



BWY

AT
THE
HEART
OF YOGA

IN THE SOUTH

BEYOND THE MAT

Summer 2024

[bwy.org.uk/community/south](https://www.bwy.org.uk/community/south)

Regional Officer

David Russell
south.ro@bwyregions.org.uk

Regional Training Officer

Hazel Faithfull
south.rto@bwyregions.org.uk

Regional Treasurer

Position available

Social Media Rep & Secretary

Position available

Newsletter Editor

Mark Robinson
south.editor@bwyregions.org.uk

Area Reps

Berkshire : Janine Du Plessis
South Hampshire: Lorna Chapman
Isle of Wight: Brian Meredith

Safeguarding Officer

safeguarding@bwy.org.uk
07738 946 320
01529 306851

Central Office

25 Jermyn Street
Sleaford
Lincolnshire
NG34 7RU
office@bwy.org.uk
01529 306851
www.bwy.org.uk

PUBLISHING POLICY

Please send adverts, course listings and articles via email to the editor as Word, PDF or JPEG/PNG documents; invoices are sent after publication. If you wish to take advantage of members' rates, please provide your BWY membership number.

Listings for all adverts, BWY foundation courses, modules and teaching diploma courses are charged as follows:

Advertising Rates (incl. VAT)

BWY/Accredited Full Price Price

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

Issue

Date Sent Out

Copy Deadline (Adverts and Editorial)

Edition 1 – Spring	Mid February	16th December
Edition 2 – Summer	Mid June	29th April
Edition 3 – Winter	Mid October	23rd 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 NEWS



Welcome to the Summer 2024 BWY South Newsletter.

Over the spring we have been busy arranging a number of events in the region. Two first Aid courses have been run for those needing to refresh their training. Another CPD event has been run and unfortunately another has had to be cancelled.

The committee were able to meet up at Lee on Solent for a day to discuss our sangha event and have a go at paddle boarding and paddle board yoga. The weather stayed dry and we even had a little sun. Pictures and reels will be on the “BWY in the South” facebook page.

For this years Sangha we are excited to offer a variety of teachers for a day of Yoga and contemplation. See details later. If anyone would like to volunteer to help on the day please get in touch.

This issues cover is titled “Wittenham Clumps from Culham Station” ©, with permission by Oxfordshire artist Marion Owen.

We have more exciting events planned, a CPD with Lesley Isaacson and an event with Bill Wood.

Our Region Officer shares his busy life in “Off the Mat”. Plus we have reviews of a foundation course and the recent CPD event on the muscles of the Pelvis.

Enjoy. (Editor)

CONTENT

CONTACTS	02
COMMITTEE REPORTS	04
ARTICLES	11
SANGHA	16
RECIPE	20
EVENTS	23
ADVERTISEMENTS	26

REGIONAL OFFICER'S LETTER



We have had another wonderful CPD day thanks to Hazel's hard work. Bertie (Roberta Jesson) amazed us with her encyclopaedic knowledge of the complex set of muscles that form the Pelvic Floor. This is an important area to work on for all of us and not just the ladies. I discovered a number of new places to focus on and some new moves too.

Looking to the summer I recall my first Summer Schools in Oxford, and later attended those in Banbury. Chatting to others in the Region I found they did not know about them.

When many of us taught through Adult Education programmes we would have a break in the summer. Over the summer months a venue would have a different local teacher taking a class each week.

This gave students and teachers a chance to sample other styles and keep up their practice. All the local teachers promoted the classes so they were larger than normal. Some teachers were paid and profits went to local charities. If this appeals to you why not set something up locally?

SANGHA – 6th October 2024

Location: Calcot, Tilehurst on the west side of Reading just off the M4. Book Now! Get in touch if you would like to help out on the day, this would be much appreciated. Why not car share? We can co-ordinate drivers/lifts.

Committee members:

We are hoping to have another county representative signed up when this goes to publication. We are still looking for members on the committee, let me or Hazel know if you have some spare time, it is good to help spread the load.

David Russell
south.ro@bwyregions.org.uk

EDITOR'S LETTER



Welcome to the 2024 BWY South Summer Newsletter. Since the last issue we have been in contact with many members and will hopefully have representation in more counties.

I am excited to say I have now booked **Bill Wood** for an event in Basingstoke.

I first met Bill at a BWY south AGM. His teaching certainly changed mine and I attended two of his CPD days in the following years. I found that having a perspective that screams “do no harm” made me look at poses in a different way. Removing the *Ego* from poses and seeing my limitations (recognising some hyper mobility) was and still is refreshing. This is an open event so book early to secure a place. I look forward to seeing you there.

We recently held an event in Buckinghamshire and to try to fill the event the committee had a ring round to members. This proved to be a pleasant experience as calls were met with enthusiasm and realisation that I had met a few of you before. Thank you for making it easy.

One thing we did realise was that the newsletter is only received by those who have set the profile to receive paper copies. Perhaps your yoga friends didn't get a copy. There is an online version, please tell your friends login to their account, Select my profile and then select Privacy / Communication. The Membership Newsletter and other information needs to be selected.

Finally, I shared Lesley Isaacson's event copy with her to check for errors. She characteristically replied “Sounds so good I might go “.

Mark Robinson
south.editor@bwyregions.org.uk

REGIONAL TRAINING OFFICER'S REPORT



It was great that the committee all joined me in ringing round Bucks and now Oxon to say encourage folk to join the CPD events.

We are in danger of having to cancel if we don't get a minimum. Update your knowledge, come in person to catch up with one another at an event soon.

We are really pleased to invite local teachers to offer you days in their specialist subjects. We also responded to requests to have training in the school holidays and also on Sunday to help those teaching regular Saturday classes.

Uplift your Yoga with training.

A Yoga lover: Deepen your joy of yoga with a Foundation for your personal development,

Teacher: Expand your offering with modules like Yoga for Cancer
 Raise the scale: Nurture others in their journey when you train as a Foundation and Diploma Tutor

Work your Pelvic Floor



Breath in: sitting tall
 Exhale ~ pull up pelvic floor
 Hold floor as Breath In

Exhale: Add abdominal muscles
 Hold both sets of muscles
 Now tricky to breath in
 Third Exhale
 Squeeze up your butt muscles.
 As you breath in
 Relax all three,
 Phew!



As RTO of course I am enjoying the training and sharing the best tips with my students. Here is Bertie's Pranayama. Her next suggestion is to rapidly pulse to fully work the pelvic floor.

If you want to invite friends or students to our CPD and Sangha – they can sign up for free membership to access the website and purchase ticket. Full BWY members have reduced price. Why not join for benefits?

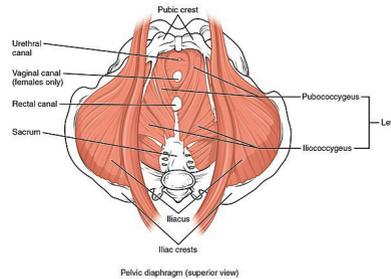
Hazel Faithfull
 south.rto@bwyregions.org.uk

OXFORDSHIRE REPORT

In the absence of an Oxfordshire Rep, Local Oxford teacher Janet Jorgensen has kindly written a review of the Buckinghamshire CPD.

Pelvic Floor Health Workshop
by Roberta Jesson (Bertie)

Bertie guided us all through a journey of the Pelvic Floor. Her anatomical terminology felt enlightening and encouraging to engage with, drawing from participants who could contribute towards naming muscle groups involved. Having spoken with others in our group there was a feeling of wanting to know more, or revise up on our own knowledge. This was very engaging and felt fun to join in with. Bertie had with her a small skeleton, Bones, which acted as a useful visual aid to locate structures and muscles groups that she referred to.



Having a visual of the pelvic floor and a better sense of the ‘sling’ effect of the muscle groups that support reproductive and excretory organs, helped with further understanding of the importance of this foundational area in the human body.

In the afternoon Bertie led a practice using asana, breathwork and relaxation which helped identify and explore further. This put into practice the curiosity between strength and relaxation, helping to understand where a balance may be found. Pelvic floor inquiry aids with the breath, balance and toning for this area. This goes further still to highlight other areas affected such as the back, knees and foot problems, along with serious consideration to vaginal and prostate issues.

This was a really useful, friendly event that felt equally professional and relaxing. It was really good to meet others in person and have a chat from your mat or over tea and lunch together during the breaks.

BERKSHIRE REPORT



Don't know about you all, but the past month is a blur with busyness! Personally my work has been super crazy, and I've been trying to sell and buy a house for 12 months. Hoping that by end May I'll be in my little place and feeling more settled.

As the process has been awful, something I have continued to say when ask is, "fingers crossed". That extended to "crossing everything", and me flying into garudhasana in the most random places! Yoga in action I think!

And on action, I'm looking forward to 2025! For those in Berkshire please keep a look out for more local activities in the next year. But as always we are not constricted to our counties for yoga activities, CPD's and sharing.

See you at Sangha 2024!

Janine Du Plessis
south.berksrep@bwyregions.org.uk





Old Stratford Community Hall, Buckinghamshire

Buckinghamshire needs a Representative.

Do get in touch if you can offer your help for this or one of the other roles to be filled?

Unfortunately we didn't break even on your local CPD but Roberta's day on The Pelvic floor was excellent. Her knowledge and enthusiasm to encourage us all to be our healthy best was inspiring. Her remit to teach strength to empower ourselves and our students was delivered. Thank you to David to booking such a great venue with Old Stratford a well placed hall and winner of hot cross buns!

Take home 'must have'

Bertie shared in Plank pose, how lifting the back slightly (so curving upwards) to help protect the spine. Then how to adapt a knee based Dolphin pose was a good route to build core strength (sort of cat to plank on your elbows).

If you would like to represent your region or simply help our small committee please contact our RTO. We also need a digital wizard, a treasurer and a secretary.

SOUTH HAMPSHIRE REPORT



Greetings.

Having, quite recently taken over as your South Hampshire Rep, I am slowly beginning to get some events up and running in my area.

When this newsletter goes out we will have had a First Aid For Yoga Teachers in the village of Kings Worthy, near Winchester. There was an overwhelming response to this, leaving a few people disappointed not to get a place. Numbers are restricted to 12.

I will aim to run a similar event each year to help make it easy and affordable to keep your first aid qualification up to date.

Our next CPD day is scheduled for Sunday 24th November, at the local primary school in Kings Worthy. The esteemed Lesley Isaacson will guide us through the theme of Moving From Sound Into Silence. This promises to be an enriching and informative event for teachers, trainee teachers and anyone interested in the idea of sound and chanting in yoga. To book your place, head over to the CPD section on the BWY website.

Please keep an eye on the BWY website for upcoming events in Hampshire from next autumn / winter.

Lorna Chapman
south.shantsrep@bwyregions.org.uk

YOGA OFF THE MAT by David Russell



I moved to Banbury in the 90's and found a yoga class in a local village. Part of the appeal was a cycle ride cross country on bridleways; and riding back under the stars.

A series of rear end shunts in the car meant therapy and inspired me to take a course with many early

morning trips on my motorcycle through empty countryside – another of my passions. I also Marshal at the Manx GP on the Isle of Man.

I help run a local community conservation group managing the Salt Way which involves, coppicing, scything, hedge laying etc. Since its creation in 2017 we have planted over 600 trees and shrubs.

I am developing my music skills, singing and playing the piano. I belong to two Nordic walking groups and make an annual trip to Scotland to bag some Monro's this year I am heading to the rough bounds of Knoydart.

Favourite Asana: Half moon, Warrior II, tip over into soft triangle, then arm on flank and go forward with the other arm, place it on the floor offset from the front foot and coming up onto toes on rear foot. Then lift rear leg parallel to floor then raise arm up in line with lower arm – a very satisfying pose.

Go to Pranayama – bhramari (humming bee breath) is a bit special for me.

Best route to Stillness – chanting “soh ham” whilst using my prayer beads from Nepal; this nearly always guaranties a good night's sleep.

THE BWY FOUNDATION COURSE

by Melissa Randall

The foundation course is a bridge between a yoga class and the teaching courses. It allows a student to learn more about the philosophy and practices of yoga without having to think about teaching. Some may be inspired to continue onto a teaching qualification.

I asked Melissa to review the foundation course she is finishing with Lorna and Tamsin. This is her story. (Ed)



"I have been practising yoga habitually for about 8 years - I love it. At classes I felt like my teachers were making great selections to share different parts of yoga, but I was curious and wanted to understand the 'whole'.

Finding somewhere nearby, but importantly selecting a like-minded and relatable teacher was essential. Tamsin told me about how she approaches teaching and asked me what I wanted to get out of it. that gave us both the chance to see that this would work.

A training day is 9.30-4/4.30 Sometimes Lorna starts us outside to energise us for the day ahead.

The day is a mixture of our teachers sharing information, leading us in practise and holding reflections.

We've learned about postures and their benefits, how to sequence them and adapt them. We've also learned about breathing and the other limbs of yoga. The breath work has given me ways to energise and relax that I can use anywhere.

I have enjoyed the sequencing most - learning how to move through preparation to a peak pose and feel like I've moved and breathed into every part of the body.

Another part of the course is regular practise, recording this and reflecting on it. I have found it hard to fit this in, which is something we discuss at every training day, sharing tips and advice for making space for yoga in busy lives. There is no judgement for how successful or not we are with this, just encouragement to keep persevering.

Initially I found missing a day of the weekend for training really tiring, but as the course has gone on everything has become more familiar and easier to understand, and I feel refreshed from doing something for myself.

Our group could talk all day about what we are learning, there is so much to engage with on the course. Its been really enlightening to discuss what we're learning, and to hear about yoga in others' lives. As we come to the end of the course, the chat has turned to what courses to do next, to keep this engagement going. For me, the course has given me a deeper understanding of the potential of yoga, and how to personalise my practise for me.”

CLASS COVER

We all fall foul to bugs and injuries once in a blue moon, so always reassuring to know there are qualified BWY teachers available to cover classes.



Teachers these qualified current BWY teachers have available

slots to offer cover for your timetable. Perfect if you want the flexibility around your home life/training? Prebook to fit around a nomadic part of the year?

Great to help Student BWY yoga teachers build their confidence and get valuable experience.

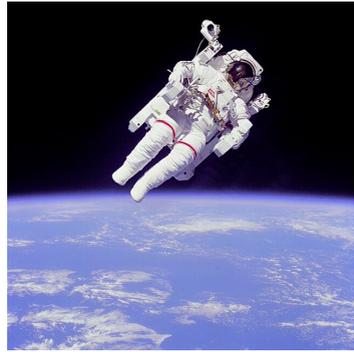
Get in touch with the teacher or student to negotiate your terms.

Name	Style of Yoga	Home / town area	Area happy to travel to	When available	Email address
Lisha Zhong BWY Teacher	Hatha for beginners/ mixed ability students	Headington	Oxford	Weekday evenings, some weekends	lisha.zhong@gmail.com
Janet Jorgensen BWY Teacher	Hatha	Dorchester on Thames, Wallingford, Oxfordshire	In and around Oxford to Reading	Flexible. Weekends and some evenings included	jj104@hotmail.co.uk
Sarah Norman BWY Teacher	Hatha Flow, Yoga Nidra	Windsor	10 miles of Windsor	Mornings, evenings, Saturday mornings	sarah@yoga-grove.com
Jen Hunt BWY Teacher	Hatha	Wallingford	Oxfordshire	Monday evenings, Thursday Evening; Fridays	jen@jenhunyoga.co.uk

GRAVITY – OUR LIFELINE by Marye Wyvill

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

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



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

The problem of deteriorating bone tissue does not depend upon age alone, but is in part conditioned on the reaction of the organism to its environment. When our habit is to collapse and shrink with every step, movement loses its joy, and decline on more than just a physical level is inevitable. For an astronaut returning from space, initially unable to walk, a programme of exercise which produces pulsations of springy pressure through re-confrontation with gravity will re-generate their wasted bones. This can only be achieved if the skeleton is optimally aligned for an effective, continuous trajectory of pressure.

We may not be astronauts but if you would like to understand how to maintain, and even increase, bone strength see www.movementintelligence.co.uk

TRANSFORMATION

Sangha in the South Sunday 6th October 2024

Embrace the spirit of transformation this Autumn as we invite you on a journey from chaos to calm. Join us for a series of inspirational sessions featuring insightful talks by award-winning Gardener Yogi, Joe Francis, alongside experiential workshops guided by internationally renowned tutors Wendy Teasdill and Lesley Issacson, as well as local talents Paul Riddy and Marion Highmore. Immerse yourself in a rejuvenating sound bath experience and explore our vibrant marketplace at your leisure.

Main Hall	Teacher	Jubilee Room	Teacher
9.30 – Welcome ceremony with David the main hall			
10.00 – 12.00 Yoga session	Wendy Teasdill Working with the Kleshas to replace chaos with harmony	10.00 – 12.00 Yoga session	Lesley Issacson From Four Legs to Two Transforming Animal metaphors
Lunch		12.00 to 13.00	
13.00 – 14.00 Talk	Joe Francis Of Gardens for Good Creating Calm Amidst Chaos	13.00 – 14.00 Gong Bath	Michelle Dennison-Hall The journey through sound to silence'.
Break 14.00 to 14.30			
14.30 – 15.30 Yoga session	Paul Riddy Form, function and modification.	14.30 – 15.30 Yoga session	Marion Highmore Using the Third Niyama to tap into your inner fire
15:45 – Cake and Tea & Closing ceremony with Mark Robinson in the main hall			

Wendy Teasdill :Working with the Kleshas to replace chaos with harmony

Yoga:

This session will take us through breath-infused asanas in which we unpick and contemplate the Kleshas; by viewing them as stepping stones to understanding rather than obstacles to our own gratification, we can shift awareness from the conflict of duality to the harmony of integration.



Lesley Issacson - From Four Legs to Two.



Yoga

Transforming Animal metaphors in the ancient text.

The asana practice will be related to some Upanisad creatures as you explore transition in our yoga. We explore images and metaphors, through asana-based animals, to come closer to the messages of the Upanisads.

Joe Francis :Creating Calm Amidst Chaos

A Talk by Multi-award-winning garden designer

Joe, Of Gardens for Good, talk with screened images drawing on his show gardens, including RHS Hampton Court Palace, to illustrate our experience of life. He highlights how creating a place of peace, calm and tranquillity is the best way to cope with our hectic modern lives. While the garden is illustrative, it's also symbolic of a deeper, inner state of calm that we can all create within ourselves.



Michelle Dennison-Hall :Journey through sound - silence



Relax

'Ancient sounds facilitate deep states of rest and relaxation thereby transforming tension to surrender'. During our session brainwave frequencies change bringing you into an alpha brainwave state thereby enabling the body to relax into a calm and restorative space leaving you refreshed and restored.

Paul Riddy : Form, function and modification



Through the yoga session we will see how we modify, with asana and pranayama/breath work, can emphasise or shift their focus, from both a physiological and psychological perspective. Journey with Stretch ~ Mobilise; Strengthen ~ Build stamina; Explore ~ Rehabilitate; Calm ~ Energise. Through out with Bhavana or Focus.

Marion Highmore : Using your third Nyama to tap into your inner fire

With regular practice we see transformation from a sedentary being to one whose passion and courage increases every time they are on or off their mat. Inspired by Tapas our Phalakasana /forearm plank pose we explore variations, weaving it into other poses and flows to create a little heat to transform us and our expectations. Winding down to a restful Savasana.



To book your space login to your BWY page and go to portal.bwy.org.uk/user/events/743

The Village hall, Bethesda Street,
Upper Basildon, Reading, Berkshire, RG8 8NU
BWY Members £50.

Tea and coffee is provided but please bring your own mug and lunch! Homemade cake and teas for closing session.

THE MARKET PLACE @ Sangha

Come early and browse our local artists and yoga suppliers in our market place.



Freddie and Cindy - Yoga Treasure with Yoga items for Devotional & spiritual practise, Singing bowls and clothing, Freddie and Cindy support education and animals in India.



Andrea Hewes - Paintings and prints

Andrea Hewes - Multi media paintings, prints and cards - Bison shown here.

Hazel Faithfull - Hand thrown Stoneware pottery and Yoga clothing and bags



Vicky Cummings - Silver jewellery and semi precious stones - ring and necklace

Do bring your Old Bras to donate to the local Abingdon [#AgainstBreastCancer](https://www.facebook.com/againstbreastcancer) The charity funds groundbreaking cancer research to improve detection, treatment and increase survival after breast cancer diagnosis. It's a double win as underwire bras are tricky to recycle!



**The Village hall, Bethesda Street, Upper Basildon,
Reading, Berkshire, RG8 8NU**

6th October 2024



SPINACH WITH CHICKPEAS

If you get the chance to attend the Taller Andaluz de Cocina cooking classes in Seville's indoor market.

This is their tasty veggie recipe with Spanish flair, just add crusty bread!

Ingredients (serves 6):
 900 g fresh spinach,
 150 g cooked chickpeas,
 1 small size onion,
 4 garlic cloves,
 2 slices of stale white bread,
 5-6 tablespoons tomato puree,
 ½ tsp sweet smoked paprika,
 1 heaped tablespoon cumin,
 sherry vinegar,
 extra virgin olive oil
 and salt.

Boil the spinach for about 5 or 6 minutes and set aside, a bit soggy is better.

Heat 4-5 table spoons of extra virgin olive oil in a large frying pan.

Smash and peel the garlic and fry it on low heat until golden brown, place in a pestle. Dice and fry the bread in the same oil and then take to the pestle too when is nice and crunchy.

Crush together and add a tablespoon of the spinach water to form a paste.

In the same pan, fry the chopped onion with a pinch of salt until it is a bit caramelized. Then, add smoked paprika and cumin and stir in the chickpeas. Add 5-6 tablespoons of crushed tomatoes/tomato puree and cook it for 2 minutes, until the oil separates a bit. Next, add the boiled spinach with some of the spinach water, the bread paste, a teaspoon of salt to taste, another teaspoon of cumin and a teaspoon of sherry vinegar to the pan. Mix well and cook until the liquid reduces, so you get a creamy stew.

Let it sit for 10 minutes before serving. Olé

VISUALISATION

by Tessa Venuti Sanderson.

Tessa has kindly provided this visualisation, she uses it to bring her talking circles to a close.(ed)



As we come to the end of the (class/ workshop / circle), let's take a moment to pause. If you feel comfortable, close your eyes.

Imagine yourself as a tree amongst other trees. Think about your roots growing down through the floor to the Earth and drawing up nutrients. Breathe down to the tips of the roots and as you breathe in, imagine nutrition moving up to your belly.

Now think of your branches reaching up towards the blue sky and your leaves drawing in the sunlight. As you breathe in travel up through the branches to the leaves and as you breathe out draw the vitality of the sunshine down to your belly. Continue for a few more breaths, perhaps feeling a warmth growing in your abdomen.

Imagine the other people around you doing the same while the roots connecting underground and the leaves reaching towards each other in the sky. Feel the community around you, quietly supporting each other.

When you're ready, open your eyes and stretch.

Thanks Tessa for sharing. We were disappointed that the talking circles CPD couldn't go ahead, Hopefully we will have more people next time! Look out for her new book in October.

Mandala Yoga Ashram

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

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

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

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

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

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

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

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

We offer a 14-day free trial to the Sangha, after which the cost is £25 a month, or £240 a year, saving £60. For further information and to join visit: mandalayogaashram.com/ashram-sangha

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

Becoming a Champion for Yoga in Prisons

Following our article on the work of the Phoenix prison trust in the spring newsletter THE PRISON Phoenix Trust is seeking yoga practitioners to spread the word in their communities about the healing power of yoga in prisons.

As people in prison often experience high levels of trauma, abuse, and neglect, yoga provides a way for them to return to their bodies, recentre their lives, and begin their journey towards rehabilitation. 'We want to promote safer communities for everyone,' says Director, Selina Sasse, 'and that starts by supporting some of the most marginalised people in our society.'

Studies have shown that introducing yoga and meditation in prisons improves not only mental and physical wellness, but also impulse control and emotional regulation¹. All of these help people leaving prison to stop reoffending behaviours.

The Prison Phoenix Trust is inviting yoga "Champions" to take the message to groups in their local community. It will offer training and resources so that champions feel confident to talk to people they know through a regular yoga class, faith gathering, or group of friends. With over 5,000 beneficiaries and their services more in-demand than ever before, The Trust also seeks active fundraisers to bring hope and healing to those that need it most.

'All charities are struggling to cope with increased financial pressures,' continues Sasse, 'but smaller charitable trusts like ours are especially in need of help at this time.'

The Prison Phoenix Trust is encouraging people to raise money in whatever way they can, including by running fundraising events at their local yoga venues.

If you would like to help people in prison to find peace through yoga and meditation, please contact Sebastian at events@thepppt.org.uk for more information about fundraising or becoming a Champion.



Feeling More, Holding Less With Bill Wood

DATE: 2 November 2024

Venue:

Cliddesden Millenium hall
Church lane
Cliddesden
Basingstoke
Hants, RG25 2JQ

Time:

10:00 - 16:00

Cost:

BWY Members £50
Non-members £60

Tutor Bio:

Bill Wood

A yoga teacher since 1994, Bill lives in south Devon.

Influenced by many different yoga and meditation traditions, his main inspiration has been the teachings of the late Vanda Scaravelli, and he continues to study with Sandra Sabatini.

Bill is also qualified as a Yoga Therapist (YBT), as a Sivananda Yoga Teacher, and as a Core Process Psychotherapist

This day will explore how yoga poses can be felt as places of dynamic balance within us, rather than as specific physical shapes. Places that we access via feeling rather than mind, as our practice becomes as much a form of mindfulness as it is a bodywork, and where our asanas become increasingly fluid and ever-changing expressions of this growing awareness.

This workshop will be posture based, with periods of relaxation and meditation woven in.

We will look at:

How a pose feels rather than how it looks.

How tension reduces the body's ability to change and realign.

What actions are less fruitful, and should be avoided.

How to move more freely in and out of postures.

What adjustments might help a posture to feel more stable and free.



“Moving Through Sound Into Silence” CPD With Lesley Isaacson

DATE: 24th November 2024

Venue:

Main Hall
Kings Worthy Primary School
Kings Worthy
Winchester
SO23 7QS

Time:

9:30 - 16:30

Cost:

BWY Members £50
Non-members £60

Tutor Bio:

Lesley Isaacson who has built up a vast experience in over 30 years' yoga teaching.

Lesley's own personal yoga journey has involved teacher training with the British Wheel of Yoga, extensive work over many years with a senior Iyengar teacher, as well as training, workshops and serious study with teachers trained in the Krishnamacharya tradition, both in the UK and India.

Join us in this wonderful opportunity to explore sounds and silence. Lesley will guide us through simple chants linked to asana, including the principle of vinyasa when working with sounds.

Meditative chants will be looked at for use with pranayama and meditation.

Lesley aims to demystify the use of sound and encourage us to use sound as a tool for self-awareness, and also highlight how chanting can be used in general classes. She will also discuss any potential problems in the use of sound and suggest ways to overcome these.

Lesley is a highly esteemed teacher and has been a BWY teacher and trainer for over 30 years, so we are delighted that she has agreed to share some of her pearls of wisdom with us.

**Venue:**

Studio Yoga
Tiebridge Farm
Houghton
Stockbridge
Hampshire
SO20 6LQ
Time :9:30 - 16:30

Cost:

£695

Tutor Bio:

Tamsin has more than 25 years of yoga experience and has been teaching since 2008. A BWY Foundation Course in 2005 set her on the path to teacher training with Michael Hutchinson. She took over Studio Yoga in 2010 and teaches Hatha classes as well as Restorative Yoga and Yoga for Healthy Lower Backs.

tamsin@studioyoga.co.uk

Foundation Course 1 with Lorna Chapman and Tamsin Kelly

DATE: Sept 24 - Summer 25

Lorna Chapman and Tamsin Kelly have teamed up to bring you their wealth of yoga experience. This collaboration enables students to benefit from two different perspectives. They will each guide you through asana, pranayama, mediation, as well as history and philosophy. 60 hours over ten months to enrich your knowledge of yoga.

Tutor Bio:

Lorna set up Luna Yoga & Health in 2003 and teaches a range of yoga styles to all ages and adapts poses to suit the individual. She can be found teaching Gentle Chair-Based Yoga to those with restricted mobility, yoga to Troubled Teens, Paddle Board Yoga, as well as the more standard Vinyasa and Restorative yoga.

lorna@lunayoga.co.uk

**50-HOURS
YIN YOGA TEACHER
TRAINING**

**LEVEL 1 –
FUNCTIONAL
ANATOMY
LOWER BODY**

**A HIGHLY
EXPERIENCED YIN
YOGA TEACHER WITH
OVER 1,500 HOURS
TRAINING WITH PAUL
& SUZEE GRILLEY AND
SARAH & TY POWERS**

INTAKE 9



gilliancawte@hotmail.com

07968 154525

www.gilliancawteyoga.co.uk

**BONES, MUSCLES,
POSES, MERIDIANS
AND MINDFULNESS
MEDITATION**

**Comprehensive
Colour Manual,
Meridian Doll,
British Wheel
of Yoga and
Yoga Alliance
Certification**

**Total cost: £695
Early Bird Discount
Available**

2024

**6 Saturdays
14th and 21st
September, 5th, 12
and 26th October
2nd November**

ONLINE VIA ZOOM



Yoga Nidra

Teacher Training Course

With Nickie Short (aka Tulsi)

For all yoga teachers, qualified or in-training

6 month online course starting Sept 2024



Yoga Nidra is a profound, powerful practice giving deep relaxation on all levels - physically, mentally, emotionally and spiritually. It not only releases tension but provides an introduction to deeper meditative states and the opportunity to get closer to the deeper aspects of our Being.

Given the many stresses experienced in modern life, this accessible practice can be of great value to yoga teachers and their students whatever their experience or ability.

Over 6 months this course will introduce you to all eight stages of the classical practice as taught by Bihar Yoga, together with providing you with the experience, skills and confidence to safely share this practice with a wide range student groups

Your commitment:

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

What you get:

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

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

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

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



lunayoga&health Studio Yoga

www.lunayogawinchester.co.uk

www.studioyoga.co.uk

BWY Yoga Foundation Course 1 in the heart of Hampshire

October 2024 to June 2025

With Lorna Chapman and Tamsin Kelly

60 hours tuition over 10 Sundays*

Ideal for students striving to develop their knowledge of yoga, to make friends in the yoga community and for those considering teacher training. We cover practice and theory, including yoga history and philosophy.

All sessions are at Studio Yoga, Tiebridge Farm, Stockbridge, SO20 6LQ and will take place on one Sunday a month.



Course requirements

- Minimum of two years' yoga experience.
- BWY membership
- A genuine interest in yoga beyond the poses

Contacts: for more info and an application form please contact:

Lorna: lorna@lunayoga.co.uk or **Tamsin:** tamsin@studioyoga.co.uk

**There will also be an introductory information evening prior to the course starting.*

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





Bones for Life®

2025-2026 Bones for Life TTC

Tutor: Marye Wyvill, Co-Director Movement Intelligence UK

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

- Improved posture and mobility
- Harmonious coordination
- Healthy ageing



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

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

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

www.movementintelligence.co.uk

Bones for Life is covered by BWY Student & Teacher Insurance

The Ashram Sangha

Join our online community for experienced yoga practitioners



What you'll get:

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

www.mandalayogaashram.com
info@mandalayogaashram.com



Find us on:
 Facebook, Instagram and Spotify

Emergency First Aid at Work Courses for Yoga Teachers

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

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

Further courses dates in 2024 are shown on our website

To book your place please visit www.mgmtraining.co.uk

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

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



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