



BWY

AT  
THE  
HEART  
OF YOGA

IN THE SOUTH EAST

# BEYOND THE MAT

Summer 2024  
[www.bwy.org.uk](http://www.bwy.org.uk)

**Regional Officer**  
Declan Wooloughan  
[southeast.ro@bwyregions.org.uk](mailto:southeast.ro@bwyregions.org.uk)

**Regional Treasurer**  
Julie Dinnage  
[southeast.treasurer@bwyregions.org.uk](mailto:southeast.treasurer@bwyregions.org.uk)

**Regional Training Officer**  
Jan Palmer  
[southeast.rto@bwyregions.org.uk](mailto:southeast.rto@bwyregions.org.uk)

**Regional Secretary**  
VACANCY

**Newsletter Editor**  
Emma Palmer  
[southeast.editor@bwyregions.org.uk](mailto:southeast.editor@bwyregions.org.uk)

**Kent Area Rep**  
Jan Palmer  
[southeast.kentrep@bwyregions.org.uk](mailto:southeast.kentrep@bwyregions.org.uk)

**North Kent Deputy Area Rep**  
Sabine Smith  
[southeast.nkentdep@bwyregions.org.uk](mailto:southeast.nkentdep@bwyregions.org.uk)

**East Kent Deputy Area Rep**  
VACANCY

**Surrey Area Rep**  
VACANCY

**West Surrey Deputy Rep**  
Anusha NS  
[southeast.surreydep@bwyregions.org.uk](mailto:southeast.surreydep@bwyregions.org.uk)

**Sussex Area Rep**  
Rachel Claridge  
[southeast.sussexrep@bwyregions.org.uk](mailto:southeast.sussexrep@bwyregions.org.uk)

**East Sussex Deputy Rep**  
Gemma Newton-Smith  
[southeast.sussexdep@bwyregions.org.uk](mailto:southeast.sussexdep@bwyregions.org.uk)

**West Sussex Deputy Rep**  
Vashti Greenwood  
[southeast.sussexdep2@bwyregions.org.uk](mailto:southeast.sussexdep2@bwyregions.org.uk)

**Social Media**  
Tracy Agnew  
[southeast.sm@bwyregions.org.uk](mailto:southeast.sm@bwyregions.org.uk)

**Central Office**  
01529 306851 [office@bwy.org.uk](mailto:office@bwy.org.uk)  
[www.bwy.org.uk](http://www.bwy.org.uk)

**Safeguarding and Diversity and Child Protection Officer**  
[safeguarding@bwy.org.uk](mailto:safeguarding@bwy.org.uk)

## PUBLISHING POLICY

Please send adverts to the Editor via email in MS Word and pdf format and make payments as per the instructions on the invoice. If you wish to take advantage of members' rates, you will need to provide your BWY membership number. If you are part of a registered charity VAT will be deducted.

Advertising Rates (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)
Autumn / Winter 2024	14 October	30 August

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

Disclaimer: Please note that the views expressed in this newsletter are not necessarily the views of the editor nor the British Wheel of Yoga. Any advertisements are accepted in good faith and no responsibility can be accepted for the contents. Goods or services advertised are not necessarily BWY accredited. Advertising of courses that offer 'yoga teacher training' will only be accepted if the course is BWY or accredited to the BWY.

## SOUTH EAST NEWSLETTER



Welcome to the Summer Edition of Beyond the Mat, where you can find out what is happening in the yoga community across the South East.

This month Kim Kriyasagar provides some Ayurvedic pointers to keeping our cool whilst confirming what many of us hope for: that Summer is here!

We have Poetry and Recipes, and Articles on yoga in relation to a range of health issues, from specialists in the field. So, time to get your sun hat, put your feet up and enjoy!

Emma Palmer - Southeast Editor

### CONTENTS

<b>CONTACTS</b>	02
<b>NOTICEBOARD</b>	04
<b>ARTICLES</b>	
BWY Regions: Who does What?	05
Going out Versus Getting back to normal	06
Summer: The sun will come out tomorrow...	08
Reflections on Teacher Training	10
Yoga and Living with Cancer	13
Mandala Yoga Ashram	16
Gravity – our lifeline	17
Celebrating Phillip Xerri	18
Bones, Joints and Arthritis	20
Recipe	22
<b>EVENTS PLANNER</b>	23
<b>EVENTS</b>	24
<b>ADVERTISEMENTS</b>	29

WELCOME

## **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 you know, as a BWY member you currently receive your regional newsletter, delivered to your door, three times a year. Each newsletter has an average of approx. 30 pages, so you get approx. 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.

You may have already received notification 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.

And future newsletters will be formatted differently because we are simplifying the template used by Editors, so their role is less about the challenges of fitting the format 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 you will be contacted again later in the year about how we see that working in the Southeast region.

In the meantime, if you have any queries, please send them to Emma Palmer at [southeast.editor@bwyregions.org.uk](mailto:southeast.editor@bwyregions.org.uk)

## WHO DOES WHAT ON A REGIONAL COMMITTEE?

By Jan Palmer

The BWY is split up into regions and each region has a Committee, a group of volunteers who are always on the lookout for new people with enthusiasm and unique talent to add benefit to our Regional Programme of all things Yoga Related. So, if you are keen to volunteer check out the list of open Committee Roles to see what matches your skillset (new recruits receive training/shadowing/or a buddy system).

BWY volunteers have their own BWY email address, and relevant access to the website to enable you to carry out your role. All volunteers need to be enthusiastic team players, committed to devote time to the BWY. You meet everyone at regular Committee Meetings to share ideas and keep abreast of all things happening in the BWY nationally and locally.

Current SE Vacancies:

**Regional Secretary** books the venue and/or Zoom call for meetings, sends out the agenda with papers and reports for discussion, takes and distributes the Minutes. The region has a short meeting every 2/3 months and mostly these meetings are held on Zoom for convenience, saving time and travel.

**Event Organisers, Area Reps/ Deputies** organise our events by booking tutors and venues, preparing budget forecasts, preparing ads and uploading information to the website. 'Events' are CPD days, Masterclasses, Festivals, Teachers Discussion Groups, Lectures, Webinars, etc

**Regional Treasurer** manages the finances i.e. paying invoices, expenses, tracking income/expenditure, liaising with Central Office re financial matters and Annual Regional Accounts.

**Sangha/Festival Co-Ordinator** plans and co-ordinates the Regional Celebrations of Yoga, which might be a day/ weekend held live or online, to mark a particular day such as International Day of Yoga or the Winter Solstice or a Sangha where a number of workshops are held on the same day.

If you think you have the right skills to volunteer for any of these vacancies and would like an informal chat, please contact either

Declan Wooloughan [southeast.ro@bwyregions.org.uk](mailto:southeast.ro@bwyregions.org.uk)

or

Jan Palmer [southeast.rto@bwyregions.org.uk](mailto:southeast.rto@bwyregions.org.uk)

## GOING OUT VS GETTING BACK TO NORMAL?

By Jan Palmer

Visitor numbers to UK attractions have not returned to pre-pandemic levels and neither have our booking numbers for live events. We used to easily fill the vast majority of our events. A number of our members much prefer live events and it is disappointing having booked to then get an apologetic email from the organiser explaining that we have to switch to online as there are too few bookings.

Perhaps it's not surprising that we are not so keen to book live events, as we have got used to attending online yoga as a student, getting access to a wide range of training opportunities. It fits in with our busy lives. We all enjoy reducing the time and cost of travelling, and not needing to find child/adult/pet care! Of course, some are unable to have the COVID-19 vaccine and are still shielding, some feel anxious about returning to mixing with others again.

However, the physical 'bringing together' or yoga practice of Sangha is powerful. Group work can be more productive face

to face, especially when sharing personal experiences, meeting other teachers and networking in breaks.

Although many tutors have readily adapted to Zoom many prefer live events, as they can monitor the physical practice better, sense the atmosphere in the room and ensure their teaching is more responsive. There is also the value of taking time out of our home environments to fully immerse ourselves in the experience of learning.

The running of Events is our main purpose as a region within the BWY.



We are keen to continue to run live events (alongside online) so please keep booking! We'd love to see more of you come back into the room.

## A WORD OF THANKS

SAM AYRES



For your dedicated service as the Southeast Web Admin Support.

Thank you for being the GO-TO PERSON!

From the BWY Committee.

## THE SUN WILL COME OUT TOMORROW...

By Kim Kriyasagar

When dreaming into summer what images come to mind? Picnicking under leafy trees? Sun bleached holidays? Busing in the garden? Alfresco dining?

Adventuring in the arms of mother nature? All these images evoke 'action' as summer encourages us to get moving and enjoy the life-giving sunshine. However, what if 'action' fills us with dread? What if the summer heat simply makes us hotter, fractious and bothered?



Unravelling the mysteries of *Ayurveda* can help us gain, regain and maintain wellbeing. This 'Science of Life', provides a blueprint for living life to the full through exploring how 'like increases like and opposites balance'. So, in summer if you tend to 'spin out' - 'slow down'; if you're 'hot headed' - 'cool down' and if you 'burn out', regulate your activity.

Summer is '*Pitta*' Season comprised of fire and water elements; and expressed through the qualities of *Pitta Dosh*a being hot, liquid, light, mobile and sharp. Generally, the liquid, light, mobile summer encourages activity like rising earlier, going with the flow and even staying up a little later. Midday requires 'time-out' from activity to nourish our inner terrain with cooling, hydrating foods that taste sweet, bitter and astringent. Afternoon naps are encouraged to counteract fractious overactivity; and strolling in the moonlight softens most sharp emotions.



Noticing how seasons affect *Ayurvedic Doshic* 'types' offers deep insight into lifestyle choices. As 'like increases like' fiery *Pitta* types often struggle with heating activity during *Pitta* season. They should caution against pushing through, as this often results in inflammatory skin conditions. Cooler *Kapha* and *Vata* types thrive in the heat, coming alive in summer. They need to caution against overzealous activity, which often results in 'burnt out' fatigue.

Summer is also likened to the busy 'householder' years. *Pitta* types navigating the 'householder' stage of life need to take care of themselves during the summer season. Endless mobility can fuel heated, sharp emotions which, if not regulated, with time can dissolve relationships. This is sharply evidenced when peri-menopausal women push too hard through the 'householder' years literally 'frying' their nervous systems. They approach menopause, the autumn of their lives, heated, irritable, agitated, sleep deprived, anxious and overwhelmed. They especially need help to recognise how their 'type' is affected during this volatile and precarious stage of life.

So, if you feel 'overwhelmed', 'hot and bothered' or 'burnt out' this summer, see if you can identify lifestyle causes. Then apply the 'opposites balance' remedy you need to reduce mobility, cool down, hydrate and rest; to work with the season and in doing so allow your nervous system to regulate.

To find out more about Kriya's Online Course 'Unveiling the Menopause Myth' go to [KriyaAyurveda.co.uk](http://KriyaAyurveda.co.uk)

## REFLECTIONS ON TEACHER TRAINING

### PART 2:

Jo Ellis and Tracey Meads reflect on their experiences of teacher training with Zoe Knott and Deena Davis, during the pandemic.

#### **Jo Ellis:**

I studied the 500-hour diploma with British Wheel of Yoga in 2018-2022. I chose to learn over three years because it fitted well with my lifestyle and stage in life. I found with balancing a busy family life, this timescale was the best option for me. I started teaching six months into the course so choosing a longer course did not delay this.

We started off in person but as the pandemic hit, we moved online. We took to online learning eagerly, soon realising that the connection we had as a group and the quality of learning was not affected. We continued coursework in small groups on Zoom, feeding back from breakout rooms and also supporting each other with assessed tasks. It was very comforting to have course mates join online in order that assessments could be completed. We felt a real comradery with each other during the 'Zoom' times. I would say a hybrid course ended up offering the best of both worlds. Being at home had certain advantages – when it was cold and wintry, we could stay indoors but still continue the diploma! However, it was wonderful when we could meet again in person towards the end of our course.

I decided that I wanted to complete the 500-hour diploma rather than 200 hours following the completion of the Foundation Course. I'd realised just how much there was to learn and I soon came to realise how the yoga teacher training is part of a much longer journey. There is always so much to learn, forever the student, but the teacher training with British Wheel of Yoga really does prepare you

thoroughly to be the best teacher and to grow to your true potential.

Zoe and Deena were the perfect balance as well as the other teachers who played a part in our learning. I enjoyed being part of a bigger group (there were around twenty-five of us) and within the larger group I developed friendships to last a lifetime. Connecting for walks during the pandemic and lunches out, when it still wasn't possible to connect as a larger group. I still see many course mates on CPD days/ retreats and that connection we developed during the diploma really was cemented both in person and during online learning.

When I began the diploma course, I was very interested in keeping strong as I grew older plus I wanted to share my love of yoga and the physical aspect with others. I was a teacher previously and realised that I really do enjoy teaching! My teachers were excellent at teaching and passing on their knowledge so that as students, we could teach confidently and ensure our students did not injure themselves. I am forever grateful to them. However, I was surprised at how much more important the breathwork became to me as I progressed through the course and it is now a big part of my practice. I enjoyed studying the philosophy texts and the assignments really do consolidate the depth of knowledge you are being taught.

Now I teach several classes a week. Mostly, I teach small groups from my home studio, including a class of older teens/ young adults as well as teaching in a golf club – a male only class plus occasionally in gyms. I have also hired a hall and taught larger classes, but for me, it is better to be at home and warmer! There is so much scope as to what will work for each teacher as an individual. I have since trained in Menopause Yoga through BWY and I'm currently

exploring yoga somatics and teaching yoga therapeutically. I have a strong belief in the beneficial aspects of yoga for mental health. All in all, my teacher training gave me a strong foundation to continue to grow on my journey in yoga and this strong foundation resonates through all my teaching. I am constantly kept on my toes, evolving in different ways to accommodate my students and it really does feel a privilege.

**Tracey Meads:**

I started my training in January 2019 and completed the course in March 2022. We had to make sure we could commit to one Saturday a month for the duration of the course. Each Saturday was broken down into; Classical text from one of the four chosen books, different breathing techniques, different postures, and anatomy.

We began the course in person, then due to Covid Zoe set the course up on zoom then as lockdown opened, we were hybrid and finally resuming back into the hall the last one or two meets.

I enjoyed the monthly discussions on the classical text. Zoe translated it into easy-to-understand relevance of today. I especially loved the anatomy and the way it was practically taught then followed up with the posture profile home study. The whole study experience awakened the learning bug that had laid dormant for forty years.

I plan to continue to teach yoga three times a week in my personal studio and continue to host the occasional Saturday workshop and lunch. 2024 sees me host my first UK three-day retreat at Aylesford Priory for my regular yogis.

## YOGA AND LIVING WITH CANCER

By Kari Knight

Cancer treatments are advancing all the time and there is thankfully in place a holistic approach by the medical profession towards dealing with cancer – not just treating the cancer itself but assessing the overall wellbeing of an individual. Yoga plays an important role within this holistic approach with many mainstream cancer support organisations welcoming yoga as part of their approach to healing.

A relatively new Yoga for Cancer Survivors study revealed that reduced inflammatory markers were present in those undergoing gentle stretching using yoga. This work, conducted by the American Society of Clinical Oncology for YOCAS, is an impressive clinical study and has given much credence to yoga as having tremendous health benefits for many life-challenging illnesses including cancer.

Being understood is key to the recovery for someone undergoing cancer because complex emotions are overlapping and entwining. There is a need to be with a teacher who can hold a safe and secure space in which the



student can be present with their feelings and fears around cancer; and come to acknowledge and accept them so that they can heal and move on with their lives. To be

able to fulfil that role and hold a space which is safe and secure as teachers we need to look towards our own feelings

and fears about cancer. The personal qualities as well as the professional skills that are needed working with students with a cancer diagnosis are called to mind: caring and compassion, most obviously, but also the clarity and detachment that enable us to care and to be compassionate without becoming over-involved emotionally or drained energetically. Grounding and emotional maturity are needed when working with any vulnerable group.

The approach to working with cancer recovery needs to be therapeutic. The stretching advocated here has certain qualities: gentleness, involves the breath, mindful attention to the sensations of the body and involving attitudes of self-compassion. When we stretch and breathe into that awkward space something can change. Yogic stretching done sensitively with the breath and with increased awareness (a skill which is learned from a training of attention over months not weeks with a good teacher), is key to this approach. There is no fancy name for it or gimmicky drop phrase. It's just to go slow and notice more and if a student is beginning to move areas after surgery following a cancer diagnosis, working this way may avoid the problems of inflammation noted by YOCAS as an indicator of increased inclination to secondary cancers or return of cancers. Whatever restriction is felt in the connective tissue post-treatments or other interventions during a cancer journey, it is important to keep active. Yoga, under the guidance of a respected teacher will mean a therapeutic delivery, which is safe.

In the case of breast cancer, any stretching around the area of the shoulder girdle is highly beneficial. The key is to encourage individuals to explore discomfort without being forceful, as small movements can bring change in the connective tissue.

An every-day yoga class might not suit and sometimes create problems of too much weight bearing which can, in some cases, trigger lymphoedema or swelling, a risk that can persist long after recovery.

Yoga can play a significant role in the transformative healing process, and those who share their knowledge of yoga with those who are going through a difficult stage in life can help them move forward from this profoundly critical point in their lives. To do this is a privilege, and the teaching is deeply rewarding.

Whilst some who undergo cancer treatment want the support of the sangha in a setting where each person brings their individual life journey to enrich the group, it is common that regular yoga students who find themselves faced with a cancer diagnosis feel they need the love and support of their every-day yoga class, their teacher and their yoga buddies – obviously when they feel well enough to attend. For those who have been immersed in the medical environment, sometimes for months, it is a relief to get back to routine and a local yoga class, away from the medical atmosphere, is perfect.

There is a great and growing need for teachers to work therapeutically with those undergoing a cancer diagnosis or treatments for cancer. It is inspiring to work with students whose life is undergoing transformation and spiritual awakening and why it is called a cancer 'journey'. The big 'C' is for change and yoga with all its various assets, can help reveal how a life-challenging illness can be a deeply transformative experience. ,

For more information about Kari's classes and workshops please see: [kariknightyoga.com](http://kariknightyoga.com)

[Also check out Kari's workshop days in the event calendar.](#)

## 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.

Members receive regular live and recorded teaching sessions, access to a library of pre-recorded, downloadable meditations and morning chants. Interaction with other members and the Ashram teachers is through the Kajabi platform, which hosts the website and all Sangha offerings and a private Facebook group for more direct communication with other members.

For further information or to join visit:

[mandalayogaashram.com/ashram-sangha](http://mandalayogaashram.com/ashram-sangha)



## GRAVITY: OUR LIFELINE

By Mayre Wyvill

If we think about gravity at all, we might assume that it works against us, dragging us down and ageing us. Yet astronauts spending months in zero-gravity not only experience a deterioration in vision, coordination and balance, they also lose bone density at an alarming rate.

When we are upright, gravity pulls through our body from head to feet, towards the centre of the planet. Gravity centres and grounds us, and stimulates every cell and nerve in our body. 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 with every step, decline on not only a physical level is inevitable.

For a returning astronaut, initially unable to walk, exercise which produces pulsations of springy pressure through re-confrontation with gravity will re-generate their wasted bones, provided the skeleton is optimally aligned for an effective, continuous trajectory of pressure.



Astronaut or not we all can benefit from maintaining, and even increasing bone strength through well-organized posture and dynamic, harmonious movement, using strategies to blend well with, and enhance our yoga practice.

For more information about Marye's Bones for Life Courses see [www.movementintelligence.co.uk](http://www.movementintelligence.co.uk)

**PRANA**

By Phillip Xerri

*Prana  
is  
we think  
The juice of life  
the central mystery  
The ink  
with which we write  
our personal history*

*Prana  
is  
we think  
The life force  
the central power  
The intoxicating drink  
the energy giver  
when cometh the hour*

*Prana  
is  
we think  
The substance of space  
beyond reality  
The link, with which  
we transcend  
our physicality*

*Prana  
is  
we believe  
A cosmic force  
the energy supreme  
The weave, with which  
we dare  
to dream*



*Prana  
is  
we know  
The subtle breath  
the fourth limb  
The bow  
that makes  
the arrow sing*



## BONES, JOINTS AND ARTHRITIS

By Frances Lumley *BSc (Hons)Ost, BWY Teacher*

Yoga and osteopathy share much the same aims for me. With yoga you treat yourself from the inside out but with osteopathy someone else treats you from the outside in. Both want to improve midline and balance, health and wellbeing, physically and mentally.



### ***THE 3 CORE PRINCIPLES OF OSTEOPATHY*** *from Andrew Taylor Still*

- ***STRUCTURE GOVERNS FUNCTION***
- ***THE BODY HAS ITS OWN MEDICINE CHEST***
- ***THE RULE OF THE ARTERY IS SUPREME***

In adaptive and compensatory mechanisms, (dys)function can change structure; this may be temporary or permanent. Generally, we have a reservoir of adaptation, which is **finite** and **not** age driven. As adults we are layer upon layer of stress and strain that is our individual history.

The embryo has a genetic/parental pattern, and latter stages of gestation and labour are the first major physical stresses and strains on the foetus/neonate. This is followed by, among other factors, growth, postural, occupational, traumatic and pathological stressors, which may or may not

cause permanent structural change or damage. Add to this chemical/hormonal, emotional, spiritual, social and cultural dimensions and it is easy to see just how well designed we are for **adaptation** around changes and **compensation** for damage incurred. It is equally easy to see how quickly this innate reservoir might run dry.

Many pathological symptoms can be related to congestion. If structures are blocked or restricted congestion will cause fluid and molecular transfer at a cellular level to be compromised. As we know, the human body is a continuum of connective tissue from a cellular level to the whole. Bones, muscles, tendons, ligaments and fascias blend together to become one functioning structure.

Much pathology starts as dysfunction and is also on a continuum, mentally and physically, and may or may not progress/regress along that route. Many factors, some listed in the paragraph above, may cause dysfunction including asymmetry and autonomic nervous system imbalance.

Fluid motion is as essential to health as mobility is to the human form. The body wants to be well: believe it! Given support in the right direction, though yoga or with help, such as osteopathy offers, our bodies will go towards health and wellness because we all have optimum health potential available to us if we choose to listen to our bodies.

[Check out Frances' workshop day in the event calendar.](#)

SHARED WITH THANKS TO THE FINTRY TRUST

(Dairy butter / yogurt and ice cream can be substituted with a vegan alternative)

**CARAMEL CRUMBS**

**Ingredients**

- 10oz (300g) dry breadcrumbs  
(stale bread put through food processor)
- 5oz (150g) sugar
- 5oz (150g) butter

**Method**

Combine breadcrumbs and sugar, and brown lightly in a pan with the butter. Cool, and use to sprinkle on ice cream, fruit compote and the like. They store well in a sealed jar for several weeks.

*Use three physicians' skills:  
first, Dr Quiet,  
then, Dr Merriman  
and Dr Diet.*

Traditional

**CARAMEL FRUIT**

**Ingredients** - per person

- 1 banana
- 1 teaspoon sugar
- small dab of butter and about 1 teaspoon water or orange juice
- optional – add raisins, and/or cinnamon, or rum or brandy

**Method**

Peel bananas (or apples, or pineapple or a mix) and place in ovenproof dish, together with optional extras. Sprinkle with sugar, add butter and water, and bake for about ½ hour in moderate oven until done. Check after 20 minutes in case the water has all evaporated, and only add a touch more if completely gone. Serve with yoghurt or icecream.



DATE	EVENT	LOCATION	TYPE/	CONTACT
06 July	Pelvic Balance Gary Carter	Ashington Community Centre RH20 3PG	CPD	Gemma Newton- Smith
07 July	The Great Negotiator. The knee joint Gary Carter	Sir Mark Collett Pavilion Kemsing TN15 6NE	CPD	Jan Palmer
21 Sept	Gestures of Balance Bram Williams	Dialpost Village Hall Dialpost RH13 8NH	CPD	Rachel Claridge
22 Sept	Neurodiversity Gifts and Challenges Carol Trevor	Online / Zoom	CPD	Jan Palmer
12 Oct	A practical exploration of the timeline of Yoga Khadine Mordon	Herstmonceux Village Hall BN27 4UX	CPD	Gemma Newton- Smith
19 Oct	Bones Joints and Arthritic Conditions Frances Lumley	Shoreham Village Hall Kent TN14 7TB	CPD	Sabine Smith
20 Oct	Integrating those with a Cancer Journey into a Mixed Ability Yoga Class Kari Knight	Online	CPD	Jan Palmer
9 Nov	The Spine. An organ in it's own right Gary Carter	Online / Zoom	CPD	Jan Palmer
10 Nov	The floating shoulder and neck Gary Carter	Bluebell Village Hall ME5 9QR	CPD	Jan Palmer
30 Nov	One in Six Bram Williams	Online / Zoom	CPD	Rachel Claridge

# EVENTS

**Date:**

6 July 2024  
10.00 – 15.45

**Event:**

CPD Pelvic Balance

Gary Carter

**Location**

Ashington Community Centre  
Fosters Lane Ashington  
Sussex RH20 3PG

**Type of Event:**

This is an opportunity to spend a day exploring the anatomy of the pelvis and understand the concept of pelvic balance including underpinning theory and how it affects the whole body balance. Gary will explain the dynamics of the pelvis & the spiralic action of the myo-fascial network. You will learn how the legs affect the deep pelvic floor muscles and to relate the theory to asana practice. Please note that although there will be some posture work, the emphasis will be on understanding the anatomy of the pelvis and to encourage teachers to events to take a flexible intelligent approach in their teaching.

Gary has over 40 years' experience in bodywork practices, movement, physical training, anatomical study and fascial research. He has lectured extensively on the anatomy of yoga in the UK, Europe and America. He is the founder of Natural Bodies Centre in Brighton, dedicated to the work and approach of Vanda Scaravelli, which was so much about executing postures but cultivating the conditions that allow the body's natural intelligence to awaken.

**Contact:**

Gemma Newton-Smith  
[sussexdep@bwyregions.org.uk](mailto:sussexdep@bwyregions.org.uk)

**Date:**

7 July 2024  
10.00 – 15.45

**Event:**

CPD: The Great Negotiator – The Knee Joint

Gary Carter

**Location**

Sir Mark Collett Pavilion Kemsing,  
Seveoaks  
Kent TN15 6NE

**Type of Event:**

The knee is the largest joint in the body and one of the most complex. A google search will yield a plethora of painful conditions.

It is vital that yoga teachers have a good understanding of this joint and how yoga practised carefully and sensitively can help keep the joint healthy and minimise the potential for painful conditions.

Gary brings his own unique teaching style together with his 'skeletal' models to give a great insight into how the body moves in yoga postures and the potential problems if we overlook the anatomical aspect of how we work.

These sessions are great for both teachers and students who want more in depth knowledge of how to approach postures.

He has over 40 years' experience in anatomical study and bodywork practices, and his dissection research has made him one of the current leaders in fascial study.

**Contact:**

Jan Palmer  
[southeast.kentrep@bwyregions.org.uk](mailto:southeast.kentrep@bwyregions.org.uk)



**Date:**  
21 September 2024  
10.00 – 15.45

**Event:**  
CPD Gestures of Balance

Bram Williams

**Location**  
Dialpost Village Hall Dialpost,  
Horsham, W Sussex RH13 8NH

**Type of Event:**  
Ever had a conflict between head and heart? Inner balance comes from working with your subtle energies and internal feelings. How does asana and movement affect our inner world?

How do the subtle mudras channel and direct feelings? Do your students often ask why does this book say there's seven chakras and this one five? What do you answer? Explore your inner world of chakras, how mudra can affect them and how to balance feeling and energy.

If you're interested in working with the sensations of the subtle body and how Chakras and Mudra can help us find equilibrium join in 'Gestures of Balance'

Bram is a long-term student of yoga and meditation. He practises and teaches in London and Oxford and attends and teaches on regular retreats in the UK, the Netherlands and Germany.

Bram is also an occasional Puppeteer and is a qualified Lip-Reading tutor.

**Contact:**  
Rachel Claridge  
[southeast.sussexrep@bwyregions.org.uk](mailto:southeast.sussexrep@bwyregions.org.uk)

**Date:**  
22 September 2024  
10.00 - 15.45

**Event:**  
CPD Working with Neurodiversity

Carol Trevor

**Location**  
ON LINE

**Type of Event:**  
Awareness and research relating to neurodiversity are growing, but it remains a new area for many yoga teachers. It is estimated that about 1 in 7 people in the UK are neuro-diverse or neuro-divergent. Women are increasingly learning that they are neuro-diverse, sometimes in their 40s or 50s, while many remain undiagnosed.

Join us in this CPD day to explore the practicalities of how the lived experiences of neurodiversity (including ADHD, dyslexia, autism, dyscalculia and dyspraxia) are best placed to inform our teaching approach. Why can yoga be so helpful and what is problematic? Discover too how the unique needs, gifts and challenges of these populations elevate our teaching skills and outlook overall, and often for the benefit of the whole class.

Carol began practising yoga over 30 years ago and qualified with the BWY in London. She offers CPD days, a BWY Module in restorative yoga and contributes to teacher trainings. Other certifications are in yoga nidra (Bihar and iRest) and sports massage therapy and injury prevention. She is experienced in working with hypermobility and with adults with neurodiversity, one-to-one, in general classes and in trainings.

**Contact:**  
Jan Palmer  
[southeast.kentrep@bwyregions.org.uk](mailto:southeast.kentrep@bwyregions.org.uk)

# EVENTS

**Date:**  
12 October 2024  
10.00 - 15.45

**Event:**  
A practical exploration of the timeline of Yoga

Khadine Mordon

**Location**  
Herstmonceux Village Hall  
E Sussex BN27 4JX

**Type of Event:**  
This workshop will explore the history and philosophy of yoga through its earliest inceptions in the Vedic era (1200BCE) through to Brahminical teachings, tantra, haṭha yoga into modern postural yoga. It will give you a timeline of key yogic teachings and practices, and key philosophical viewpoints. It will include teachings of the subtle yogic body, the key role of the breath, meditation and postural practices. This will be both a classroom-based study and some practical yoga so we will get into our bodies, putting into practice some of the key teachings. You will come away with a richer understanding of the whole yoga tradition through to modernity.

Khadine is a Senior Yoga Teacher and teacher trainer with the Vajrasati Yoga School. She has recently completed an MA degree in Traditions of Yoga and Meditation and is passionate to honour the roots of yoga and the teachings of yoga as a traditional of soteriology (practices and philosophies that lead to freedom.) Khadine teaches yoga asana through familiar postures but with an emphasis on deep listening and response, intuition and spontaneity, within the framework of stability and ease and self-empowerment of the student.

**Contact:**  
Gemma Newton-Smith  
[sussexdep@bwyregions.org.uk](mailto:sussexdep@bwyregions.org.uk)

**Date:**  
19 October 2024  
10.00 – 15.45

**Event:**  
CPD Bones Joints and Arthritic Conditions

Frances Lumley

**Location**  
Shoreham Village Hall  
High St, Shoreham, Kent  
TN14 7TB

**Type of Event:**  
This day is prepared for yoga teachers and trainee yoga teachers to enable them to better understand their students' common bone and joint conditions, effects and limitations and how yoga can help them improve and maintain maximum function with minimal stress.

The day looks at the anatomy of bones and joints, normal ranges of posture, alignment and movements in healthy joints, and how to recognise common adaptive and compensatory patterns.

Frances will explain the difference between osteo and rheumatoid arthritis, as well as outlining other bone and joint conditions including systemic illness/arthropathies. Frances has practiced yoga since the mid 1980's with Sheri Greenaway and trained as a BWY teacher with Antonia Boyle qualifying in May 1996. She then trained as an osteopath qualifying in July 2000. Subsequently she has worked as a full-time osteopath and taught regular yoga classes.

**Contact:**  
Sabine Smith  
[southeast.nkentdep@bwyregions.org.uk](mailto:southeast.nkentdep@bwyregions.org.uk)

**Date:**

20 October 2024  
10.00 - 15.45

**Event:**

CPD Integrating Those with a Cancer Journey into a Mixed Ability Yoga Class

Kari Knight

**Location**

ONLINE

**Type of Event:**

Many who discover they have cancer, will turn to yoga for support in dealing with the diagnosis and treatment, and to assist them on their healing journey.

Most teachers will have students with cancer in their classes or will be approached to work with individuals and there is a growing need for teachers in this area.

This CPD day will help teachers develop the necessary professionalism needed for this type of work and to feel confident when integrating a student with a cancer diagnosis into their general class.

Kari Knight is BWY trained and specialises in teaching yoga to those living with cancer. She holds further training in mindfulness and self-compassion. Kari has worked for ten years in the field of cancer therapy and currently runs the BWY Module: A Therapeutic Approach to Cancer.

**Contact:**

Jan Palmer  
[southeast.kentrep@bwyregions.org.uk](mailto:southeast.kentrep@bwyregions.org.uk)

**Date:**

9 November 2024  
10.00 - 15.45

**Event:**

CPD The Spine An Organ in its Own Right

Gary Carter

**Location**

ONLINE

**Type of Event:**

The spine is at the very centre of our practice, it has a rhythm, a fluidity which we can connect to. This day will be a detailed exploration of the 3D structure and form of the spine as well as an examination of its relationship to the breath, and body rhythms (cranio-sacral, peristaltic, heart) facilitating a lighter freer spine.

Gary brings his own unique teaching style together with his 'skeletal' models to give a great insight into how the body moves in yoga postures and the potential problems if we overlook the anatomical aspect of how we work.

These sessions are great for both teachers and students who want more in depth knowledge of how to approach postures.

Gary has over 40 years' experience in anatomical study and bodywork practices, and his dissection research has made him one of the current leaders in fascial study.

**Contact:**

Jan Palmer  
[southeast.kentrep@bwyregions.org.uk](mailto:southeast.kentrep@bwyregions.org.uk)

**Date**

10 November 2024  
10.00- 15.45

**Event:**

CPD The Floating Shoulder and Neck

Gary Carter

**Location**

Bluebell Hill Village Hall Robin Hood Lane, Bluebell Hill Village Kent ME5 9QR

**Type of Event:**

We will explore the relationship between the neck and shoulder structure understanding their fine balance in movement. We will study the evolution of the arm, looking at the role the shoulder blades have in the freedom or restriction of the all-important cranial base and the influence this has on the pelvis and hamstrings

The shoulder and arm influence respiration, along with creating a clear connection through the abdominal tissues. This totally changes what is considered as the understanding of the "core". We will explore all of these understandings from the connections via muscle nerve and fascia. This session is created with presentations, props, discussion and practice.

Gary brings his own unique teaching style together with his 'skeletal' models to give a great insight into how the body moves in yoga postures and the potential problems if we overlook the anatomical aspect of how we work. These sessions are great for both teachers and students who want more in depth knowledge of how to approach postures. Gary has over 40 years' experience in anatomical study and bodywork practices, and his dissection research has made him one of the current leaders in fascial study.

**Contact:**

Jan Palmer

[southeast.kentrep@bwyregions.org.uk](mailto:southeast.kentrep@bwyregions.org.uk)

**Date:**

30 November 2024  
10.00-15.45

**Event:**

CPD One in Six: Exploring Communication Challenges in a Yoga Class

Bram Williams

**Location**

ONLINE

**Type of Event:**

Did you realise that more than 40% of the population over 50 have hearing loss. That rises to 71% of people over 70 years old. That's 1 in 6.

As teachers we don't hesitate to modify for people with physical needs in yoga practice, so it's common sense to do the same for somebody with an invisible, sensory need. And it's fair to say most teachers would willingly do so, but all too often they don't know how.

Join us on this training day to explore effective and inclusive communication to make your yoga classes a beneficial space for all your students.

Bram is a long-term student of yoga and meditation. He practices and teaches in London and Oxford and attends and teaches on regular retreats in the UK, the Netherlands and Germany. Bram is also an occasional Puppeteer and is a qualified Lip-Reading tutor.

**Contact:**

Rachel Claridge

[southeast.sussexrep@bwyregions.org.uk](mailto:southeast.sussexrep@bwyregions.org.uk)



*present weekend immersion*

## **Yoga meditation, samadhi & postural harmony**

**World renown teachers from Australia**

**GREGOR MAEHLE**



**MONICA GAUCI**

**3-4 August,  
Horsham, West Sussex**

Through yogic meditation to the pinnacle  
of yoga, samadhi with Gregor Maehle

How to create postural harmony  
with Dr. Monica Gauci

**[IRINESS.COM/EVENTS](http://IRINESS.COM/EVENTS)**

**ADVERTISEMENT**



What if you imagined...  
An experiential online course that  
Explored the secrets of Ayurveda and Yoga  
Supported your transition through menopause  
Built peace and trust in your body and mind  
Reawakened your self enlightened  
Wisdom Goddess ....

## Unveiling the Menopause Myth

Go to [KriyaAyurveda.co.uk](http://KriyaAyurveda.co.uk) to find out more



LIVING IN BALANCE

COURSES | WORKSHOPS | RETREATS | TREATMENTS

## 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





## 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 of student groups

### Your commitment:

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

### What you get:

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

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

### Your tutor:

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

For more information email [nickie.short@icloud.com](mailto:nickie.short@icloud.com) or tel 07799 032824



## BWY Foundation Course Level 1

starting **January 18<sup>th</sup> 2025**  
 10 Sessions one Saturday per month in Gravesend

This course will be of interest to anyone wishing to enhance their understanding of the broader aspects of yoga which may not be taught in a weekly class. The course is also suitable for those who wish to progress on to teacher training.

Students will require a minimum of two year class attendance with a suitably qualified and experienced yoga teacher.

For more information please contact the course tutor: Belinda Emberson on 07487696339

[belindaemberson@gmail.com](mailto:belindaemberson@gmail.com) or download an information sheet from  
[www.yogaingravesend.co.uk](http://www.yogaingravesend.co.uk)

### The Ashram Sangha

*Join our online community for experienced yoga practitioners*



#### What you'll get:

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

[www.mandalayogaashram.com](http://www.mandalayogaashram.com)  
[info@mandalayogaashram.com](mailto:info@mandalayogaashram.com)



Find us on:  
 Facebook, Instagram and Spotify



## Bones for Life®

2025-2026 Bones for Life TTC

**Tutor: Marye Wyvill, Co-Director Movement Intelligence UK**

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

Improved posture and mobility  
Harmonious coordination  
Healthy ageing



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

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

For more information & prospectus, contact: [maryewyvill@hotmail.com](mailto:maryewyvill@hotmail.com)

[www.movementintelligence.co.uk](http://www.movementintelligence.co.uk)

*Bones for Life is covered by BWY Student & Teacher Insurance*

### **BWYT Foundation Course Level 1 in Canterbury Kent**

Ten sessions once a month on Saturdays commencing December 1<sup>st</sup> 2024 with an introductory morning Saturday Oct 26<sup>th</sup>

Tutor: Cora Kemball-Cook & Lina Newstead

Venue: a purpose built Yoga studio with good parking and transport links on the outskirts of Canterbury. See our website for more details

[www.canterburyyoga.co.uk](http://www.canterburyyoga.co.uk)

The course is for those who would like to deepen their knowledge of all the Yoga practices. Participants will gain confidence in developing a home practice and will learn more about the underlying yoga philosophy. It is a good preparation for those who may like to teach yoga.

For further details and an application form please contact  
[corakc@hotmail.com](mailto:corakc@hotmail.com) or Tel 01227 780488

## PRANAYAMA FOUNDATION COURSE

Online via Zoom with **PHILIPXERRI**

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

The course offers

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



## PRANAYAMA INTENSIVE



Holland House, Crothorne, Near Evesham

October 4 – 6<sup>th</sup>. 2024 with PHILIPXERRI

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 Pranava 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](mailto:pax_yoga@yahoo.com)

**TUESDAYS 6 – 6.45pm Pranayama Class**

Booking [www.yogaquests.co.uk](http://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](mailto:pax_yoga@yahoo.com)

## Emergency First Aid at Work Courses for Yoga Teachers

MGM Training Limited is holding a regular schedule of Emergency First Aid at Work courses for Yoga Teachers and Student Yoga Teachers. Holding regular courses for numerous Studios, you can be sure these high-quality courses are aimed at Yoga Teachers by a Trainer who specialises in First Aid Course Provision. The schedule is:

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

Further courses dates in 2024 are shown on our website

**To book your place please visit [www.mgmtraining.co.uk](http://www.mgmtraining.co.uk)**

(Please note off-line bookings incur an additional administration fee)

MGM Training Limited also offers 'in-house' courses for **Studios**, groups, IST, and **Teacher Training Classes**, where we will visit your venue and provide a course for up to and including twelve students anywhere within the UK and outside the UK. In-house courses are charged on an extremely competitive course price.



**Please note these first aid courses comply with BWY requirements for Yoga Teachers but are not organised by the BWY and Regional Representatives cannot answer questions regarding the courses; please email MGM Training with any queries**