for an effective, continuous trajectory of pressure.

The Bones for Life programme, developed by the late Dr Ruthy Alon. is designed to maintain, and even increase, bone strength through well-organized posture and dynamic, harmonious movement.

Making a 'steering wheel'

Stand comfortably. Place both hands on the centre of your chest, one on top of the other. The fingertips of the upper hand are level with the wrist of the lower hand. Imagine the hands are lightly glued together, and to the chest beneath.

Arrange the forearms in a straight line from elbow to elbow. If this creates too much tension in your shoulders, allow the elbows to drop slightly.

Steering

Direct your right elbow towards the floor and your left elbow towards the ceiling. Let the skin of your chest be dragged by the movement of the steering wheel. While doing this, keep your body upright.

Reverse the movement...now your left elbow moves down while your right elbow moves up.

Practise turning your steering wheel a few times, then rest your arms.

The symbolic walk

Walk slowly on the spot, lifting just your heels alternately. As one heel thrusts into the ground, the other heel lifts. You may feel yourself getting taller as a heel thrusts, and shorter in the moments between the heels thrusting.

Walking and steering together

We will now coordinate these movements in two different ways, one leading to collapse, the other to length.

Have your steering wheel level. Begin to slowly lift and thrust alternate heels. Turn your steering wheel in such a way that when your right heel thrusts down, your right elbow steers down, while your left elbow steers up. When it's the turn of your left heel to thrust down, the left elbow steers down. Notice that the distance between elbow and heel remains constant. This is the pattern of collapse.

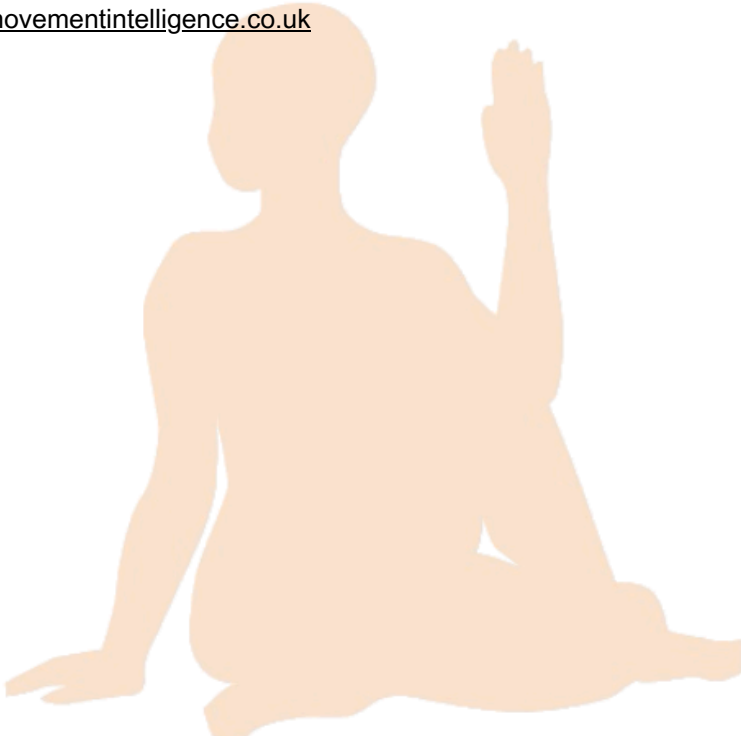
Begin again with the symbolic walk. This time, as the right heel thrusts down, steer the right elbow up; as the left heel thrusts, the left elbow steers up. Notice that the distance between elbow and heel gets shorter as the heel lifts, and longer as the heel thrusts down. This is the pattern of lengthening, which supports our weight as we move.

The actual walk

Experiment with these two patterns in walking. As one heel strikes, let the elbow on that side steer down. Notice the tendency to collapse.

Now reverse the pattern, so that the elbow on the striking heel side lifts, and that whole side lengthens. Rest the arms, and continue to walk. Can you sense an echo of that lengthening, that successful confrontation with gravity?

For information about Marye Wyvill's 2025-2026 Bones for Life TTC, and upcoming retreats, see: www.movementintelligence.co.uk



WE ARE ALL PART OF THE SAME



by Julie Pons Woods

Before the Big Bang, 13,7 billion years ago, there was a magnificent and monomorphic force. Some humans named it “God”, others labelled it “Supreme Being”. For some, it was the vibration of the primordial sound Om, an energy-matter on standby, a mathematical point, an undifferentiated force. The Hebrew called it the “Word”, the Greeks called it “Chaos”. Every human group found a name for Unity pre-Big Bang.

All these propositions were meaning the same thing: in space and time there was a primary singularity. It was pulsing, surrounded by nothingness. An explosion did liberate it. It was the rupture. The end of Unity... since then, we are all looking for ways to come back to it.

Our bodies are nothing more than star fragments which evolved to this point in time. We all share the same cosmic genealogy.

Leslie Kaminoff likes to say “Anatomy is a story told with a sharp instrument”. It’s true: Anatomy is the art of naming and situating different parts of the body. And since the 16th century we have identified different systems, organs, viscera, bones, muscles, tendons, etc... We have revealed the body through dissection and the separation of parts. We have differentiated.

If we believe in this story, the science of Anatomy is here to show us separate parts. But there are other stories being told and we know that everything is interconnected. We are not a collection of parts but a living, breathing, in constant evolution, organism. The story told by anatomists has evolved and is now including Fascia. The first reference to this connective tissue is ancient (as early as 3000BC in Ancient Egypt) and research has tremendously accelerated in the 21st century with the development of new technologies.

Fascia gives us to see the connection between all the parts. Suddenly, we can see continuities, lines, pathways, integration, that goes way beyond simple concepts. For example the contractile elements in skeletal “muscles” and “tendons” fibers become a single unity, a single continuity now called MTU (for musculotendinous unit). The MTU is a composite structure that includes muscle, tendon, myotendon junctions, tendon sheaths, and tendon-bone junctions, through which contractile forces are generated and transmitted. We have shifted our view into a more biotensegral comprehension of the body. We now speak of “integral anatomy” and “integrative anatomist”...

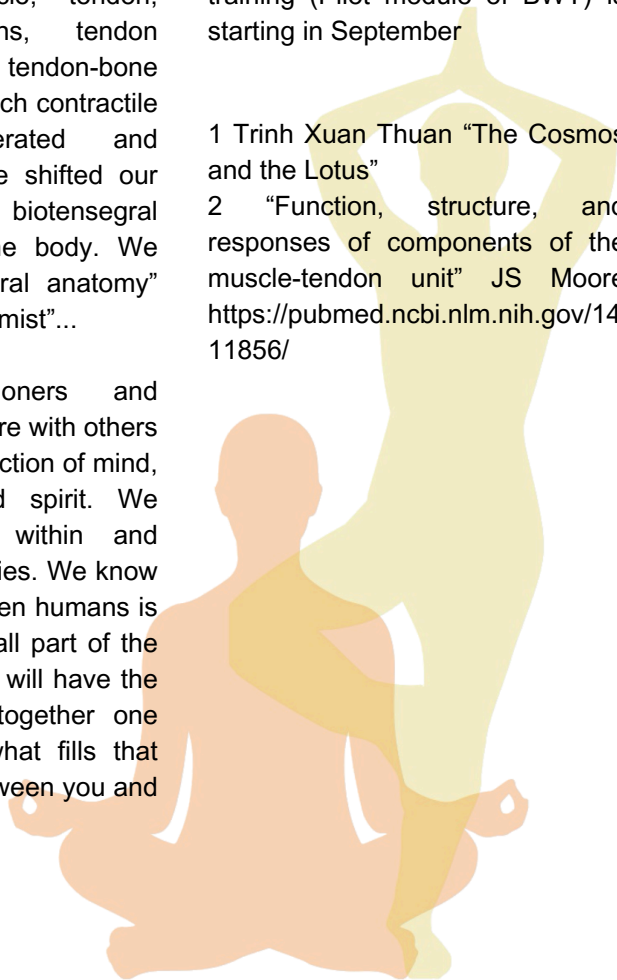
As Yoga practitioners and teachers, we also share with others our love for the connection of mind, body, emotions and spirit. We create connections within and outside our communities. We know that the field in between humans is not empty... We are all part of the same. I hope that we will have the chance to practice together one day, and discover what fills that connective space between you and me.

Julie PONS WOODS is a Yoga Therapist and Anatomy Teacher. She offers yoga therapy and anatomy workshops throughout England and Europe, teaches 2 online anatomy courses per year and welcomes private clients in her clinic. www.yoga-therapy.uk and www.anatomy-yoga.uk

Her next 60hrs Embodied Anatomy training (Pilot module of BWY) is starting in September

1 Trinh Xuan Thuan “The Cosmos and the Lotus”

2 “Function, structure, and responses of components of the muscle-tendon unit” JS Moore
<https://pubmed.ncbi.nlm.nih.gov/1411856/>



STAYING GROUNDED



by Darshna Parmar

Grounding. To be like a tree. To connect to your roots. To turn over a new leaf. To bend before you break. To keep growing.

Each of us has our own way of staying grounded, and that we have so many sayings to represent this shows how important it is to our lives. To me, grounding is the ability to stay detached from my own physical, mental and emotional circumstances regardless of whether they are favourable or not. It's not easy but with practice it brings certain peace of mind. I would also recommend it to others because it gives a natural dopamine boost to the brain.

The physical asana often also includes balancing postures which require physical and mental harmony taking into account both sympathetic and parasympathetic parts of the nervous system. There is also a great deal of science to show the health benefits and as mentioned in the "Open Journal of Neurology and Neuroscience" , there are many benefits of grounding such as cognitive and mental health, and possible pathways for earth to support Neurological health, improved mood and even support intrinsic brain functions such as decision making, mental clarity.

Physically, if you feeling weaker than you can work on postures which strengthen the core muscles and legs, and by using postures which increase the mobility in the joint. if you feeling low in your mental state such anxiety, stress then work with the right brain activity for example art, music dance , gratitude and working on detachment.

Whether it's in your yoga class or just everyday living I hope you can bring a little more grounding to your life to find the balance you need.

MANDALA YOGA ASHRAM

Mandala Yoga Ashram is world renowned for its residential courses based on the authentic teachings of yoga, advaita and tantra. Over the last two years it has also developed its 'Ashram Sangha', offering these timeless teachings online — both in live and pre-recorded formats. The Ashram Sangha is our way of making the teachings and spiritual life of the Ashram as accessible as possible to everyone, no matter where you are in the world. If you already have some experience of yoga or meditation and feel a calling to go deeper, beyond the weekly yoga class model, this community is for you. The purpose of the Sangha is threefold:

- To deepen your understanding of who and what you are essentially. Ashram teachings focus on aspects of yoga which are often not covered in a weekly class.
- To renew and refresh your practice and aspirations. This is especially important for yoga teachers who, whilst offering so much to others, may often struggle to find inspiration and nourishment for their own practice.
- To connect you to like-minded practitioners, giving you a sense of belonging and feeling of support from others.

Here's what others have said about the Sangha so far:

"As a newcomer to the Sangha, I appreciate feeling included and welcome and really value all the learning and input"

"Thank you for the beautiful practices and teachings...I am so grateful for this online Sangha"

"I'm enjoying all the practices in the sangha - it's such a joy to be able to tap into the ashram energies from so far away!"

"Thank you for the lovely Wednesday evening class. Even though I'm unable to join in person each week as I don't get home from my job until after 7pm, I love to catch up with the recordings on a Friday evening. It is a perfect ending to my week at work. Thanks to you all for your wonderful teaching"

As a member, you will receive regular live teaching sessions which are all recorded so you never have to miss out. We also offer audio downloads of all sessions so you can refresh your memory any time you want. You'll have access to a library of pre-recorded, downloadable meditations and morning chants. You can interact with other members and the Ashram teachers through the Kajabi platform, which hosts the website and all Sangha offerings, by leaving comments or questions on practice sessions. You can also join a private Facebook group for more direct communication with other members.

We offer a 14-day free trial to the Sangha, after which the cost is £25 a month, or £240 a year, saving £60.

For further information and to join visit:

mandalayogaashram.com/ashram-sangha

You can also check out our Free Resource Library on our website.



Venue:

Colet House
151 Talgarth Road,
W14 9DA

Time:

10:00 - 15:30

Cost:

BWY Members £25
Non-members £44

Tutor Bio:

Karin, a journalist, author, yoga teacher, and mother, blends her expertise into her special mindful journaling workshops at Good Life Designed, a mentoring company.

Bonnie is a London based BWY diploma teacher. Bonnie has studied the yoga of sound extensively with Leo Cosendai.

Laura an experienced London based BWY teacher. As a BWY Diploma Course Tutor, she trains aspiring yoga teachers as well as offering the BWY Foundation Course to those who wish to study and practice yoga in more depth.

WRITING FROM THE HEART: CONNECTING TO YOUR AUTHENTIC VOICE.

22 June 2024

We are thrilled to offer a day of exploring the power of mindful and intentional journaling. This will be a day of writing from the heart, incorporating sounds and movements into the experience.

Journaling isn't just about writing; it's a key to slowing down, finding mental clarity, and unlocking new perspectives and creativity. Ultimately, it allows you to get to know yourself better.

Guided by journalist and yoga teacher Karin Graabaek Helledie, discover how journaling can be a supportive and transformational in your personal life.

Bonnie Wan- Cavallari will lead us in an immersive meditation experience using the sounds and vibrations of the gong.

Laura Le Feuvre will guide you through a series of movement to ease the body and mind and bring you fully into the moment.

**Venue:**

The Life Centre
15 Edge Street
W8 7PN

Time:

13:00 - 16:00

Cost:

BWY members - £120
Non-members - £135

Tutor Bio:

Daniel Simpson is the author of *The Truth of Yoga*, an accessible guide to yoga history and philosophy and host of the *Ancient Futures* podcast. He teaches courses on yoga history and philosophy and loves to facilitate group conversations.

Daniel's approach combines scholarly knowledge with humour and insight, informed by more than 20 years of practical experience.

PRACTICAL PHILOSOPHY STUDY GROUP - ACCEPTING OURSELVES AND EACH OTHER

15 September 2024

13 October 2024

17 November 2024

Why do so many of us feel we aren't good enough? If comparisons make us unhappy, what might yoga texts say to console us? How can we find more contentment with things as they are?

Join Daniel Simpson and a community of peers for a three-part course that explores who we are. We'll bring philosophy to life in accessible ways over three in-person meetings with preparatory reading.

In the process, we'll reflect on what we mean by the self – and how it differs from a Self – as well as what stops us from feeling fulfilled. We'll also investigate practical ways to develop helpful qualities. Sangha style learning

This is available to book as a whole course to facilitate group commitment, trust and growth.



POWER, DEVOTION AND AGENCY

28 September 2024

In this workshop we will consider the role of power, devotion and agency in our yoga practice and classes, as teachers.

Power: How has power been abused and misused in modern yoga?

Devotion: What is the role of devotion in yoga practice? We will consider devotion as a doctrinal justification of abuse alongside the liberative potential of this practice.

Agency: We will consider how we, as yoga teachers, can respond to abuses of power in our industry, and apply this to our classes and practice. How can we understand our power and hold space, authentically?

We will discuss trends and models, such as accessible and trauma-aware yoga, and their practical application.

Venue:

ONLINE EVENT

Time:

10:00 - 15:00

Cost:

BWY Members £35

Non-members £45

Tutor Bio:

Ruth Westoby

Ruth Westoby is a doctoral researcher in yoga and an Ashtanga practitioner. Ruth is a Visiting Lecturer in Indian Religions at Roehampton University and is writing a thesis on 'The body in early haṭha texts' prepared under the supervision of Dr James Mallinson at SOAS University of London. She has practiced yoga for almost 30 years and in 2015 was authorized by Sharat Jois to teach Ashtanga level 2.



STRENGTH IN ASANA - 20 YEARS ON WITH ZOE KNOTT

19 October 2024

Introduction to new CPD with Zoe Knott

Venue:

ONLINE EVENT

Time:

10:00 - 15:00

Cost:

BWY Members £40

Non-members £50

Tutor Bio:

Zoe is Diploma Course Tutor for the British Wheel of Yoga and served on the Training Committee for many years as DCT Training Officer.

With over 40 years of yoga practice with many different teachers from a variety of traditions, her fundamental approach is to build strength as the cornerstone of practice and from there all poses become possible. Asana are broken down and analysed. Zoe looks at the muscles that need to be strong or flexible and works in detail gradually building up the components of a pose.

"My very first CPD was 'Strength in Asana'. I would like to offer a new CPD 'Strength in Asana – 20 Years On'. When I first considered the relevance of Strength in Asana 20+ years ago, this was quite a shock to many yoga practitioners as the focus of yoga at that time was on stretching and becoming more flexible; relaxing and letting go. Yet yoga is a balance of all things. We need to be able to both stretch and strengthen muscles; to recharge and re-energise, as well as relax and let go. My experience had shown me that working with the physical practice from the base of strength allows students to stretch safely.

The workshop considers current research on the importance of working with strength and how this relates to everyday yoga teaching; as well as looking how to incorporate strengthening techniques, through specific relevant sequences, into general class teaching.



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.

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 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

**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



**BONES, MUSCLES,
POSES, MERIDIANS
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
14th and 21st
September, 5th, 12
and 26th October
2nd November**

ONLINE VIA ZOOM



gilliancawte@hotmail.com

07968 154525

www.gilliancawteyoga.co.uk

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





FIRST AID DAYS

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.

Venue:

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

Time:

9:30 - 16:30

Cost:

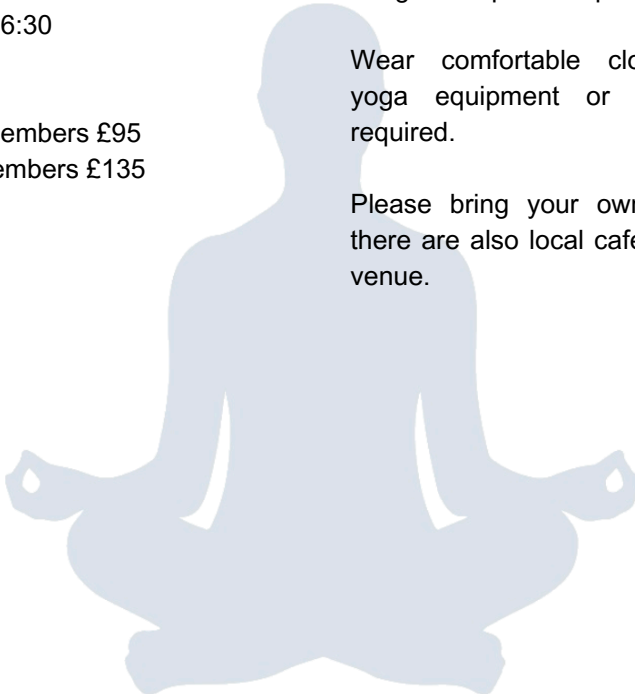
BWY Members £95
Non-members £135

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.





Bones for Life®

2025-2026 Bones for Life TTC

Tutor: Marye Wyvill, Co-Director Movement Intelligence UK

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

- Improved posture and mobility
- 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

AUTUMN STUDY RETREAT

The Society of
Yoga Practitioners



Friday 25th to Sunday 27th October 2024

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

“BREAKING OUT OF STRESS”

Offering our usual mix of practice sessions suited to the time of day alternating with short presentations and discussions on ways to recognise that we’re letting ourselves get stressed.

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 Andy Curtis-Payne**

Current and former Chairs of the British Council for Yoga Therapy

Package includes all meals in refectory and a single room.

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

£130 to reserve a place; balance £275

PRANAYAMA FOUNDATION COURSE

Online via Zoom with **PHILIP XERRI**

September 2024 – March 2025 6 tuition Days, several practice sessions, recordings of all sessions available to download and keep.

The course offers

A structured & supervised personal development programme enabling you to expand & deepen your own practice. A full set of hand-outs for each Day. A comprehensive illustrated Course Manual covering all the practices on the course. Videos/Cds/Mp3s covering many of the main practices. Certificate on completion. Based on attendance of 5 of the 6 days. Individual zoom sessions can be arranged if this becomes a problem.



PRANAYAMA INTENSIVE



Holland House, Crothorne, Near Evesham

October 4 – 6th. 2024 with PHILIP XERRI

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.

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



Details/Booking for both Courses please contact me at pax_yoga@yahoo.com

TUESDAYS 6 – 6.45pm Pranayama Class

Booking www.yogaquests.co.uk

One2One Sessions via zoom offering progressive training in the process of Pranayama, therapeutic breathing patterns, aspects of personal practice.

Please contact me at pax_yoga@yahoo.com

The Ashram Sangha

Join our online community for experienced yoga practitioners



What you'll get:

- Weekly live teaching
- Monthly live mini-retreats
- Weekly meditation recordings
- Recordings of all live sessions
- Library of additional practices, including chanting
- Private Facebook group to connect with other members
- A variety of teachers with 100+ years experience
- 14 day free trial

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yogamenteror.yoga

TEACH MEDITATION



3-month advanced training for yoga teachers starts on 31st August.

Introduce students to meditation as you deepen your own practice.



Tutor: Swami Saradananda

LIVE SESSIONS bi-weekly
on Saturday, 1 – 4.30pm via Zoom



Course balances contact hours with personal practice

- 8 live classes
- Recordings posted online
- Extensive hand-outs (PDF)
- Weekly assignments with assessment
- Daily personal practice
- Guided practice teaching

<https://yogamenteror.yoga/teach-meditation/>
or contact: swami.saradananda@gmail.com
Instagram: @yoga_mentor

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