



BWY

AT
THE
HEART
OF YOGA

IN THE MIDLANDS

IN THE LOOP

Summer Newsletter 2024

www.bwy.org.uk/midlands

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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 (including VAT)

Half Page 5.2 x 9.03cm
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Back Page 10.8 x 18.46

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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.

MIDLANDS NEWS

Hello from Derbyshire!

In addition to my role as the Derbyshire Area Rep I am now the regional editor with the amazing support from the lovely Lucy up in Yorkshire! By the time this reaches you we will have had our Regional meeting and voted in the committee members! I'm sure you'll join me in welcoming all our volunteers into their positions.

Please remember it is never too late to offer your support or tell us what you'd love to see locally!

Becky Soong-Towell

CONTACTS	02
REGIONAL NEWSLETTER UPDATE	04
REGIONAL REPORTS	05
BOOKING PROCEDURE	08
BWY EVENTS	09
WORKSHOPS & EVENTS	13
ARTICLES	22
MEMBER DISCOUNTS	34
BWY MIDLANDS FESTIVAL OF YOGA	36

Follow us on social media for regular updates!

www.facebook.com/bwymidlandsregion

www.instagram.com/bwy_midlands



YOUR REGIONAL NEWSLETTER IS CHANGING

BWY volunteers, with the help of staff and members, have been looking at how we can change the way you get your regional newsletters so it can make a bigger contribution to these objectives:

- reduce BWY's carbon footprint
- improve the experience for our regional Newsletter Editors
- reduce BWY costs

As a BWY member you currently receive your regional newsletter, delivered to your door, three times a year. Each newsletter has an average of 30 pages so you get approximately 90 pages a year. In round numbers BWY has 5000 members so that's 450,000 pages per year being printed and delivered to members.

Many members already choose to read their copy digitally by downloading it from the regional pages on the website and we want to make more members aware that this can be done, and to encourage them to choose that option in preference to receiving a printed copy.

Any member who wants to continue receiving a printed copy will be able to do so.

In a few weeks' time you should receive a communication asking you to indicate your preference on the website. Choosing the digital option will contribute towards achieving our key goal of having as little impact on the planet's resources as possible.

In addition, future newsletters will be formatted differently because we are simplifying the template used by Editors so their role is less about the challenges of using the template and more about delivering interesting and useful content to members. They will have more flexibility over the frequency of producing them as well, because there will be fewer cost implications per issue. Any changes to the frequency or size of digital issues will be at the discretion of each region so I will contact you again later in the year about how we see that working in the Midlands region.

In the meantime, if you have any queries, please send them to Becky Soong-Towell at midlands.editor@bwyregions.org.uk

NOTTINGHAM AREA REPRESENTATIVE

Sally Kennedy

Namaste 😊



Looking forward to summer in Nottinghamshire and getting out into the woods and fields is always therapeutic for me. In fact, the Japanese have recently termed this Forest Bathing, or *Shinrin Yoku*, and it never fails to amaze me how beneficial just being outdoors, feeling the change of the seasons and experiencing different weather can be.

As part of our Festival of Yoga this year, we'll be in Edwinstowe on the edge of Sherwood Forest, and so to take advantage of this

fantastic rural location, one of the sessions we'll be offering will be to take a guided walk outdoors through the woods to visit the Major Oak and other 'Giants', the ancient trees that are all around the park. Parts of the reserve are Sites of Special Scientific Interest (SSSI's) which seem fewer and further between these days, so definitely worth visiting whenever you get the chance. We'll use all our senses to embody a feeling of mindful connection and groundedness to the earth and our surroundings. This is something we can usually access for free anytime, and even if looking out of a window for a few moments each day and imagining the sun and wind on our face is all we can manage, it's almost always worth taking the time.

So get your tickets booked for Sunday 29 September 2024, bring a friend and get out into nature whenever you can in between times! See you on the mat, in the woods or by the stream,

Sally

DERBYSHIRE AREA REPRESENTATIVE

Becky Soong-Towell



What a busy few months we've had in the committee! We've not only had our regional meeting but we are busy planning our next Yoga Festival and it promises to be the best one yet!

Our latest event saw us welcome Swami Krishnapremananda to the Midlands for a whole weekend! What a fantastic day we all had at Calow as we explored mudras. My particular favourite was Bhumisparsha (touching the earth) which seems perfect as I write this as it just so happens to be Earth Day.

I'm really excited to announce the start of a Derby and Derbyshire Teachers Circle, this support network is something I personally feel very passionate about! I hope this group not only offers guidance and support but also leads the way for future local events.

It is really important we choose venues all over the region so please let me know if you'd like us to visit a venue near you!

Contact: Becky midlands.derbyshirerep@bwyregions.org.uk

LEICESTERSHIRE AREA REPRESENTATIVE

Katy Powell



Please take a look at booking onto the next event I am helping to organise at Kegworth Village Hall on 21 September 2024. Perry Lewis will be helping us to get our heads in the right place for Yoga. I hope the event will be a success and I look forward to welcoming lots of you on the day!

Please see the separate advert in this issue of the newsletter for all the details and how to book your spot.

Any questions, please just get in touch with me on midlands.leicestershirerep@bwyregions.org.uk

LINCOLNSHIRE AREA REPRESENTATIVE

Fliss Rodziewicz



I've recently joined the Midlands committee as Lincolnshire Rep. I teach in Lincoln and North Hykeham. You can find me on social media as Yoga.with.felicity.

I'd be grateful if you might engage with me in letting me know what you would like from the BWY in Lincolnshire - what kind of events would you like to attend? Would you like to connect more with other members?

Do you fancy a coffee morning / informal chat over a cup of tea event where we can talk about what we fancy getting involved in, or just get to know each other?

Please let me have your feedback – my email address is midlands.lincolnshirerep@bwyregions.org.uk - I look forward to hearing from you!

BOOKING PROCEDURES AND INFORMATION

EVENT BOOKINGS CAN BE MADE ON THE WEBSITE

www.bwy.org.uk

The easiest way to 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; i.e., 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 offset against the cost of another event subject to availability and at the discretion of the event organisers.
3. Cancellation within 14 to 0 days of the event date – no refund or transfer.

PRANAYAMA – THE HEALING DIMENSION

Philip Xerri



Pranayama The healing dimension

Tutor:
Philip Xerri

-  **Date:** Sunday 23rd June 2024
-  **Time:** 10.00am – 4.00pm
-  **Venue:** Papplewick Village Hall, Papplewick Village, Nottinghamshire, NG15 8FB

This workshop will explore this vast subject from a variety of approaches including classical pranayama, sectional breathing, rhythmical breathing and mudras.

Visit our webpage for further details of all our events

www.bwy.org.uk/midlands



DERBY & DERBYSHIRE TEACHER CIRCLE



Derby and Derbyshire Teacher Circle

A support group for teachers
and student teachers

-  **Date:** Sunday 7th July 2024
-  **Time:** 10.30am - 12.00pm
-  **Venue:** Mickleover Memorial Hall, Station Road, Mickleover, Derby, DE3 9GH
-  **Price:** **BWY members** Free
Non members £5

Join us for our very first Derby and Derbyshire support group. Whether you've been qualified for years or are still completing your training, we understand it can feel lonely. Join us to create a supportive community and help us to ensure our future training and events meet your needs.

**Visit our webpage for further
details of all our events**

www.bwy.org.uk/midlands



GETTING YOUR MIND IN THE RIGHT PLACE

Perry Lewis



Getting your mind in the right place

Tutor:
Perry Lewis

-  **Date:** Saturday 21st September 2024
-  **Time:** 10.00am - 4.00pm
-  **Venue:** Kegworth Village Hall
Nottingham Road, Kegworth, DE74 2FH

This workshop is for everyone, including teachers who are looking to connect more deeply with their practice. We will go back to basics, explore what our practice means to us, what does our current practice entail and what do we seek from our practice in the future.

Visit our webpage for further
details of all our events

www.bwy.org.uk/midlands



A DAY OF YIN




Norman Blair

BWY
AT
THE
HEART
OF YOGA
IN THE MIDLANDS

Spring Equinox Day of Yin

Tutor:

Norman Blair

-  **Date:** Saturday 22nd March 2025
-  **Time:** 10.30am - 4.00pm
-  **Venue:** Birmingham Buddhist Centre, 11 Park Road, Mosele, Birmingham, B13 8AB

Cherish this precious chance to slow down and to soften with an extended Yin yoga practice led by Norman Blair, one of the most experienced Yin teachers in the UK. Join us as we take this opportunity to experience this practice that is centred around floor-based postures, which are held for several minutes using props as supports.

Visit our webpage for further details of all our events

www.bwy.org.uk/midlands



SHEFFIELD YOGA



5th & 6th October : Brahmananda :

Siva & Shakti – The Internal & External Paths, £140

14th September : Sarah Wilson & Helena Turner :

Autumn Yoga & Well-being Workshop

19th October : First Aid Training £65

20th October : First Aid Training £65

9th November : Hannah Penn :

Release, Refresh & Renew

23rd November : Katyayani (Kerry Gallagher) :

Finding Balance – Practice to support well-being

2025

8th February : Chris Noon :

Foundations, Flow & Space in Body, Breath & Mind

1st & 2nd March : Philip Xerri :

Going Deeper into Pranayama, £155

22nd & 23rd March : Bill Wood :

Moving into Stillness, £145

Sheffield Yoga School, South Road, S6 3TA

www.sheffieldyogaschool.co.uk

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:
29 September, 27 October, 24 November, 26 January and 02 March*

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

Yoga Earth – Catherine Eastwood Huddersfield, West Yorkshire

BWY Foundation Course 2 *starting in Huddersfield in July 2024*

Foundation Course 2 offers the opportunity explore Yoga, far deeper than Foundation Course 1. Ideal for those who have completed Foundation Course 1 but don't necessarily want to go on to teach. Also suitable for those who have completed a BWY Teaching Diploma and who wish to revisit some of the deeper practices and Yoga philosophy as CPD.

This course delves into asana and further development of a personal practice, along with a rich dive into Yoga philosophy and some of the more subtle practices such as mudra, bandha, pranayama, and meditation. The course aims to widen practical experience and to encourage personal development.

This will be a 10-month course, meeting one Saturday each month.

For more information or to register an interest please contact me:
Catherine Eastwood – Qualified BWY teacher for over 15 years, Foundation Course Tutor and Diploma Course Tutor

www.yogaeearth.co.uk

Telephone - 07814 019379 - Email - cath3hope@hotmail.com

Facebook - <https://www.facebook.com/YogaEarthCatherineEastwood/>

Instagram - <https://www.instagram.com/yogaeearthcatherineeastwood/>

Just be – Yoga Weekend

4-6 October @Cober Hill Hotel, Scarborough

Relax, refresh, restore, take time for yourself in the beautiful surroundings of the North Yorkshire coast, just a short walk to the sea. Combine exploring a wide variety yoga practices, pranayama, mudras, Yin Yoga, guided meditation and Yoga Nidra with just being in the moment. All ensuite rooms. From £370pp.



Coniston Yoga and Walking Holiday

16 – 21 March 2025

40+ hrs yoga workshops, 2 daily guided walks

A holiday to nourish and bring joy in the stunning surroundings of the Lake District. Comfortable ensuite single, twin, double rooms, 3* HF Holiday Hotel, freshly cooked food. Wide variety of tutors including Rebecca Lawrence, Jayadhara, Minker Chang, Cheryl Lee-Appleby.

janecluley@gmail.com

07906 652669

moonriseyoga.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



Siva and Shakti : The Internal & External Paths



Brahmananda

5th & 6th October 2024

Sheffield Yoga School £140

Yoga aims to find balance between internal and external life. In this 2 day programme we draw widely from the various branches of yoga (including Mudra & Bandha, Japa, Mantra & Kirtan) and immerse ourselves in practice!

Going Deeper into Pranayama



Philip Xerri

1st & 2nd March 2025

Sheffield Yoga School £155

Includes lesser known Pranayamas, Kriyas and Mudras, Rhythmical Breathing and Classical Pranayama. Philip Xerri has been at the heart of Pranayama teaching in the UK for decades.

www.sheffieldyogaschool.co.uk

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, Cropthorne, 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

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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



BWYT RESTORATIVE YOGA MODULE TEACHER TRAINING SEP-NOV 2024



30-Hour Online CPD
Open to all qualified yoga teachers

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

BWY Certification and Yoga Alliance CEUs

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

For details and to apply:

carol@yogacarol.co.uk

07949 743 942

www.yogacarol.co.uk



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



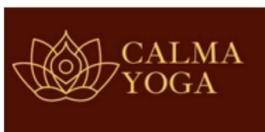
Whether you want to become a **Bones for Life** teacher, incorporate Movement Intelligence principles into your own professional practice, or for your own personal development, you will find **Bones for Life** an empowering approach to overall well-being.

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



INDIA 2024

Embark on a once-in-a-lifetime adventure with Calma Yoga's exclusive India Yoga Small Group Tour. The tour is guided by Jacqui Jones and is a unique opportunity to delve into the rich tapestry of yoga and wellness, while uncovering the cultural treasures of India. Traverse the vibrant streets of Delhi, find serenity in the ashrams of Rishikesh, and marvel at the iconic Taj Mahal. Join us to nurture your body and mind through yoga, but also to absorb the spiritual essence of India's diverse landscapes and traditions. 25th Oct to 4th Nov 2024



More info here:
<https://www.calmayoga.co.uk/events>
Contact: jacqui@calmayoga.co.uk
07979007677

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

www.mandalayogaashram.com
info@mandalayogaashram.com



Find us on:
 Facebook, Instagram and Spotify

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.

BWYT RESTORATIVE YOGA TEACHER TRAINING MODULE

September-November 2024
With Carol Trevor



Over the last few years, I've been hearing from many yoga teachers that students are increasingly requesting restorative yoga. They've heard about it or had a taste of it and intuit that it will support their health and wellbeing on all levels.

The benefits of shifting down a couple of gears through restorative yoga, as we nurture our parasympathetic nervous system and our physiological 'rest and digest' or 'tend and befriend' response is quite well known. Regulation and optimal functioning of our breathing, heart rate, blood pressure, digestion, sleep, menstruation, immune system, mood and natural cellular recovery to name a few, together with greatly reduced stress. The sheer relief, freedom and nourishment of the practice are palpable too.

So what happens when our body is skilfully and fully supported by various props and we allow ourselves to *be*, as the yoga teachings describe? How does restorative yoga feel, and does it work if we find it hard to slow down? Is it a practice for our harried times?

To explore this and more, all yoga teachers (with a minimum 200-hour qualification) are welcome to take part in this BWYT 30-hour Module.

Personally, restorative yoga initially supported me as a practitioner and teacher in busy London. Having come to yoga 'backwards' from meditation, I recognised the subtle effects of the practice through all our layers too. Later, living in Hertfordshire, I came to appreciate the true potency of this wise and gentle practice. Following a number of unexpected bereavements, an active yoga practice didn't feel possible, and restorative yoga was a steady and comforting companion through grief.

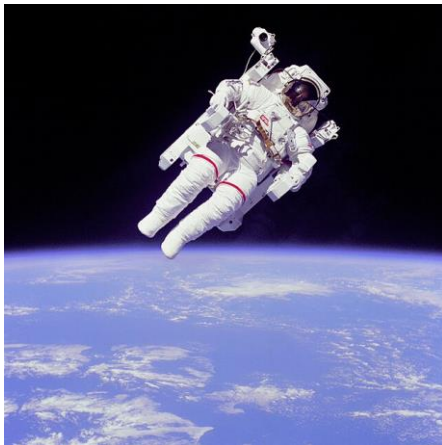
For all, the residue of restorative yoga is beyond value. When we exit practice, there can only be *ahimsa*, towards ourselves and others. Our loved ones, colleagues and strangers alike notice something about us that creates connection on a deeper level and makes life lighter. There is a presence that reflects our true nature, with an impact beyond what we can ever know. After all, we come to realise that we really are one, and do our best to live accordingly. Restorative yoga extends well beyond the mat.

For Module details: carol@yogacarol.co.uk or www.yogacarol.co.uk

GRAVITY – OUR LIFELINE

by Marye Wyvill

Photo: Bruce McCandless II during EVA in 1984



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.

Here is a taster of a process which helps us to appreciate the role of the chest and rib-basket in weight-bearing posture, and shows us the advantages of lengthening, rather than collapsing:

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

COME AS YOU ARE – YOGA THE SECRET DOOR INSIDE THE WARDROBE

By Claire Hall (she/her)

In the words of Nirvana (the band, not enlightenment!) 'come as you are.' Not as you'd like to be but who you **really** are. Yoga invites you to drop the roles you play in life, whether that is a mother, daughter, father, son, sister or brother. It allows you to let go of being an employee, employer, a friend or enemy. Yoga gives you that chance to just be, just to be in that moment, on the mat moving through your practice.

Patanjali's *Avidya* explains this. *Avidya* is that process of life based on ignorance, the ignorance of our spiritual nature. To live without ignorance of our spiritual nature or ignorance of our true self we need to know ones self. Aristotle said '*knowing yourself is the beginning of all wisdom*'

What then is 'knowing the self?' The self is never changing but *Avidya* or ignorance only sees the 'nonself' or ego, 'I am a mother', 'I am a daughter', 'I am this', 'I am that'. 'I' has many roles, it is constantly changing to fit in with expectations. These expectations are set within society and we feel the need to fulfil them. Yoga practice gives the opportunity to leave the 'nonself' at the door, to leave the roles society sets for us behind. It invites us to just let go of those roles for a while but as I say to my students, those roles will still be there when you leave but maybe the burden of them will be a little bit lighter.

We engage in the practice of yoga as our true 'self', as we are, without burden or expectation and how wonderful is that? When in life do you ever get that chance? Yoga is that place where nothing else matters for the time we are on the mat.

In his book *Yoga Revolution*, Jivana Heyman puts this idea beautifully...

Yoga is like the secret door inside the wardrobe. Every time I practice I seem to go somewhere away from my daily worries and stress. And that is huge because so often I feel trapped in my own life'¹

Maybe Jivana is suggesting we are trapped in the roles that life has given us. Let go of these roles just for a short while, engage in your practice, however that looks for you, find your true self and be who you truly are.

Claire teaches classes and workshops in and around Leeds. She is a BWY Foundation Course Tutor and West Yorkshire Representative

¹P78, Heyman, J, *Yoga Revolution: building a practice of courage and compassion*, 2021, Shambhala Publications, Boulder, Colorado, United States of America.

MY YOGA JOURNEY

By Judy Cameron BSc (Hons) Health Studies; Retired Midwife & Nurse; BWY Teaching Diploma



I am never too sure whether my yoga journey began when I attended my first yoga class or well before that. As a child I spent a lot of time on my own, either out walking or simply in the garden. My brother and sister were sufficiently older for me not to be part of their world a lot of the time. Whether I was out for walks, on my bicycle or playing in the garden, there was always time to imagine and wonder, to daydream.....an opportunity to enjoy the dance of the mind.

On the other hand, I also remember my cousin and I having great fun together during the school holidays - wrapping our legs into the lotus position. It was maybe around this time I came across the word Yoga. I never excelled at Games at school. I could not run fast enough and I always seemed to miss the ball. And yet I enjoyed running and walking, swimming and cycling in rural Herefordshire where I lived. I was content to enjoy these things in my own space where there was no judgement, no competition - just sheer enjoyment.

The first Yoga class I attended was in 1974. It was held in a small primary school in Bristol. What I loved about the class was the total mix of students. It made me realise that Yoga was something we could all access. The teacher was rather large, as I remember, but in the nicest possible way. And yet she seemed to move so freely. She met the Earth with an awareness of her inherent lightness and she demonstrated a genuine kindness to all in her class. I was curious to find out more.

Once I went to live in London I followed my best friend to the Sivananda Centre which was then in Notting Hill. I was drawn to the ritual, the form of the practice and the way it made me feel. We both practised yoga throughout our pregnancies — and in fact, although I

was by then living in Bhutan in the Himalayas where I was working as a VSO nurse, she sent me books and things to read to guide me in the right direction. Yoga enabled both of us to experience the most positive of pregnancies and birth experiences - far beyond anything I could ever have imagined.

Sadly my best friend died of a brain tumour in 1994 while I was staying with her. She had progressed further than I had on her yoga journey (or at least that is how I saw it at the time) and was already teaching. Following her death I felt a deep pull to travel to India to train with the Sivananda Yoga organisation - the source of yoga which had been so important for both of us in the beginning.

I took my 3 year old daughter with me and travelled around India together for 9 weeks. Shortly after my return to Scotland, John Stirk and Sandra Sabatini introduced me to the yoga of Vanda Scaravelli. This approach seemed to offer a deeper more intuitive way of working which I found irresistible. Prior to this I had been a follower of instruction and directions, attentive to follow the method and the formula. Now I had an opportunity to discover the magic from inside myself. This felt hugely liberating but quite scary too. Was I comfortable to discover what lay beneath? And when I did, how would I meet it? If it was to be through striving and doing, then I would surely miss it.

And so the journey continued. I qualified as an Active Birth Teacher in 1997, a British Wheel Diploma teacher in 1999 and then Midwife in 2002. The very positive experiences of the births of both my children together with my Midwifery background, allowed me to set up a BWY Pregnancy Module for yoga teachers. This I began in 2005, followed shortly after by the first YogaBirth Teacher Training course in 2006. I am happy to say that both courses are still running, although I ceased directorship of the YogaBirth TT at the end of 2020. My next BWY Pregnancy Module starts Online in June 2024 followed by two in person weekends in Edinburgh.

During the years between my Active Birth Training and my Midwifery training, I returned to Bhutan with my family for another three and a half years. My husband was Project Manager for a National Park which led to us spending 6 months in a remote, high altitude village at over 12,000 feet and 4 days walk from the nearest road. This experience warrants a separate article - more like a book. One day maybe. On one memorable occasion I taught a yoga class up there - to members of a trekking party who were passing through. Perhaps more importantly it was while living in Bhutan I met a remarkable

teacher Dzongsar Khyentse Rinpoche. He became my inspiration for my meditation practice and finally taking refuge in the Buddhist path in 2003.

Since I retired from the NHS in 2014, I have been able to dedicate more of life to Yoga - making my living and living my living. I became a Tutor for Yoga Scotland's Edinburgh Teacher Training Diploma in 2016. I am now the Lead Tutor for that course and also the Lead Tutor in teaching Anatomy and Physiology across all Yoga Scotland training courses.

Learning, refreshing, discovering more, going back to the beginning over and over. It never stops. Much of this derives from my own practice. However, I value hugely the guidance from Gary Carter - whose teachings I attend OnLine and regularly in person. My root teachers remain Diane Long and Sandra Sabatini - both former students of Vanda Scaravelli, living in Italy. I cherish every moment I spend with them - because nothing is ever quite as it seems, and it can be all too easy to lapse into complacency.

Please contact Judy on judycameron.yoga@gmail.com for more information about the BWY Pregnancy Module commencing online and in Edinburgh June 2024.

BUILDING COMMUNITY AND CONNECTION IN ONLINE COURSES

Christiane Kerr - Calm for Kids

Though there are many benefits of online yoga teacher training, one of the challenges can be creating the connection and community that students experience with in person courses. Creating a form of Sangha not only helps students to connect but also greatly enhances our learning and practice.

Since 2003, I've been running workshops and training courses for yoga teachers who want to teach yoga and mindfulness to children and teens. I was lucky to have an artist friend who let me use his beautiful studio, complete with amazing artworks. The space was warm and inviting and set the tone for the training.

Since 2021, most of the teacher training I do is online via a combination of live Zoom sessions and self-paced lessons. With the

online courses I was keen to create the same nurturing environment as the in-person courses.

Creating a Safe Space

As with any yoga class, it is important to create a safe space where every student feels seen and heard. It can be more difficult to pick up on individual cues online so regular check-ins, personalised feedback and giving students the opportunity to share their thoughts and experiences is key. Using tools such as the breakout room feature on Zoom, can facilitate group discussion and give quieter participants a voice, helping mimic the small group and pair work of in-person sessions.

The Calm For Kids training course includes several live sessions and students connect with each other in a private group between sessions, helping to build a good rapport.

"I really enjoyed the live Zoom sessions. It was very helpful to connect with other students and share ideas with the input of the tutor." Sheilagh Hillyard

Icebreakers

When working with children and teens, icebreakers are a great way to build a good group dynamic. They can be designed to reveal participants' personalities, backgrounds and yoga journeys in a fun, non-threatening way. A simple way to do this is to ask one student to start by sharing their favourite food and something that they love to do. After sharing, they pass the same question on to another participant and so on until everyone has had a turn. You can ask questions requiring more considered answers in the main Zoom room, giving students a few minutes to note down their answers before putting them in pairs or small groups in the breakout rooms to discuss. Repeating this several times gives everyone the chance to meet and chat.

Another simple icebreaker is to ask everyone their name, their geographical location and how their internal weather is. For example, they may be sunny with a bit of wind - mainly happy but slightly anxious at the same time.

Creative Activities & Games

Engaging children and teens in yoga is one of the key challenges for teachers. It helps with behaviour management when you have students' attention.

There are many standard children's games that can be adapted to include yoga elements and these can also be used in your adult classes to bring a lighter, more playful element. In live sessions, trainee children/teen yoga teachers have the opportunity to

experience these games for themselves which helps hugely when teaching to others.

Musical statues can become yoga statues. Simon says (do this, do that) can become Yogi says. The traffic light game, where you do a different activity for each of the three colours, can be adapted as a yoga pose or activity for each colour, with students having to remember which pose corresponds to which colour.

You can ask participants to create yoga sequences in pairs, create a class plan or think of ways to adapt memory games. The main Zoom room is also a good space for group storytelling with everyone contributing a sentence.

Teaching Practice Sessions

Giving students the opportunity to practise their new skills on each other reinforces their learning and allows them to experience other participants' teaching. . "The teaching practice sessions were brilliant! It was great to see everyone's different sessions and also have the opportunity to receive comments and feedback, super helpful." Kate Holly, If your course has online teaching assessments, building up to these in pairs/small groups in the breakout rooms gives students the opportunity to get used to this before the final assessments. If participants are giving feedback to each other, be sure to give clear guidelines on what is appropriate. Meeting and training with other yogis in real life is hard to beat, but the convenience and accessibility of well-crafted online courses can enhance the way connection and community are created in the digital age, ensuring that each student feels valued, heard and connected.

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BWY Midlands Festival of Yoga

-  **Date:** Sunday 29th September 2024
-  **Time:** 9.00am - 4.30pm
-  **Venue:** Edwinstowe House, High Street,
Nottinghamshire, NG21 9PR
-  **Price:** **BWY members** £25
Non members £40

Join us for a full day of yoga with a variety of sessions throughout the day to enable you to tailor the event to your own taste! This is a great opportunity to connect with other local teachers and yoga enthusiasts. We will have sessions from 7 amazing teachers! We will provide breakfast, lunch and refreshments throughout the day.

**Visit our webpage for further
details of all our events**

www.bwy.org.uk/midlands

SCAN ME

