

BWY

AT
THE
HEART
OF YOGA

IN THE NORTH



Ayurveda for life

BEYOND THE MAT

Summer Newsletter 2024

www.bwy.org.uk/community/north/

The British Wheel of Yoga is the Sports England recognised National Governing body for Yoga.

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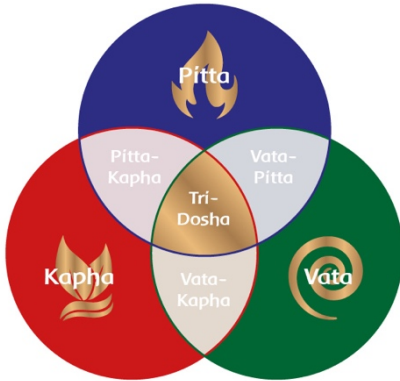
Colin Harding-Smith

ADVERTISING & PUBLISHING DEADLINES

Copy Deadline	Copy to Office	Copy to Printer	Delivery Date
23 rd Aug 2024	23 rd Sep 2024	30 th Sep 2024	14 th Oct 2024
10 th Dec 2024	13 th Jan 2025	20 th Jan 2025	3 rd Feb 2025
24 th Apr 2025	26 th May 2025	9 th Jun 2024	19 th Jun 2025



EDITORIAL



Our theme this time is 'Ayurveda' to link to our Sangha festival this year, where the headline teacher is bringing her blend of Yoga and Ayurveda to our gathering.

We hope that you have been able to book onto the Sangha and are looking forward to seeing many of you there.

Ayurveda is a separate discipline from yoga, but often runs parallel to it in people's life and practice. It has many aspects, but they all rely on knowing your dosha or mix of doshas so that you can select appropriate foods, treatments and practices. We hope that the magazine will give you an introduction to the practice that you can build on in the future.

Great thanks to everyone who has contributed to this edition of the magazine. If you think you'd like to contribute in future, please contact the editor with articles/suggestions/poems etc.

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WELCOME

REGIONAL OFFICER

Jacqueline Stevenson



Hello everyone,

It's summer (apparently) and we have seen some wonderful days, but still lots of rain to keep the plants alive! On the sunny days, it's wonderful to find a space outside to practise your yoga, and on the rainy days practise inside and stay cosy. A great time to practice Yoga Nidra, stay relaxed and alert.

This year the sun's activity is reaching a crescendo and this means that the Northern Lights are visible as far south as our region. We know now why they happen, but it doesn't take away the wonder that we feel when we see them. If you can find a dark skies place you may very well be able to see this wonderful natural phenomenon. It may even be warm enough to take your mat outside and meditate on the amazing colours and movement in the sky.

We are lucky in the region to have thriving yoga groups in Cleveland, Durham, Tyne and Wear and Teesdale. Most often the four groups meet during different weekends of the month and so you might be able to get to more than one in a month. Check out the details in our Local Events later in the magazine.

We have had some very successful training days and workshops already this year, two of them were so successful that we are repeating them – one in August this year and the other in January next year, to give those who were unable to book a place another chance. We also have two other training days coming up in September and in October, one (online) addressing the use of Yoga to better mental health and the other (in person in Barnard Castle) looking at the use of Yoga during the menopause. Each will be accompanied by a workshop and all are available for booking on the website. See the workshops and training events later for more details.

By the time you receive this magazine, we will have had our Regional meeting where we will have elected committee members. I hope that some of you will have considered joining the committee to help us organise events for the region, and look forward to welcoming you. If you didn't stand for election but would like to join us after the event, please let us know and we can add you to the committee when you're ready. The meeting could be attended in person or on Zoom and for those attending in person it will have been followed by a shared lunch and a free afternoon workshop with Lucy Maresh. We are sure that

those of you who came along will have thoroughly enjoyed the workshop.

Our major event of the year, the Festival or Sangha, will take place this year on the 14th July, once again at the Linskill Centre in North Shields. As I said last time, we would like to have a different venue elsewhere in the region if possible, but it is difficult to find somewhere with all the space and facilities we need. Please contact the committee if you think you might know of a suitable venue. For more details of the Festival, see the articles later in the magazine.

Once again, I'd like to say a quick word about the new website. I can only apologise on behalf of the BWY for the problems that are still occurring. Many issues have been addressed and progress is being made but if you notice anything you think would bear changing, don't assume that someone else will report it, please contact the support team on marketing@bwy.org.uk. If you can, include screenshots to make it easier for them to identify your issue. It doesn't have to be an error, e.g. if there's something that you feel could be better or is irritating in use, let them know, they are looking for possibilities for development for version 2. In the meantime, there are hints on how to perform common tasks later in the magazine.

Hoping to see you at an event soon

Om Shanti,

Jacqueline



CLEVELAND AREA REP

Jean Sullivan



Hello fellow yogis

As I write this, we are well into Spring – everything bursting into life and making me hopeful of moving forwards with positivity to all that 2024 will bring.

We've had a busy start to the year in the Cleveland Area; our CPD day in February – 'Pratyahara Gateway to Stillness' - led by Rajesh David, was fully booked and was an excellent day with great feedback from all who attended. We followed this in March, with another sold out event - an in-person 3-hour Workshop led by regional teacher and DCT, Jacqui Gunnion. Jacqui delivered her expertise on Somatics and Bones for Life in her usual friendly and informative style.

Our Cleveland Yoga Group continues to go from strength to strength with great attendance at the monthly Saturday morning sessions at Ingleby Barwick. The CYG Facebook page now has almost 300 members. I'd like to thank all the teachers with whom we've enjoyed sessions so far this year, all of them so different.

We started the year in what has become a tradition for the group with Steve Sanders. As ever, he delivered a fabulous class, this time with a focus on the Upanishads – we have him booked for January 2025 already! Gill Gittins taught the February session with a delightful theme based around Mudras and moving meditation; everyone finished the class completely relaxed as they did after Susan Lodge's workshop in March. After some traditional hatha asana practice Susan delivered a Sound Bath – so popular she is returning for the Christmas event in 2025 so that we can dedicate the afternoon session to a more immersive Sound Bath. We welcomed Leigh Johnson, a Dru Yoga teacher, to lead our group in April with a theme of 'The Radiant Heart', a thoroughly enjoyable class, the feedback for which was great.

For all the Saturday morning sessions you can just come along and pay on the day – no need to book in advance and everyone is welcome. Our dates and teachers for the later part of 2024 are listed further on in the magazine. Do come and join us for some fabulous yoga and if you're able to stay – refreshments and social chat afterwards, it's so nice to stay in touch.

I am looking forward to our Festival in July and hope to see some of you there or at one of the other regional events going on this year.

Namaste, Jean

DURHAM AREA REP

Judith Gibbons

Hello everyone,

I hope that the new season is leaving you feeling more energised and ready to embrace even more opportunities for yoga.



With that said, please let me point you in the direction of some excellent upcoming opportunities:

Later in the year are an evening '**Restorative Yoga**' workshop on 25th October and the '**Yoga for menopause**' CPD training day the next day (26th) at Barnard Castle. Further details can be found later in the magazine and both are open for booking on the website.

Don't forget the **Durham Yoga Group** sessions, which continue to be very popular and provide the chance to try many different styles of yoga. Recent workshops have been inspired by Vanda Scaravelli and Qi Gong. Contact me if you need more details on how to attend.

Finally, I'd like to express my excitement about the upcoming festival. The theme of Ayurveda is one I'm really keen to learn more about. I was recently treated to a delicious lunch by my friend and work colleague, Schwetta, who prepared a beautiful range of South Indian dishes for me to try. They were nothing like the very British curries we are used to here, which are full of strong flavours, such as garlic. The dishes I was served adhered to ayurvedic principles and were full of delicious yet gentle flavours which left me feeling satisfied but neither heavy nor bloated. Rounding off the meal with a milky pudding using **jaggery** rather than refined sugar was wonderful. There was also a broth to sip on throughout the meal, again to aid digestion. Sadly, I had eaten all the wonderful food before I thought to take a photo!



However please enjoy reading the article written by Schwetta in this magazine.

Jaggery is a common ingredient in southern India and an important ingredient in some ayurvedic medicines.

Please contact me with any questions, comments or suggestions; it would be lovely to hear from our Durham yogis!

Warm wishes,

Judith.

TYNE AND WEAR AREA REP

Sue Harding-Smith

Hi Yogis of the North



I feel as though it's been raining since my last report, but the silver lining among the dark clouds has been all the lovely yoga sessions being run across the BWY North area.

TWYG are still offering sessions both on Zoom and in person. Blended classes might be the term for it. Whatever the terminology, it is working extremely well, and an added benefit is that we are able to record classes and send them out to all who attended. Indeed, if people can't get there on the day, they are happy to receive the recording. Because we are able to attract a larger number of people, it means we can keep the price low, making these classes very inclusive, not only in terms of cost but by offering the sessions to people unable to travel. We've had some fabulous classes over the first four months of the year.

In January, Linda Irving, a BWY teacher for 34 years, gave us a taste of the chair yoga classes she offers to people who want a gentle approach, who have mobility issues, or may be living with dementia. It was hugely enjoyable and involved singing old songs as well giving people an awareness of how postures can be adapted using a chair.

In February, Cristal Liddle recognised that even though people have high expectations at the beginning of the year, we should remember we are still in mid-winter, "a time to retreat, nurture ourselves and rest" and so we explored practices that help to retune the vagus nerve which impacts on our ability to relax. Singing bowls provided a sound bath during a wonderful Yoga Nidra.

Roxana Radulescu always has intriguing themes, and she did again in our March class on the subject of "Space and Grace", space in our asana practice and in our minds, the grace of movement and "the other type of grace – the gift that brings enlightenment."

In April, Sally Roach, who has been facing some challenges herself, took time to do a beautifully reflective class on the subject of "Self-care in Uncertain times", threading the medicine of self-care through asana, pranayama, relaxation, and meditation.

In May Lynn Moor will be teaching and we will be raising money for a charity pulled out of a hat. I must also mention the Yoga Festival on 14 July. Don't forget to book your place. There's lots of information about it in this edition of Off Beyond the Mat.

Om Shanti, shanti, shanti,

Sue

REGIONAL TRAINING OFFICER

Jacqui Gunnion



Hello Yogis

This time around I'd just like to remind everyone, and not just teachers, that the British Wheel of Yoga has an excellent video workshop collection available via your membership profile.

These are recordings of live Zoom sessions that you can also sign up for free of charge and attend "real time". Details of upcoming events will be in the "On the Pulse" email newsletter which should be dropping into your inbox on a regular basis.

There's a fantastic array of topics from some very impressive presenters in there.

There are general interest items on everything from the history of yoga - including a discourse on the Bhagavad Gita - through to how Yoga has crossed cultural boundaries and developed in the modern world.

There are also some specific workshops on things like Scaravelli inspired yoga and even "Menopause Yoga" which seems to be a very hot topic at the moment (pun absolutely intended).

If you're a teacher there are some tailored resources around things like marketing and the use of positive language in your classes and you get twice the benefit as attending or viewing these can all count towards your CPD.

In short - there is something for everyone!

To access the content, log on to your profile. From the dropdown menu choose "My Resources" and look for the "Video Library – event recordings and handouts" option on the right. Open the folder called "Member Sessions" and you'll see all of the videos listed!

Have a great time exploring this fabulous content!

Kind regards

Jacqui

JEAN RHODES

Contributor	Judith Lord, BWY teacher and friend
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Our dear friend in Yoga, Jean Rhodes has passed away after a short illness. Jean passed away peacefully at home, Her beloved husband and family were by her side. Jean’s life touched many lives in Carlisle and Cumbria. Both her working life and her dedication to yoga brought so much into our communities. Thank you, Jean.

One of the earliest of the qualifying Diploma students, Jean managed a busy teaching programme of yoga as well as her career.

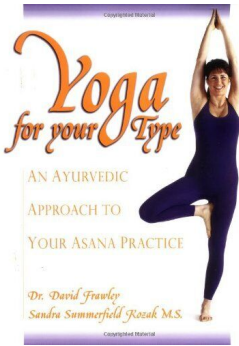
Having worked professionally in Social Services for the local Authority, she was well known in many circles in the community. She was well respected for her work with Children and Young Adults and brought her considerable skills into her Yoga teaching.

Jean’s Yoga classes included Adult Education, U.3.A and also classes run by the local Council for young people with disabilities. She was skilled in adapting her teaching to a wide range of students, and always brought her warmth, empathy and joy to all her work. Jean had been very much part of the British Wheel in Cumbria. She worked as a County Rep for a few years and helped to organise Yoga days, and supported visiting teachers.

The Yoga Days held annually at Scotby, Carlisle, to raise funds for our local Hospice were eagerly anticipated and very successful. Jean and her family worked tirelessly in the build-up to these days, by endless cooking of delicious quiches, salads and treats!

Om Shanti, Shanti, Shanti,

Om Shanti, Shanti Om



Yoga for your type – an Ayurvedic approach to your asana practice

Paperback, 691 pages, RRP £22

ISBN 978-1-804-323-212

Published by Lotus Press, Oct 2001

Author: David Frawley & Sandra Kozak

Reviewer: Jacqueline Stevenson

This book is not simply a ‘do this if you’re this type’ book, it provides a clear introduction to both Yoga and Ayurveda and illustrates very well the links between Yogic and Ayurvedic philosophy. There is a comprehensive list of characteristics of the three doshas and how to determine what dosha or dosha combination is yours. There is also an explanation of the three gunas and how they influence mental type.

The asanas are clearly described in both words and pictures. Each one has its doshic effect indicated clearly so that you can choose what works for you. It was interesting to see that frequently, the change to the dosha produced by the posture would be in the same direction (reduce or enhance) for all, just the extent of the change would be different. This surely indicates the balancing effects of Yoga overall. As well as individual posture descriptions, there are routines for each dosha, both for quick effect and for longer term usage.

As well as indicating a posture’s suitability according to dosha, the book shows the asana in great detail, and explains how exactly to protect the body from injury by modifying the various poses to suit your abilities. It is an invaluable resource for those who truly want a better understanding of their body and mind and want to keep doing yoga with greater effectiveness on their health; truly the BWY way of yoga.

This is not simply a ‘do this for your dosha’ book though; it also looks at changes to dosha due to: life stage; health; pregnancy; weather; season; environment; and nutrition. This can affect what you do at any particular time of your life and so your practice will be ever changing.

There is also a brief introduction to Ayurvedic massage oils, herbs, cleansing practices and aromatherapy. There is a comprehensive bibliography for those who want to take the subject further.

Not a book for the faint-hearted, it is packed with information, but it can be approached slowly and benefit taken in stages – highly recommended.

THE SATTVIC DIET - A PATH TO WELLNESS

Contributor	Shwetha Ferdinand
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Sattva, derived from the Sanskrit word 'Sat,' means honesty, purity, harmony, and balance. The sattvic diet manifests purity, lightness, and vitality, balancing with the principles of yoga. In the practice of yoga, every aspect of life is an opportunity for mindfulness and harmony, including food and Sattvic food tells us to approach eating as a sacred ritual.

Benefits of Sattvic Food

1. **Physical health:** Sattvic food provides essential nutrients, vitamins, and minerals that support overall health and well-being. It can help improve digestion, boost immunity, and maintain a healthy weight.
2. **Mental clarity:** Sattvic food is believed to promote mental clarity, calmness, and focus. By nourishing the body, it supports a balanced state of mind and emotional stability.
3. **Spiritual growth:** Sattvic food is said to promote spiritual growth by boosting qualities such as compassion, kindness, and inner peace.
4. **Emotional Well-being:** Sattvic food is said to have a calming effect on emotions, feelings of peace, contentment, and happiness. It helps emotional stability and helps in managing stress and anxiety.

By embracing the principles of purity, lightness, and vitality in your diet, you can deepen your yoga practice and cultivate a profound sense of well-being that radiates inner harmony in your lives.

Principles of Sattvic Food

1. **Freshness:** The use of fresh, seasonal ingredients. Fresh fruits, vegetables, grains, legumes, nuts, seeds, and dairy products are staples of the Sattvic diet.
2. **Purity:** It is free from artificial additives, preservatives, and chemicals. Organic and locally sourced ingredients are preferred whenever possible.
3. **Balance:** Sattvic food aims to strike a balance between different tastes, textures, and food groups. Simple and wholesome meals, with a variety of flavours and nutrients.
4. **Lightness:** Sattvic food is easy to digest and is not heavy on the body. It avoids heavy, greasy, or overly processed foods that can cause lethargy and fatigue.
5. **Moderation:** While Sattvic food encourages nourishment and enjoyment, it also emphasizes moderation. Eating mindfully and stopping when satisfied are important principles of Sattvic eating.

6. Cooking Methods: Cooking methods are gentle and preserve the natural goodness of ingredients. Steaming, boiling, stewing, and sautéing are preferred over deep-frying or excessive heat, which may destroy vital nutrients.

Moving to a Sattvic diet

This does not have to be terrifying. Start by gradually incorporating more fruits, vegetables, whole grains, and plant-based proteins into your meals

Some of the everyday sattvic foods you can include are:

1. Fruits: Apples, bananas, oranges, berries, pears, mangoes, and any seasonal fruits.
2. Vegetables: Leafy greens like spinach, kale, and lettuce, as well as carrots, cucumbers, zucchini, broccoli, cauliflower, and bell peppers.
3. Whole Grains: Brown rice, quinoa, oats, barley, millet, whole wheat bread, and whole grain pasta.
4. Legumes: Lentils, chickpeas, mung beans, black beans, and split peas.
5. Nuts and Seeds: Almonds, walnuts, cashews, sunflower seeds, pumpkin seeds, sesame seeds, and flaxseeds.
6. Dairy: Milk, yogurt, and ghee (clarified butter) from organic and ethically raised sources.
7. Herbal Teas: Chamomile, peppermint, ginger, and fennel teas.
8. Healthy Oils: Cold-pressed oils like olive oil, sesame oil, and coconut oil when used in moderation.
9. Sweeteners: Raw honey and jaggery (unrefined cane sugar) are preferred over processed sugars.
10. Spices: Turmeric, cumin, coriander, cardamom, cinnamon, ginger, and fenugreek are commonly used for flavouring.
11. Water: Pure, clean water is essential for hydration and detoxification.



MUNG DAL FOR ALL THREE DOSHAS

Contributor

Jacqueline Stevenson, Regional Officer

This recipe is essential in Ayurvedic nutrition because it supports convalescence and detoxification. Mung Dal is a "tridoshic" dish, which means that it balances the vata, pitta and kapha doshas. Together with rice, it is also a complete source of protein.

INGREDIENTS

- 200 g basmati rice
- 200 g yellow or green Mung Dal
- 1.5 litres water
- 1 piece of ginger (2-3 cm), chopped
- Some chopped coriander leaves to taste
- 3 tbsp of ghee or coconut oil
- 1 cinnamon stick, 4 cm
- 5 whole cloves
- 5 cardamom pods, whole
- 10 black peppercorns
- ½ tsp fennel seeds
- ½ tsp cumin
- 3 bay leaves
- Pinch of Asafoetida
- ½ tsp turmeric
- Salt to taste

METHOD

1. Soak the dal for a few hours to make it easier to digest.
2. Wash the rice and dal separately, changing the water at least twice.
3. Mix the ginger, cilantro and 125 ml water.
4. Heat a large saucepan and then add the ghee or coconut oil, the cinnamon stick, cloves, cardamom, peppercorns, fennel seeds, cumin and bay leaves. Stir until it starts to smell good.
5. Add the mixture of ginger, coriander and water, then asafoetida, turmeric and salt.
6. Cook while constantly stirring until everything has a nice brown colour.
7. Stir in the rice and dal, then add the remaining water and cook for five minutes.
8. Simmer for another 25-30 minutes until the dal and rice are tender.
9. Serve with fresh lemon to improve digestion.



RESONANCE

Contributor	Jacqueline Stevenson, Regional Officer
Author	Robert Longley

*Like ripples in the water
Or ringing in the air
It's just a little resonance
Reminding us it's there
Go a little deeper
There are ideas and even thought
Setting change in motion
Contradicting things we are
taught
It's here the magic happens
Where energy is exchanged
And lives are changed forever
As our thoughts are rearranged
We don't know how our actions
Will be absorbed or just reflected
But they're bound to find an
audience
With those we are connected*

This poem is about how our words and actions affect ourselves and others. We are all connected whether we realize it or not. All of our actions expand out and also reflect back.

Surprisingly, resonance is minimally affected by distance. Typically, you affect people closer to you, but you may find that your actions extend well beyond your perceived individual reach.

Tuning forks don't need to touch to resonate. People are the same way. If we are tuned to the same frequency as someone else, we are likely to resonate with them regardless of where they are.

Put things out into the world and see who responds. It may surprise you.



YOUR REGIONAL NEWSLETTER IS CHANGING

Contributor	Keith Hart, Editor, South East region
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BWY volunteers, with the help of staff and members, have been looking at how to change the way we produce and deliver regional newsletters to make a bigger contribution to several BWY objectives.

[Improve the experience for our regional Newsletter Editors](#)

Future newsletters will be formatted using a simplified template, so that the editor's role is less about the challenges of fitting the template and more about delivering interesting and useful content to members.

Regions will have flexibility over the frequency of production, because there will be fewer cost implications per issue. Any changes to frequency or size of digital issues will be at the discretion of the region and can be used to better fit with individual calendar requirements.

[Reduce BWY's costs](#)

As you know, as a BWY member most people currently receive the regional newsletter, delivered to your door, three times a year. By reducing the number of magazines to be printed and delivered, this will reduce the overall costs of magazine production for the BWY.

[Reduce BWY's carbon footprint](#)

The average number of pages in a newsletter is 30 (though each BWY North newsletter has 36 pages!) so in round numbers, for the BWY's c.5000 members 450,000 pages per year are printed. Reducing these would reduce the carbon footprint of the BWY.

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.

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 brand value of having as little impact on the planet's resources as possible.

Any member who wants to continue receiving a printed copy will be able to do so by specifying that requirement on the website. Anyone without an email address in their membership details will automatically receive a printed copy.

In the meantime, if you have any queries, please send them to Jacqueline Stevenson at north.editor@bwyregions.org.uk

STOP THAT 'MINDLESS MUNCHING'

Contributor

Sue Harding-Smith, Area Rep, Tyne and Wear

When I was told that the theme of this magazine was going to be Ayurveda, I thought of Ayurveda¹ having so much useful advice on diet, not only the “what”, but also the “how”, e.g.

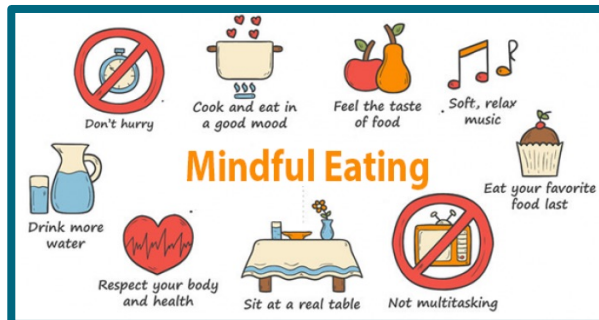
- Don't overeat – the amount of food that fits into your cupped hands is your personalised portion.
- Fill half your stomach with food, leave a quarter for liquid, and the other quarter space for digestion.
- Take time to eat – sit down and relax and pace yourself – remember your stomach has no teeth. Focus on your food.
- Keep regular mealtimes and don't over-exercise after meals. At the Festival we have a quiet class after lunch to aid digestion.
- Eat only when you're hungry – only after your previous meal is digested.

I remembered a phrase in a yoga book I read a long time ago and I've been searching for it so that I could use the information in this article. I couldn't find it, but I've not forgotten those words.

So, the next time you're tempted to eat on the run, risking indigestion, eat so quickly you don't even taste it, eat when you're not hungry or overeat, thinking it will give you some kind of comfort.

Pause and remember:

Stop that “Mindless Munching”



¹ Vara. G (2018) Ayurveda, Great Britain; Orion Spring

BRENDA WARD

Contributor	Sue Harding-Smith, Festival Organiser
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The theme of this edition of the magazine is Ayurveda, tying in with the theme of this year's Festival and the subjects to be covered by our headline teacher Brenda Ward. She came to yoga after badly injuring her back and was helped back to health by a skilled yoga therapist. This led to her falling in love with yoga and she determined to find out as much as possible about it.

She qualified as a teacher with the BWY in 2004 and during lockdown began to research her other passion, Ayurveda, to qualify as an Ayurvedic consultant.

Brenda sent us this summary of Ayurveda principles to share. She will be discussing these further at the festival so that at the end of the day, attendees will take home a variety of beautiful Ayurvedic tools which will enable them to integrate this powerful, healing practice into their own lives immediately. You can also find details of her sessions on the festival website along with some more information about Brenda.

<https://sites.google.com/view/northyogafestival-sangha-14jul>

Ayurveda

Ayurveda is believed to be the oldest system of medicine in the world and has proven to be effective in treating a wide range of disorders including digestive complaints such as heartburn and chronic constipation, headaches and migraines, arthritis, endometriosis and menstrual disorders, hot flushes and other problems associated with the menopause, weight gain, insomnia, skin disorders and stress.

Unfortunately, it is still under the radar in the West and can seem complex at first - we can get lost trying to determine our dosha and what we should and should not be eating. In fact, many students have told me that they have, in the past, been so confused that they've just simply given up. This is such a shame because, while it is true that the doshas are important, Ayurveda is so much more than this and a powerful way for each of us to learn how to support our own health.

Underpinning its theory and practice is the belief that we are at one with, and an integral part of, nature and so, by maintaining as much balance with nature as possible in our daily lives, we will enjoy true health or swasthasya of our body, mind, emotions and spirit.

To help us to connect with nature and our natural rhythms, Ayurveda stresses the adoption of healthy regimes such as the dinacharya (daily routine) and ritucharya (seasonal routine). These include simple but potent practices such as oil-pulling and tongue-scraping as well as Yogasana and pranayama which can be used to help us to uphold or return to our true state of health whatever our doshic profile.

Swasthasya

Ayurveda is a beautiful, ancient science that connects the life of the individual to the cycles and rhythms of nature. This connection is at the very heart of Ayurveda and, as students seeking to learn more, once we understand that we truly are an integral part of nature, this rich and sophisticated system will start to reveal itself to us. Then, as we continue to study nature in more detail, we see that its qualities vary throughout the day and the year in a regular and predictable way and learn that, by aligning our activities to these rhythms and cycles, we can move closer to a state of true health.

Ayurveda uses the Sanskrit term *swasthasya* to describe the state of true health. This is defined in the Sushruta Samhita, one of the most important classical texts, as:

*sama dosha sama agnischa sama dhatu mala kriyaaha|
Prasanna atma indriya manaha swastha iti abhidheeyate*

This can be translated as:

True health is a state of perfect balance between the body's three fundamental energies or doshas (Vata, Pitta, Kapha), agni (digestion), dhatus (tissues) and mala (excretory matter).

your 2 minute
DOSHA QUIZ

Please tick the answer that best describes you from the three options given

QUESTIONS:

	A	B	C
My natural frame is : A) small B) medium C) large	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My body temperature is usually : A) cold B) hot C) comfortable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My appetite is normally : A) variable B) strong C) steady	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My sleep is usually : A) light B) sound/short C) deep/long	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like my day to be : A) flexible B) productive C) predictable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Under stress I become : A) anxious B) irritable C) withdrawn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Mostly As - Vata, Bs - Pitta, Cs - Kapha

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07714 419785

It further stipulates that the soul, the senses and the mind must also be in a pleasant state of equilibrium. Finally, to enable us to uphold this state of *swasthasya* and synchronise with the all-important rhythms of nature, Ayurveda stresses the adoption of healthy regimes. These include the beautiful daily morning rituals, the *dinacharya*, and the seasonal rituals, the *ritucharya*, both of which we will be learning about in much more depth at the Festival.

This very precise definition of health goes way beyond the more rudimentary *absence of disease* model upon which most healthcare systems are based.

EMBRACING THE “NOW”

Contributor

Jacqui Gunnion, Regional Training Officer

“Atha Yoganusasanam”

(The Yoga Sutras of Patanjali 1:1)

Those are the opening words of Patanjali’s Yoga Sutras, one of the most well-known texts related to Yoga practice. The Sutras are part of an oral tradition that Patanjali (or Patanjalis - there might be one author or there might be many!) wrote down somewhere between the 2nd century BCE and 5th Century CE. These 195 short statements or threads (think of the modern word suture) are jam packed with meaning and possible interpretations and this first one sets the scene for the whole text.

It roughly translates as

“Now the teachings of yoga continue/are presented”²

and I say “roughly” because it’s worth remembering that there are always choices to be made when translating from one language to another and that can affect meaning.

That very first word Atha - “now” - is significant. On the one hand it was part of the literary conventions of the time to begin scholarly texts with “Now” and, according to Tori Lang³, “Atha” was considered

“a sacred or auspicious opening”

but it is so much more than just a standard device.

It can mean so many things –

“Now that you have the time,”

“Now that you are settled into practice,”

“Now that you have the right set of circumstances”

and, most importantly in my opinion,

“Right Now”.

That one word is a reminder that each time you come to your mat your Yoga practice is unique. It’s happening at this very moment and it

² Bryant E.F “The Yoga Sutras of Patanjali” North Point Press 2009

³ Lang T. “Introduction to Patanjali’s First Four Sutras”, Powerpoint presentation Feb 2024

doesn't matter what happened yesterday, or how you're going to feel tomorrow - it's what you're experiencing "now" that matters.



Having located the reader or listener (the sutras are still chanted to this day) firmly in the present moment, the rest of the sutra then goes on to remind them that they are also part of something much greater.

"The teaching of yoga continues"

places each individual practice in the wider context of belonging to a whole lineage and tradition of Yoga going right back to Patanjali and beyond and on into the future as well.

It also sets the scene - the things he's about to talk about in the rest of the text - the ways of living, the obstacles to practice, the different paths to a settled mind - they are all going to be as relevant "now" as they were over 2,000 years ago.

Personally, I find that sense of practice being at once unique and still part of something so much larger such a comforting idea. My struggles to maintain a regular practice, to keep my mind focused, to apply the Yamas and Niyamas are the same struggles that everyone else has experienced and will continue to experience.

Patanjali's sutras speak to us all of the nature of the human condition and they are there to show us the different ways we can still manage to find peace and harmony amid the chaos of everyday life. And that is exactly why I unroll my Yoga mat in the first place!



Free members' events

Recordings of the free members' events can be found at My Resources/Video Recordings. There is a lot of other information in My Resources, well worth checking out.

Your Account

Clicking on your name (or photo if you've loaded one) at the top right of the screen you can get quick access to useful links, e.g. 'Yoga Search', and to your details e.g. 'My Profile'. If you are a teacher you will also see a link to 'My listings' – your classes if you've added any to the website – and to your first aid details.

Finding events

To find events in any particular area (North for example!) you need to go to 'Yoga Search' from the home page or from your account, then select 'North' from the Location list and click 'Filter'. If you wish to see online events around the country, don't select a Location, use the Advanced search and select online in the Event Type field.

Booking onto events

Events may show as 'Available' even if all places are taken. In order to check spaces, first click onto the event and check the top of the listing, where you will see the number of places left.

If the event has 'automatic waiting list' set up, you will see a button at the top of the screen saying 'Register'. Click on that first and you will get an email to say you have been added to the waiting list. If there are still places available then the email will also invite you to book. If the event has no automatic waiting list, the Register button will not be there.

To book, scroll to the bottom of the screen of event details to see the tickets on offer, select and pay.

You will receive an email confirming your booking.

After booking

Once you have booked your place on an event you will receive automated emails confirming your booking and, closer to the time, reminding you about the event. We will also make any handouts available on the website if provided and update the Meeting Information for the event with the Zoom info if relevant.

Non-members

If you are, or know, a non-member who would like to attend an event it is necessary to first have an account allowing you to login to the website. To create the account, click on 'Join us' on the Home page, then scroll down to Free Account at the end of the list and follow through to add your details and create the account.

NOTE: This type of account does not come with any membership benefits, it's only used to login to the website and be able to book onto events at non-member prices.

'My events'

From your account, click on 'My Events' and you'll see a list of the events you have booked onto. You have the option to see all you are on a waiting list for or have expressed an interest in.

From the bookings list, select "View Event Information" to see the 'General Information' tab which shows you basic details.

The remaining tabs are seen only when appropriate.

'Meeting Information' shows details of the meeting e.g additional equipment needed and Zoom details if relevant.

'Resources' shows any handouts or pre-event reading.

'Evaluation Form' contains an evaluation form to be completed after the event.

CPD points

If an event is a CPD event, then the CPD points will be allocated to your account as soon as the organiser confirms that you attended. If not, then if you feel you have learnt something from the event that you can use either in your teaching or personal practice you can manually add CPD points – up to 1 per hour for a maximum of 5 per day.

LOCAL EVENTS

PRICING

CPD DAY

£35 for members, £45 for non-members

WORKSHOP – 2.5 hours

(plus half hour refreshment break if in person)

£15 for members, £20 for non-members

WORKSHOP – 2 hours

£12 for members, £16 for non-members

FESTIVAL

£58 for members, £68 for non-members

WORKSHOPS

All workshops are open to all, whatever level of experience in yoga. Most are in person and include a refreshment break to allow you to be social with your fellow yogis.

Check the website for more details and to book your place.

Sound in Yoga with Sabine Dahn

This workshop will be on the 7th September, from 1pm - 3.30 pm and will be online. Our time together will comprise a little bit of theory and practices offering a felt experience of the theory.

Sound is in and all around us; it carries different vibrations and affects us in myriad ways. Our responses to hearing and making sounds are very personal and through self-observation can reveal a lot about ourselves.

This workshop explores how, through sound, we express something of ourselves to the world around us, and, reversely, can bring something of the world into our inner environment.

We will explore how sound can be a vehicle for subtle energetic variations to asana practices, for invoking certain energies and qualities in our being, and for facilitating focus and an alert, relaxed state of mind.

Restorative Yoga for the Menopause with Katy Knowles

This workshop will be on the 25th October and will take place in St. Mary's Parish Hall in Barnard Castle. The workshop will be a great accompaniment to her CPD day, "Yoga for the Menopause", on the 26th, though of course each event can be attended separately.

As this is an evening workshop, it will run for only two hours, 6-8pm, and will not have a formal refreshment break.

Join Kate Knowles, who has trained with Judith Hanson Lassiter, for a class of super soothing yoga, including self-massage techniques to support vagal tone, gentle calming pranayama, and restorative yoga to support the parasympathetic nervous system

You will need to bring everything you need to be comfortable, including your usual yoga equipment, two pillows (or bolsters), two blankets, two cushions, a yoga belt and eye pillow or mask.

2025?

We hope to continue our workshops in 2025. If you have an idea of where we could hold one and who could lead us, please contact us and let us know.



STABILITY 2 – STABILISATION OF THE LUMBAR SPINE AND SHOULDER JOINT

Tutor:	Andrea Newman
Level:	Teacher or General Practitioner
Date:	10th Aug 2024
Time:	10am – 4pm
Venue:	Zoom
Website:	https://www.bwy.org.uk/north
Organiser:	Jacqueline Stevenson north.ro@bwyregions.org.uk

The aim of the Stability 2 workshop is to explore aspects that affect stability in the lumbar spine and shoulders. This understanding helps you to find teaching cues which promote greater stability for students in their asana practice, and informs more effective guidance of students within a class who have a history of instability in these anatomical areas.

In the morning, we will explore the anatomy of the lumbar spine and its supporting structures. We'll also look at how yoga can affect an unstable lumbar spine – improving it or making it worse. The perceptual and experiential aspects of stabilisation will be discussed, as well as working with students experiencing pain.

In the afternoon, we will explore the anatomy of the shoulder girdle and its supporting structures. We'll consider the different functions that the shoulders are asked to perform, in everyday life and in asana practice. We'll also discuss perception and self-image in integrity of the shoulder joints and how our use of language and imagery in yoga teaching can help bring stability, poise and healing.

The learning will be a combination of discussion and asana practice, exploring the themes of the day and leading to a deeper understanding of the structure and function of the shoulder and spine and how to support and improve them with yoga practice.

YOGA FOR MENOPAUSE

UNDERSTANDING THE NEEDS OF MENOPAUSAL WOMEN IN YOGA CLASSES

Tutor:	Kate Knowles
Level:	Any yoga practitioner – men are welcome
Date:	26/10/2024
Time:	10am – 4pm
Venue:	St Mary's Parish Hall, Newgate, DL12 8NQ
Website:	https://portal.bwy.org.uk/user/events/632
Organiser:	Judith Gibbons north.durhamrep@bwyregions.org.uk

Yoga can be a wonderful way of supporting a woman through menopause. Asana practices may help maintain strength and flexibility. Pranayama and relaxation techniques learnt in class can be used in daily life whenever necessary to soothe the mind and body. Yoga for menopause incorporates elements of Hatha yoga, Yin Yoga, Restorative Yoga, Qi Gong and Ayurveda. A group of women sharing experiences in a yoga class can be a life changing experience, giving women the opportunity to realise they are not alone.

The day will comprise mainly practical, illustrative work. During the day learners will be provided with information about the different stages of menopause; average ages and exceptions to the average; the hormonal changes; the medical controversy over how best women may cope with hormonal changes; the key symptoms of menopause (including brain fog, anxiety, hot flushes, anger, insomnia); and lesser known symptoms (itchy skin, dry eyes, numbness, palpitations, and joint pain to name a few).

The learners will be guided through asana, pranayama and mudra practices that may help women cope with: hot flushes; with anxiety and sleep disturbances; and with feelings of anxiety and overwhelm. These will include restorative yoga poses, using props as necessary to optimise comfort levels for participants. The practice will also include heart-womb river, hridaya and yoni mudras and Extended exhalation, Chandra Bheda and First Triangle breathing practice along with the Breath of Joy for re-energising.

PRATYAHARA: GATEWAY TO STILLNESS

Tutor:	Rajesh David
Level:	Teacher or General Practitioner
Date:	Sunday 26th January 2025
Time:	10am – 4pm
Venue:	Zoom
Website:	https://www.bwy.org.uk/north
Organiser:	Jacqueline Stevenson north.ro@bwyregions.org.uk

We had such a waiting list for this day, that we've decided to do it again – if you missed out this year, this is your chance to get in early!

We hope that this philosophy-based day will bring a new viewpoint or confirm an existing one for the participants, while inspiring all to further investigate the possibilities of Pratyahara, the fifth of Patanjali's limbs of Yoga – withdrawing from the senses.

Aims of the Day

1. To introduce participants to Pratyahara through practice, reflection and discussion
2. To examine the role of the fifth limb within the context of the 8-fold path
3. To refine sensitivity and awareness in asana and pranayama
4. To look at Yoga Nidra from the view point of Pratyahara
5. To place Mindfulness in the context of Pratyahara
6. To consolidate and appreciate the importance of Pratyahara as a gateway to Meditation

Learning Outcomes

1. Working with asanas mudras, bandhas and pranayama with emphasis on Pratyahara
2. Exploring Pratyahara practices in Kriya yoga and Nada yoga
3. Reflecting and refining our understanding of Pratyahara through sharing and discussion
4. Exploring Yoga Nidra through discussion and practice
5. Exploring Mindfulness techniques in order to appreciate its place in Pratyahara

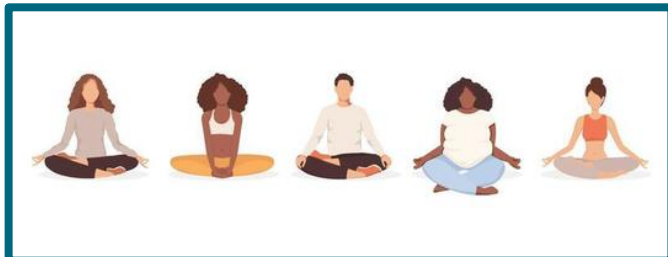
Exploring Pratyahara as a necessary pathway to Meditation practices

CLEVELAND YOGA GROUP

Venue	Ingleby Barwick Community Hall, TS17 0YL		
Time	10am – 12 noon, last Saturday of the month – 1.5 hours of yoga and a chance to chat afterwards		
Price	BWY members £7.50, non-members £10		
Contact	North.clevelandrep@bwyregions.org.uk		
29 th Jun	Pam Snowball	27 th July	Leanne Lent
31 st Aug	Pat Howes	28 th Sep	Stewart Jones
26 th Oct	Laura Ridgeon	30 th Nov	Jacqueline Stevenson
14 th Dec	Lynn and Roy Moor	Christmas Event	10.15 – 2.45 Shared lunch, free to members, £15 for non-members

DURHAM YOGA GROUP

Venue	Belmont Parish Hall, Broomside Lane, DH1 2QR		
Time	10am – noon, third Saturday of the month		
Price	£6 for members, £8 for non-members		
Contact	e: durhamyogagroup@gmail.com		
Website	www.yoga-durham.co.uk/?page_id=272		
20 th Jul	Caroline Shields	17 th Aug	Samantha Lavery
21 st Sep	Julie Guissler	19 th Oct	Ruth Nichol
16 th Nov	Karen Thursby		
14 th Dec	Sarah Giles	Christmas event	10-1 with refreshments provided
18 th Jan	Leigh Johnson	15 th Feb	TBC

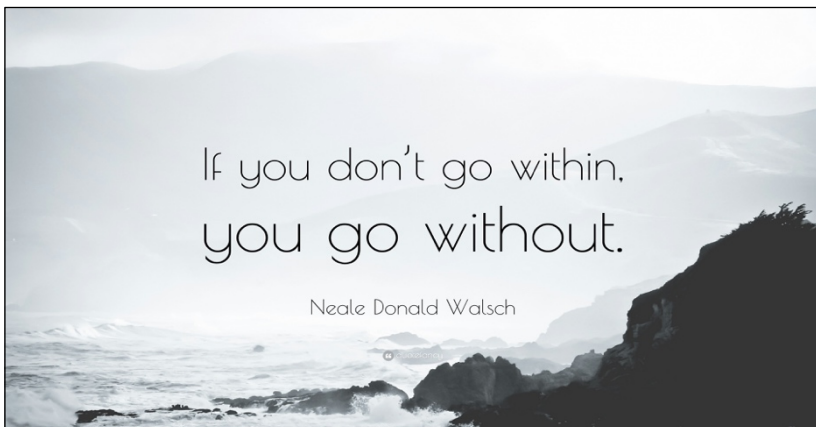


TEESDALE YOGA GROUP

Venue	Cotherstone Village Hall, DH12 9PU		
Time	10.30am - 12.30pm, last Saturday of the month		
Price	£10 per session, limited to 20 places, which must be booked in advance with Angela Griffiths		
Contact	Angela Griffiths 07702 316704, angelagriffiths5@icloud.com		
29 th June	Laura Ridgeon	27 th July	Val Worley
28 th Sep	Jane Robineau	26 th Oct	Lynn Moor
30 th Nov	Susan Lodge	Shared lunch after	

TYNE AND WEAR YOGA GROUP

Venue	These will be hybrid sessions (in person and Zoom). Upper Hall, in the Church Hall of All Saints Church, West Avenue, Gosforth, Newcastle, NE3 4ES.		
Time	10.15am – 11.45pm with time for a chat afterwards		
Price	BWY members £6, non-members £7		
Contact	Sue – 07970098028, Alex – 07702011887 Sandra – 07847486651		
Please contact the organiser to book a place.			
13 th Jul	Emma Middleton	14 th Sep	Melissa Murphy
12 th Oct	Stewart Jones	9 th Nov	Ritu Katakya
14 th Dec	Zhanar Riffert	Festive event	



Advertisements are accepted at the committee's discretion and included as space allows.

Placing an ad

Please email the editor to request to place an ad and send your copy to the editor by email at north.editor@bwyregions.org.uk

Advertisement copy

Word or Pages documents with images as separate jpeg files, print-quality pdfs or jpegs are acceptable.

Layout: Please note the new advertisement sizes. The magazine layout has been changed to allow for larger advertisement space than in the previous two issues.

Payment – no advertisement will be put into the magazine until payment is received.

Payment by bank transfer to the regional bank account:

sort code: 20-58-17; *account no:* 00977411;

Account name: British Wheel of Yoga Northern Region;

Reference: BTM-yourinitials.

Once payment has been made, email the editor and treasurer (north.treasurer@bwyregions.org.uk) with details.

Advertising rates (incl. VAT)

Size	BWY/ Accredited price	Full Price	Format (width*height)
½ page	£15.00	£30.00	14.8*10.8
Full page	£25.00	£35.00	14.8*21.0
Back cover	£40.00	£75.00	14.8*21.0

British Wheel of Yoga Foundation Course Level 1

Newcastle-upon-Tyne



[Who is the teacher?](#)

Cristal Liddle is based in Newcastle with over 10 years experience in teaching with the British Wheel and is currently training as a Yoga Therapist. For enquiries please email cristalliddle@yahoo.com or visit www.cristalyoga.co.uk

[Why do the course?](#)

This course is perfect for those who wish to deepen their yoga practice and their knowledge of the philosophy of yoga, develop their home practice and meet like-minded individuals. It is also a great precursor to a teacher training course.

[How much will it cost?](#)

The course costs £600 for the ten days tuition over ten months, with an additional £60 registration fee, payable to the British Wheel of Yoga. You will also need to be a member of the BWY to take the course, at a cost of £42 per year and there will be some additional costs for books (approx. £10-15). If you are accepted for the course, you will pay a £150 non-refundable deposit to hold your place. Payment by instalments can be arranged if required.

[How can I find out more?](#)

To find out more about the course email Cristal to book a telephone call where you can ask any questions you might have and get to know more about the course content.

[Where is it?](#)

West Moor Community Centre, Benton Lane, Newcastle upon Tyne NE12 7NP

[What are the dates and times?](#)

10 days from September 2024 to June 2025. Each day runs from 10-5.

2024: 14/09, 12/10, 09/11, 14/12

2025: 18/01, 22/02, 22/03, 12/04, 17/05, 21/06

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Bones for Life®

2025-2026 Bones for Life TTC

Tutor: Marye Wyvill, Co-Director Movement Intelligence UK

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

www.movementintelligence.co.uk

Bones for Life is covered by BWY Student & Teacher Insurance

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

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

Your tutor:

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

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

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2024

**6 Saturdays
14th and 21st
September, 5th, 12
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ONLINE VIA ZOOM



North Yoga Sangha Festival

Swasthasya – health in body, mind, emotions and spirit

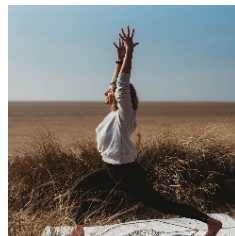
14 July 24

Linskill Centre, North Shields,

A choice of classes throughout the day, a marketplace, mindfulness activities, refreshments, and buffet lunch.

Full day ticket price:	£68
Discounted BWY ticket price:	£58

Featuring Brenda Ward



There will also be 13 local teachers giving you a choice of four classes in each of the four timeslots and regular breaks to allow you to visit the market, take refreshments, take part in our mindfulness activities and chat with others. For more details, check out the website:

<https://sites.google.com/view/northyogafestival-sangha-14jul>

To find the festival on the website, go to 'Yoga Search' and set the location to 'North', then click 'Filter'. If you are a member, login first for the BWY ticket price!