



BWY

AT
THE
HEART
OF YOGA

IN THE NORTH WEST

WITH THE FLOW

Summer Newsletter 2024

<http://www.bwy.org.uk/northwest/>

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PUBLISHING POLICY

Please send adverts to the Newsletter Editor, with all payments made via bank transfer. To take advantage of members' rates, please provide your BWY membership number. All adverts should be supplied as high-resolution jpegs.

Advertising Rates (inc VAT)	BWY / Accredited Price	Full Price
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 (Adverts and Editorial)
Edition 3 - 2024	14 October 2024	09 September 2024

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

The British Wheel of Yoga is the Sports England recognised National Governing Body for Yoga. Disclaimer: Please note that the views expressed in this newsletter are not necessarily the views of the editor nor the British Wheel of Yoga. Any advertisements are accepted in good faith and no responsibility can be accepted for the contents.

WELCOME

A warm welcome to this summer's edition of "With the Flow".

New to the North West committee are myself (Mandy), Eluned (North Wales Area Rep) and Sue (Regional Training Officer), I'm sure you'll come to learn more about us in future editions. I myself was drawn to yoga at the age of 18 and have been practicing (on and off) ever since. Still relatively new to teaching, I've found the experience to be challenging, enlightening and quite often very humbling, as I connect with others in a completely different sense of togetherness and mutual involvement.

This feeling of belonging, of being part of community of like-minded people, is a fundamental aspect of being human. It shapes our emotions, behaviours and our well-being; when we feel we belong, we experience emotional comfort and stability.

It's a theme we've chosen to explore in this edition and to help us celebrate together, the committee have been busy organising a wonderful assortment of festivals and events to be held around the North West, throughout the year. Details of which you'll find here in the magazine and popping up on our Facebook group.

If you're feeling inspired, do drop me a line (or an article) with something that you'd like to share with our North West community. I'd love to hear from you.

CONTENTS

CONTACTS	02
NOTICEBOARD	04
REGIONAL NEWSLETTER UPDATE	05
COMMITTEE REPORTS	06
FIRST AID / REFUND POLICY / SOCIALS	12
NORTH WEST COURSE TUTORS	13
WORKSHOPS & EVENTS	15
ARTICLES / RECIPES	26
MEMBER DISCOUNTS	39

Front & Back Cover: Photos by Freepik

Booking onto an event on the new website

Please ensure you are logged in first.

Then click on Yoga Search at the top of the screen, change location to North West and click on Filter button to give a list of all the events occurring in our region.

Click on the event you wish to attend and then the Register button, this will give a message "Registration Successful! Please book below".

Scroll to the bottom of the page, click on the ticket type followed by the Book button which will allow you to then make payment.

Yoga Meet Ups

Informal Meet Ups are a great opportunity to get to know other teachers in and around your area. It's a chance to network, find support, class cover and advice or simply enjoy a nice cuppa tea and a chat with like-minded yogis.

Lancashire: Meet Mel at one of her regular bi-monthly Meet Ups.

Contact Mel at northwest.lancashire@bwyregions.org.uk

Save The Date

We're planning a fabulous Autumn Yoga Day event to be held on the 19 October, Lancashire.

All members are welcome to come along and mix and mingle with fellow yogis and area representatives as well as experience some amazing sessions from guest teachers.

Final details will be released via our North West Facebook page, so if you haven't joined us already, please do so.

Committee Vacancies

Are you looking for an opportunity to contribute to the growth of yoga in your area and make a positive impact in your local community?

Then look no further. We're seeking dedicated individuals to fill two essential roles:

- Greater Manchester Area Representative (Rep)
- Regional Treasurer

See page 11 for more details....

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 North West region.

In the meantime, if you have any queries, please send them to Mandy Chambers at northwest.editor@bwyreions.org.uk

REGIONAL OFFICERS REPORT

Janet Long



As we head towards summer, I find myself enjoying more time outside in nature - working in my garden or on my allotment as well as daily dog walks really lift the spirits. I also find that I feel more social and look forward to being with other like-minded people.

As a yoga teacher, I often find paradoxically that it can seem like a somewhat solitary pursuit. Perhaps this is how you feel too, we see many students on a weekly basis but how connected do we feel to them? There are the challenges of the teacher/student relationship to consider but does this mean we shouldn't form connections and even friendships with those who come to our classes?

From the viewpoint of a yoga student, are you looking to make connections with those you share your yoga practice with or is it a case of just saying hello and goodbye?

Personally, I feel that creating a sense of community can be so important for both yoga students and teachers alike. This has been something we have been working on over the last couple of years in the North West region. Our Lancashire area rep Mel has created a buzzing yoga teachers community in her area and this is being replicated on Merseyside by area rep Michelle. We would like this to role out to North Wales, Cheshire and Greater Manchester over the coming year. Is this something you would be interested in? Please feel free to get in touch with any ideas on how we can start the ball rolling where you are.

Remember, the word yoga comes from the root "yuj" to yoke (or bring together) so perhaps we don't need to keep it to ourselves, we have some great events coming over the next few months which are open to non BWY members, why not let others know about what we do in our region?

Namaste, Janet x

AREA REPRESENTATIVE REPORT – MERSEYSIDE

Michelle France



Summer is fast approaching! I always feel that the period after Christmas moves at great pace to the Summer Solstice. I anticipate the warmer, drier and lighter days and find that my energy levels increase with the more favourable weather conditions. The extra daylight can be used productively to work more within your community. There may be more opportunities to participate in volunteering, connect with friends and family and make more space for yoga in your life. There is great power to be had in these connections. People traditionally have always faired their best as productive and valued members of their wider community. Perhaps this year will enable you to reach out to your community to see if there is anything you can do for them. You might make new friends, make a difference to your environment and connect in a richer way. In essence this connection is in the very heart of Yoga.

“Yoga is establishing connection with every cell of the body and with every soul of the cosmos.”

Amit Ray, Yoga the Science of Wellbeing

Namaste, Michelle

AREA REPRESENTATIVE REPORT – LANCASHIRE

Mel Guffogg



Hello!

Isn't it wonderful to see and feel the sunshine and light evenings again! I tend to feel fairly antisocial throughout the winter, so it has been wonderful for me to maintain a connection with the local yoga teachers in our local Fylde and District Yoga Teachers Network which I created back in 2022. I believe that creating a close community is so important to offer valuable support, help or simply company for one another. We regularly meet up for a cuppa and a chat (and maybe cake!) and we also have a very active

WhatsApp group so we can keep each other up to date with our classes and events and share these easily with our own students. Our next meeting is on Friday 14th June from 2pm at The Clifton Arms Hotel, Lytham if you would like to join us!

Because of this community of yoga teachers, we have been able to become part of 'Park Yoga' which is a nationwide movement of free yoga classes, open to all ages, held in local parks every Sunday morning from May to September.

We have also enjoyed coming together for two CPD days in the region – we were lucky enough to have Carol Trevor for a very nurturing day discovering restorative yoga in March, and Anna Semlyen guiding us through how to manage back pain through yoga in April.

We still have two more days coming up – Introduction to the Kundalini System with Jane Catherine ALDISS on 15th June and Integrating a Pregnant Student into a General Yoga Class with Wendy Teasdill on 6th July. Not only are these valuable learning opportunities but also a chance to spend the day in the company of other lovely yogis.

I hope to see you at one or all of these events soon!
Mel xx

area representative report – north wales

Eluned Huges



I'm delighted to be joining the committee as north Wales area representative. Many thanks to Kate Knowles for sharing her insight and showing me the ropes, and to the rest of the committee for making me feel welcome.

I'm very much looking forward to meeting members at future events. If there is anything particular anyone would like to see in north Wales, do please drop me an email.

For me, yoga is all about connection, connection with the breath, with the body, with the mind. Connection with nature, the environment, the world around us. What I'm focussing on at the moment is connecting with people. I find the yoga community brings us together with like minded people and a shared understanding.

In 2023 I completed my Gentle Years Yoga qualification. I love the sense of connection in the Gentle Years classes, the sense of fun, learning from others in the class, hearing about their lives, sharing experience, their wisdom.

And on days when I'm in my head, it's the connection with others that brings me out of myself.

Other areas have been running meet ups for yoga teachers, and I'd like to do the same. The first meet up will be in July in Llandudno, please email me if you're interested in finding out more, or if you have a teacher network in north Wales, it would be great to link up.

Hwyl fawr

Eluned

AREA REPRESENTATIVE REPORT – CHESHIRE

Jackie Hudson



The theme of this edition is 'Community, Connection and Unity'... How many groups do you belong to? Family? Church? Book-club? Social groups? Ante-Natal? Retired employees? Charities or voluntary work? Sports? What's app...the list goes on and on. I too belong to several groups and societies but as a self-employed yoga teacher I also miss working as part of a team -

which is one of the reasons I belong to this committee (BWY NW) and Cheshire Yoga Teacher's (CYTA).

For me, yoga communities extend our connections beyond the mat and meetings, workshops and shared experiences (even virtual ones) allow us to explore new aspects of our practice together. These shared experiences strengthen the sense of unity among members and often create lasting friendships built on a foundation of mutual support and understanding.

"The sangha is a community where there should be harmony and peace and understanding. That is something created by our daily life together. If love is there in the community, if we've been nourished by the harmony in the community, then we will never move away from love" Nhat Hanh.

On a more personal level is the sense of a deeper connection to oneself through the practice of meditation and mindful yoga. 'Yoga is the journey of the self, through the self, to the self' Bhagavad Gita.

I am really looking forward to our upcoming Solstice Celebration on 21st June in Timperley. We will be celebrating together with sessions from Helen Conway, Callie Glover and Janet Long. The following day the CYTA committee have also put together a day of celebration in Woodley, Stockport and there are spaces left at both of these events with full details on both websites – it will be a wonderful weekend full of Community, Connection and Unity.

Hari Om
Jackie

BE A NORTH WEST COMMUNITY CONTRIBUTOR

Here are two ways you can contribute to your North West yogic community

Become a Committee Member

If you'd like to contribute to the growth of yoga in your area and make a positive impact in your local community, look no further. Joining the BWY North West committee can help you feel more connected especially because the members are like minded yogis.

We currently have two vacancies – Regional Treasurer and the Greater Manchester Area Representative

As Regional Treasurer you'd be safeguarding the committee's financial wellbeing, keeping accurate records of income and expenditure, working closely with committee members and other volunteers.

As the Manchester Area Rep you would be organizing events, seminars, First Aid courses and CPD days for members as well as writing a report for the magazine and contributing to regional meetings.

In return you'll be uniquely placed to get to know other yogis in your area as well as building your confidence, acquiring new skills and valuable work experience.

If you'd like more information about either role, feel free to drop Janet a line at northwest.ro@bwyregions.org.uk

Contribute to our Regional Magazine, With the Flow

Like the BWY itself, With the Flow thrives on the collective spirit of its readers and contributors. By sharing your voice, experiences, opinions and observations, we can bridge gaps, foster friendships and build a stronger community together where we can celebrate our shared experiences.

Send us your insights, memories, photographs, poetry/short stories that express your emotions, dreams or your daily life; maybe a recipe – it could be a family favourite or a culinary discovery from a nearby eatery. If you've attended a local event, write in and tell us about it – your perspective can help shape future events.

Email us at northwest.editor@bwyregions.org.uk

Remember, every word you write, every photo you share, contributes to the vibrant mosaic that is With the Flow magazine. Thank you for being part of our story.

FIRST AID TRAINING DAYS

First Aid training days are open to BWY Teachers, Student Teachers, BWY members and non-members alike, where space allows. First aid training is not mandatory to maintain your BWY teacher's insurance however, it is widely recognised as best practice to renew your certificate every three years.

To book your place go to www.bwy.org.uk/northwest

Please note that First Aid training delivered via Zoom, is only valid for one year. To upgrade your certificate to three years, please contact the Regional Officer, Janet Long northwest.ro@bwyregions.org.uk

DATE	LOCATION
08 September 2024	Lytham Assembly Rooms, Dicconson Terrace, Lytham, Lancashire FY8 5JY
02 November 2024	Venue TBC

CPD / EVENT REFUND POLICY

If you have booked your place on a CPD day and can no longer attend, please contact the event organiser as soon as possible. The organiser will either arrange to move your booking to another event (subject to availability) or offer you a refund based on the following:

Cancellation is made:

Two months or before the event = 100% refund

Between one to two months before the event = 50% refund

Between one month and one week before the event = 25% refund

After this period = 0% refund

SOCIALS

There is a regular bi-monthly social meet up in the Blackpool, Flyde, Preston and surrounding areas where yoga teachers can come together for a cuppa and a chat. Because teaching yoga can sometimes be a solitary profession, we've found that these regular meet ups provide an opportunity for teachers to get to know one another and offer each other informal support and advice. Feel free to contact our Lancashire Representative, Mel Guffogg for more details northwest.lancsrep@bwyregions.org.uk

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FOUNDATION COURSE TUTORS

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rosemarypremabennett@gmail.com

Ann Simmonett
ann_simmonett@btinternet.com

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

Breathe well

Breathing for well being: a Svastha Yoga Therapy course with Jane Craggs.

An intimate, immersive learning experience in a beautiful location this CPD training is a wonderful opportunity to learn some foundational tools for yoga therapeutics whilst deepening your own practice

LLANBERIS RETREATS

JANECRAGGS.CO.UK
LLANBERISRETREATS.ORG

JUNE 27- JULY 1
2024

07764963138
YOGASPACE@HOTMAIL.COM

Cheshire Yoga Teachers Association MINI FESTIVAL



‘SHADES OF SUMMER’

Sunday JUNE 23rd 2024 10am - 4.30pm

Woodley Civic Centre, Hyde Road, Woodley, Stockport SK6 1QG

Join us for a joyful day of yoga and yoga related sessions

10.00 - 11.15am	‘Flying High with our Feathered Friends ‘ <i>Starting the day with yoga for all with Anne Goldstraw</i>		
Choice of 11.15 to 12 noon	‘Sitting in the Sunshine’ <i>Seated yoga with Diana Davidson</i>	OR	‘Let the Sunshine In’ <i>Meditation with Christine Royle</i>
12-1pm	LUNCH - please bring your refreshments		
1.00 - 2.30pm	‘Walking on Sunshine’ <i>Focusing on the Alexander Technique in Movement with Jenny Fox -Eades</i>		
2.30 - 2.45pm	Comfort break		
2.45 - 4.15pm	‘Summer Solstice Serenity’ <i>Gentle Asana & Pranayama to restore balance with David Glover</i>		
4.15pm	Farewells and thanks		

Cost: £20 for CYTA members £25 for non members

ONLINE BOOKING www.cyta.yoga	BACS – Bank Transfer email Sue Hargreaves sue@cyta.org.uk for bank details.	CHEQUE email Sue Hargreaves sue@cyta.org.uk for postal address & make cheque to ‘CYTA’ & post with your name, address, contact details
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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



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

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

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

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

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Tutor: Marye Wyvill, Co-Director Movement Intelligence UK

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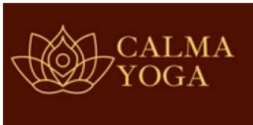
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For more information & prospectus, contact: maryewyvill@hotmail.com

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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

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.

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

UNION AND CONNECTION THROUGH THE SCIENTIFIC LENS

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.

When I heard that the theme for this newsletter was “Union, Connection & Community”, I thought: “what a wonderful theme to speak about Anatomy!” Our bodies are nothing more than star fragments which evolved to this point in time. We all share the same cosmic genealogy¹.

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,

¹ Trinh Xuan Thuan “The Cosmos and the Lotus”

and tendon-bone junctions², 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”... We are coming back to the Union.

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

IN CELEBRATION OF NATURE'S ELEMENTS

Mandy Chambers

The summer solstice, celebrated by yogis around the world, provides us with a wonderful opportunity to honour nature's cycles, develop our spiritual connections and give reverence to light and life. As we head into the depths of summer, let's take a quick look at some of the valuable lessons and insights the elements of nature can teach us:

The physical properties of Earth (Prithvi) represent stability and strength and are associated with our physical body (bones and muscles). From Earth we can learn to cultivate stability and strength in our yoga practice both on and off the mat.

The fluidity and adaptability of water (Jal) corresponds to our blood, bodily fluids and our emotions. Taking our cue from water we too can learn to embrace change, be flexible and go with the flow.

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

Fire (Agni) represents transformation and energy and is linked to our digestion/metabolism. Recognising fire's dual nature, to empower or destroy, we can learn to manage our own inner fire - passion without discipline can lead to imbalance while discipline without passion lacks vitality. Balancing the two is key.

Air (Vayu) signifies movement, breath and prana and is associated with our lungs and respiratory system. Pranayama practices enhance our connection to air, as our inhalations and exhalations echo the rhythm of nature, we calm the mind and energise the body.

Ether (Akasha) represents space, expansiveness and consciousness, beyond the physical realm. Mindfulness and meditation provide us with the keys to unlock the boundless nature of awareness and our interconnectedness to all.

ADJUSTING YOUR YOGA CLASSES FOR THE SUMMER SEASON WHEN THE HEAT IS ON!

Mandy Chambers

Who doesn't love summer, after the dark and dreary days of winter, the longer days and warmer weather provide us with the perfect opportunity to connect more deeply with nature and absorbing all that wonderful prana is positively invigorating. But as wonderful as it may be the summer season is not without its own challenges.

Here in the UK summer temperatures rarely exceed 80°F but the impact of climate change has seen some cases of extreme temperatures - remember the summer of 2022 – and as yoga teachers there are several adaptive measures we can employ to help our students' yoga experience stay enjoyable, as well as keeping them cool, calm and balanced throughout the summer months...

We can't always change the times of our classes to coincide with the cooler times of the day but the simple action of opening windows or using fans can help the body dissipate heat more easily. We can encourage students to wear, loose fitting, breathable, lightweight materials which will keep body temperatures from running too high and help sweat to evaporate more readily.

Staying hydrated, especially in the heat is crucial to our body's overall maintenance and according to Ayurveda, room-temperature or lukewarm water is better for the body (cold water can disrupt the digestive process) as it encourages circulation and when sipped throughout the day, helps the body stay regulated.

The warmer weather naturally increases muscle flexibility so being mindful of this, we might opt for shorter or more gentle and meditative classes or workshops focusing on soothing, fluid movements that help dissipate excess warmth rather than the more intense, heated practices of winter. Cooling breath practices such as Sheetalī and Sheetkari can also help to release excess heat, cooling both body and mind.

We can further assist our students by reminding them that yoga doesn't exclusively happen on the mat. If the weather is simply too hot and prevents practice students might consider mindful early morning or moonlight walks or swims – withdrawing their senses from external distractions (such as the heat) and focusing inwards can prepare them for the deeper practice of mediation, taking them to an entirely new level and yogic experience.

If you have any tips and tricks that you use to manage hot weather and you'd like to share with us please drop me a line at northwest.editor@bwyregions.org.uk

RECIPE

Healthy Bowl by Sue Sheard

My son recently shared this excellent and tasty rice salad recipe with me. It's relatively low fat and has plenty of plant-based protein as well as vegetables. It's delicious served at room temperature, ideal for a hot day and great to prepare ahead if you know you aren't going to feel like cooking. If, like me, you're not a huge fan of raw mushrooms you could gently cook them first, however the dressing does seem to pickle and soften them slightly. You can add other vegetables such as roasted carrots if you choose but bear in mind they may affect its longevity if you want to use it for excellent packed lunches later in the week.

Serves 6 good portions

300g sweet potato peeled and diced
2tbs sunflower oil
½ teaspoon salt
150g puy lentils

Dressing

1 piece stem ginger in syrup
60ml shoyu/good quality soy sauce
60ml balsamic vinegar
20ml sesame oil, preferably cold pressed
40ml sunflower oil
1tbs sesame seeds

½ head celery, diced 1cm
200g closed cap mushrooms, finely sliced
1 bunch fresh coriander or parsley finely chopped

Toss the sweet potato in the salt and oil, spread onto a baking sheet and roast at 180c (fan) for 30-35 minutes until it's tender and just starting to brown. Set them aside and leave to cool.

Cook the rice in boiling water with a little salt in a generous pan with one and a half times the volume of water to rice. As soon as it comes to the boil turn the heat down to a simmer and let it cook until all the water is absorbed, about 30 minutes. Set it aside and leave it to cool.

Cook the lentils in plenty of unsalted water for about 25 minutes or until tender , drain well and set it aside.

In a blender combine the stem ginger without the syrup, shoyu/soy sauce, balsamic vinegar, sesame oil, sunflower oil and sesame seeds and stir this into the lentils while they're still warm.

Add the remaining ingredients to the cooled rice and sweet potatoes. Mix everything together gently and serve.

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