



BWY
AT
THE
HEART
OF YOGA
IN WALES

BEYOND THE MAT

Summer Newsletter 2024

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

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

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WALES NEWS

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WELCOME

Thank you to everyone who has contributed to this magazine with their reports and articles and to our advertisers for their support.

Sadly, after many years as Regional Editor, Sue has stepped down. She will be greatly missed.

If you are interested in the role of Regional Editor or one of the other vacancies listed on page 2 please do get in contact with a member of the committee.

See you on the mat soon.

Clare, Dave, Joanna, Kate, Jo, Michelle, Suzanne & Tori

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Front cover: Bodnant Garden, Conwy (National Trust)

YOUR REGIONAL NEWSLETTER IS CHANGING

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

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

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

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

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

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

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

In the meantime, if you have any queries, please send them to Clare Strange wales.secretary@bwyregions.org.uk

REGIONAL OFFICER REPORT

Joanna Bogacz



Moving into the summertime it's a pleasure to see the vibrancy of the natural world opening up. Placing trust in the seasonal rhythms encourages us to have a wider perspective and to take comfort in the constancy of the cycles. Witnessing the fluctuations of the day-to-day with more acceptance and ease may enable us to develop a deeper trust in life, live in a more fully awakened way and help us tap into a deeper Reality.

'No Mind' - Haiku by Taigu Ryokan

With no mind, flowers lure the butterfly;

With no mind, the butterfly visits the blossoms.

Yet when flowers bloom, the butterfly comes;

When the butterfly comes, the flowers bloom.

I am overjoyed to extend a welcome to you all to come and experience the magic of Wales this summer time on **Sunday August 11th**. The one day only '*Welsh Dragon Yoga Festival*' will be taking place in the beautiful location of Lampeter, Ceredigion and online over Zoom. Some of the jewels of homegrown expertise within our Welsh Yoga Sangha are being showcased. All teachers and speakers have been chosen for their consistent commitment to yoga practice, contribution to society, and active engagement in the local community.

This day of celebration of yoga is around the theme of *Yoga in Action*, the day will focus on:

- yoga philosophy encompassing how we relate to one another and understand our place in the world,
- a recognition that yoga goes beyond the mat, influencing how we engage with others and the world around us, and
- integrating yoga principles into our lives, so we can positively affect our decision-making, our societal impact and environmental responsibility.

Wherever you may find yourself this summer, you will be able to reconnect to the Welsh Sangha, come home to yourself and tranquillity.

Hope to see you there.

With my best wishes as always, Jo Bogacz
(Welsh Regional Officer on behalf of the Welsh Committee)

SOUTH CENTRAL WALES AREA REPRESENTATIVE

Dave Fowler



Embracing Growth and Learning

As I write this I am still in the afterglow of our first CPD event in South Central region - Asana with an Ayurvedic approach with Tarik Dervish. So many people came to me to say it was well received, but it was you the members who wanted this event, I only acted on your requests, and because of that we're thrilled to announce a series of exciting new courses and events that promise to enrich our community and foster unprecedented engagement. Thanks to the invaluable feedback and suggestions from our members, we're introducing targeted programs that cater specifically to the needs and aspirations of our community.

Starting with a look back at our most recent training event, held on the 20th April, it was a resounding success, drawing an impressive number of attendees. The event, which focused on Asana with an Ayurvedic approach with Tarik Dervish, not only achieved record attendance but also set a new benchmark for participant engagement and satisfaction. This enthusiasm underscores the commitment of our members to continuous learning and professional development.

Looking ahead, we have curated a dynamic program of events that promises not only to educate but also to inspire. Here are a few highlights:

- **23rd June - A Day of Yoga** - in person event. Five teachers all day yoga event if you came last year then you know what to expect, but if you didn't join us, then come along this year! It's really good value for money. In Morganstown Village Hall.

- **11th August - Welsh Dragon Yoga Festival** - in person and online - Although it bit further afield in West Wales Lampeter this will be one of the peer events of the year, so many senior practitioners of Yoga.
- **6th October - The Bandhas - The core principles of Hatha Yoga** - in person event - This CPD Day course is set to transform how our members approach Pranayama and the Bandhas delivered by Krishnapremananda from the Mandala Yoga Ashram.

It's certainly a calendar packed with promise. All these new additions have been shaped by the feedback from you our members—your preferences, your interests, and your training aspirations.

If you are reading this and not a member then join us!

We invite all members to participate actively in these new courses and events. Whether you're looking to sharpen your skills, connect with like-minded professionals, or simply explore new areas of interest, there's something here for everyone. Your continued engagement and enthusiasm are what drive us, we are already in the planning stages for next year!

As Always
Big Love
Dave

SOUTH EAST WALES AREA REPRESENTATIVE

Kate Holly



Dear Yogis

As you settle down to read this we will be entering the summer season and I hope by now enjoying warmer weather and longer days. It has been an exciting time in the South East. We had a superb CPD day back in March with Zoe Knott, 'Developing Strength in Single Leg Poses.' It was very well attended with some travelling from as far as Shrewsbury and Cardigan to the wonderful Llanhilleth Miners Institute, a hidden treasure, nestled away in the

Ebbw Fach Valley. Built to meet the educational, recreational and health needs of the local miners and their families. The Institute opened in 1904 and has remained at the heart of the local

community over generations, providing a vibrant link with the local industrial past.

The sense of Sangha flowed effortlessly from the Miners to the Yogis and it was a fab venue to share the day. Mainly teachers and some super keen students began with an in depth breathing practice followed by exploring and playing with strength in the legs in the morning (my quads certainly came to life!!). We then enjoyed a good stretch and beautiful relaxation in the afternoon. It was wonderful to meet those from further afield as well as some of the up and coming teachers from the South Wales area. I always get a buzz from being and learning together in person and simply enjoying being a student for the day.

Here are some of the lovely comments received in the evaluations:

"It was a great day with an incredible tutor. I felt privileged to participate and listen to her teaching. I have taken so much from this session to use with my own students."

"Fantastic day, well organised, learned loads, and also really enjoyable. Thank you! :-)"

"The workshop was excellent."

Coming Up

I hope to see some of you at the Day of Yoga on Sunday 23rd June in Morganstown where we can enjoy a whole day of yoga together showcasing different teachers and styles throughout the day.

23rd November 2024

CPD Event - Meditation - an exploration of practice and teaching with Lynne Jones

I'm really looking forward to this. Lynne has very kindly written an article for this magazine about it, so do have a read for full details.

We are busy planning for 2025 already and as always appreciate your suggestions and ideas for events you would like to see. Remember that you can take advantage of early bird prices if you book early enough so do keep an eye on the website for new events as they come out!



SOUTH WEST WALES AREA REPRESENTATIVE

Lesley Dever



Dear Fellow Yogis,

The sun is shining as I write this and there is warmth in it; so hopefully by the time you read this we will be properly into summer. The longer days encourage me to spend more time outdoors, in the garden and out walking exploring our beautiful part of Wales.

We have good news on the events front for South West Wales. On 12 September 2024, we have a CPD day on **The Sacred Feminine with Reva Adie** and we are pleased to be able to host this at a lovely new venue in **Carmarthen, The Nurture Centre**. This is part of our aim to bring events closer to those of us in more outlying parts of Wales so I do hope you will support it. We also have a morning of **Yoga Practice to Cultivate the Dynamics of Awareness with Sama Fabian**, on 12 October 2024 from 10-1 at the **Swansea Wellbeing Centre**.

As I write, the AGM and elections are approaching but, unfortunately, for personal reasons I have decided not to stand as South West Representative. I leave you in the able hands of Michelle Davies who in fact has done all the hard work this last year in getting events moving and I know she will continue to do so to the best of her ability. It has been an eye-opener for me to see all the hard work of our reps at first hand, and to experience the complex machine that is the BWY as a whole (including the understandable blips that beset the launching of the new website!). I look forward still to meeting many of you at future events.

I leave you with some words from the 15th Century Indian mystic poet Kabir:

*“ Don’t go outside your house to see the flowers.
My friend, don’t bother with that excursion.
Inside your body there are flowers.
One flower has a thousand petals.
That will do for a place to sit.
Sitting there you will have a glimpse of beauty
inside the body and out of it,
before gardens and after gardens.”*

I wish you all many flowers this summer, both within and without.

Namaste
Lesley Dever

SOUTH WEST WALES AREA DEPUTY REPRESENTATIVE

Michelle Davis



Hello everyone,
As I sit down this evening to write for our little magazine, I notice how much lighter the evenings are. By the time 'Beyond the Mat' falls onto your mat, we will almost be half way through the year and although much of the summer is still ahead, nature will soon start to slowly begin the process of preparing for autumn and winter. Which is why I frequently remind myself to stay in the present

and to enjoy each day, no matter the season, as it comes.

I am sad to learn that Lesley has decided not to stand for SW Wales rep this year. I am so pleased to have met her, she is a lovely person with much experience and knowledge to share. She will be missed. I feel I have made a firm friend and intend on keeping in touch. Maybe I can persuade her to contribute to an event.

Lesley has already mentioned two events taking place in South West Wales this year. On the 12 September 2024, in Swansea Wellbeing Centre – Sama Febian's Yoga Practice to Cultivate the Dynamics of Awareness and Reva Adie, the Sacred Feminine on 14 September 2024, at The Nurture Centre Carmarthen. This is the first time The Nurture Centre has been used for our events. I am hoping to use it again in the future; I ask then that you spread the word and encourage others to come.

I am hoping to hold further events, including teachers meeting and a first aid course at both Swansea and Carmarthen. We need to bring the BWY further into SW Wales.

With that, I will leave you until next time. 🙏

Michelle

PUBLISHING POLICY

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

Please send adverts, course listings and articles to the editor at wales.secretary@bwyregions.org.uk. Word documents are preferred, but jpegs also accepted. If you wish to take advantage of members' rates, please provide your BWY membership number. Foundation, teaching, and module courses are free for the events listings section but are payable if advertised.

Advertising Rate (inc VAT)	BWY / Accredited Price	Full Price	Format
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DATE	EVENT	LOCATION	TYPE	CONTACT
https://portal.bwy.org.uk/user/events/657				
23 June	A Day of Yoga <u>Tutors:</u> Diana O'Reilly, Genine Meek, Suzanne Williams, Nathasha Harvey, Kate Holly	Morganstown Village Hall, Heol Syr Lewis, Morganstown, Cardiff CF15 8LE	09.00 – 17.30	Dave Fowler
https://portal.bwy.org.uk/user/events/656				
11 August	Welsh Dragon Yoga Festival <u>Tutors:</u> Marye Wyvill, Rajesh David, Lynne Jones, Swami Krishnapremananda, Diana O'Reilly, Dr Nicholas Campion	University Of Wales, Trinity Saint David, 15 College Street, Lampeter, Ceredigion, SA48 7ED	Sangha in-person and online event 08.45 – 18.30	Dave Fowler Jo Bogacz
https://portal.bwy.org.uk/user/events/729				
14 Sept	The Sacred Feminine <u>Tutor:</u> Reva Adie	The Nurture Centre, Cambrian Place, John Street, SA31 1QG	CPD Day 10.00 – 16.00	Michelle Davies
https://portal.bwy.org.uk/user/events/643				
6 Oct	The bandhas: the Core Practices of Hatha Yoga <u>Tutor:</u> Swami Krishnapremananda	Llanishen Baptist Church, Fidas Road, CF14 5LZ	CPD Day 10.00 - 16.00	Dave Fowler
https://portal.bwy.org.uk/user/events/629				
12 Oct	Morning of yoga practice to cultivate the dynamics of awareness <u>Tutor:</u> Sama Fabian	Swansea Wellbeing Centre, Walter Road, Burnman Street, SA1 5PQ	10.00 – 13.00	Jo Bogacz
https://portal.bwy.org.uk/user/events/639				
23 Nov	Meditation: An exploration of practice & teaching <u>Tutor:</u> Lynne Jones	Llanfoist Village Hall, Llanfoist, NP7 9LP	CPD Day 10.00 - 16.00	Kate Holly

MEDITATION - AN EXPLORATION OF PRACTICE AND TEACHING

Lynne Jones - BWY Diploma Course Tutor

Saturday 23rd November 2024

What is meditation? We will start the day by asking this question, and also exploring and sharing with each other the obstacles to the practice and teaching of meditation.

Meditation may be more accessible than you think. As yoga teachers, we already share so many practices with our students that develop mindfulness, awareness and presence. We are already teaching much of the preparatory work, the stages towards meditation.

The first four sutras of Patanjali (as translated by Alistair Shearer) state:

And now the teaching on yoga begins.
Yoga is the settling of the mind into
silence.
When the mind has settled, we are
established in our essential nature, which
is unbounded consciousness.
Our essential nature is usually overshadowed
by the activity of the mind.

The day will be a balance of activities and practices that aim to work equally with the three centres: head (understanding and insight, cognitive), heart centre (breath, feeling/emotional intelligence, affective) and belly centre (agency, movement, action, psychomotor).

This will be achieved by engaging in a mixture of practices (including movement, breath work, walking and sitting meditation, relaxation), feedback, discussion and Q&A, self-enquiry and self-reflection (Svadyaya), small group work, short teaching practices. Sharing of experience as teachers and practitioners.

We will discuss meditation in terms of the Panchamayakosha - the five human energy fields or 'five sheaths'.

We will also discuss how meditation invokes the Relaxation

Response - the realm of the vagus nerve and the parasympathetic nervous system. It can play a major role in maintaining balance of the autonomic nervous system (ANS). Resilience is the happy consequence of a continuous process in which the ANS moves smoothly between the sympathetic and parasympathetic.

I will draw on the teachings of Patanjali (all eight limbs, but moving in the direction of Samyama: Dharana, Dhyana and Samadhi), the Buddha, and the Vigyana Bhairava Tantra, as well as my own practice of meditation for almost 30 years.

I will introduce a number of 'dharana' or concentration practices from the Vigyana Bhairava Tantra, simple techniques (some of which may be very familiar to you) that can guide us, and our students, in the direction of meditation ('dhyana') and the settled mind ('samadhi').

There will be opportunities in the afternoon to integrate what you have learned and apply it in a short teaching practice to a couple of others in small groups.

THE BANDHAS – THE CORE PRACTICES OF HATHA YOGA

Swami Krishnapremananda

Bandhas, or energetic locks, are practices we can use to add a new dimension to pranayama, redirecting the flow of prana/ life force within. They heighten and refine inner flows of energy and naturally induce an inner stillness. They are therefore an excellent preparation for meditation. Their influence extends through the physical, pranic and mental bodies.

They are part of the Hatha Yoga tradition which includes asana/ posture, pranayama/ breathing practices, mudra/ energetic gestures and shatkarma/ cleansing practices. It is a rich tradition that is as invaluable today as it's ever been. Yet mostly in the west the primary focus is on asana/ postures in yoga classes meaning the profound practices of bandha are often neglected or misunderstood.

There are three bandha practices: jalandhara or the neck lock, uddiyana or the abdominal lock and moola bandha or the pelvic floor lock. They often involve breath retention, and hence some previous experience of pranayama, and hatha yoga in general, is a pre-requisite. When all three of the bandha are combined together, they form what is termed as the fourth bandha, i.e. maha bandha,

or the great lock.

If you wish to learn more, you are welcome to attend the CPD day on bandha that I am holding on October 6th, 2024, in Cardiff. During the day we will explore each of the bandhas, step by systematic step, giving participants the personal experience of the bandha practice and their unique effects, physically and energetically. Participants will gain the clarity and confidence to incorporate them in their home practice and, in time, their subsequent teaching.

Warm wishes, Sw. Krishnaprem

MY YOGA JOURNEY

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



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

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

The first Yoga class I attended was in 1974. It was held in a small primary school in Bristol. What I loved about the class was the total

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

Once I went to live in London I followed my best friend to the Sivananda Centre which was then in Notting Hill. I was drawn to the ritual, the form of the practice and the way it made me feel. We both practised yoga throughout our pregnancies — and in fact, although I was by then living in Bhutan in the Himalayas where I was working as a VSO nurse, she sent me books and things to read to guide me in the right direction. Yoga enabled both of us to experience the most positive of pregnancies and birth experiences - far beyond anything I could ever have imagined.

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

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

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

Pregnancy Module starts Online in June 2024 followed by two in person weekends in Edinburgh.

During the years between my Active Birth Training and my Midwifery training, I returned to Bhutan with my family for another three and a half years. My husband was Project Manager for a National Park which led to us spending 6 months in a remote, high altitude village at over 12,000 feet and 4 days walk from the nearest road. This experience warrants a separate article - more like a book. One day maybe. On one memorable occasion I taught a yoga class up there - to members of a trekking party who were passing through. Perhaps more importantly it was while living in Bhutan I met a remarkable teacher Dzongsar Khyentse Rinpoche. He became my inspiration for my meditation practice and finally taking refuge in the Buddhist path in 2003.

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

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

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

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

BWYT RESTORATIVE YOGA TEACHER TRAINING MODULE

September-November 2024
With Carol Trevor



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

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

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

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

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

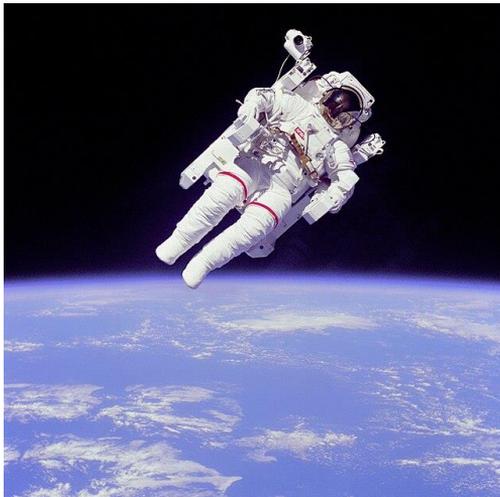
For all, the residue of restorative yoga is beyond value. When we exit practice, there can only be *ahimsa*, towards ourselves and others. Our loved ones, colleagues and strangers alike notice something about us that creates connection on a deeper level and makes life lighter. There is a presence that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

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

GRAVITY – OUR LIFELINE

by Marye Wyvill

Photo: Bruce McCandless II during EVA in 1984



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

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

When we are upright, the force of gravity pulls through the body

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

The problem of deteriorating bone tissue does not depend upon age alone but is in part conditioned on the reaction of the organism to its environment. When our habit is to collapse and shrink with every step, movement loses its joy, and decline on more than just a physical level is inevitable.

For an astronaut returning from space, initially unable to walk, a programme of exercise which produces pulsations of springy pressure through re-confrontation with gravity will re-generate their wasted bones. This can only be achieved if the skeleton is optimally aligned for an effective, continuous trajectory of pressure.

The **Bones for Life** programme, developed by the late Dr Ruthy Alon, is designed to maintain, and even increase, bone strength through well-organized posture and dynamic, harmonious movement.

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

Making a 'steering wheel'

Stand comfortably. Place both hands on the centre of your chest, one on top of the other. The fingertips of the upper hand are level with the wrist of the lower hand. Imagine the hands are lightly glued together, and to the chest beneath.

Arrange the forearms in a straight line from elbow to elbow. If this creates too much tension in your shoulders, allow the elbows to drop slightly.

Steering

Direct your right elbow towards the floor and your left elbow towards the ceiling. Let the skin of your chest be dragged by the movement of the steering wheel. While doing this, keep your body upright.

Reverse the movement...now your left elbow moves down while your right elbow moves up.

Practise turning your steering wheel a few times, then rest your arms.

The symbolic walk

Walk slowly on the spot, lifting just your heels alternately. As one heel thrusts into the ground, the other heel lifts. You may feel yourself getting taller as a heel thrusts, and shorter in the moments between the heels thrusting.

Walking and steering together

We will now coordinate these movements in two different ways, one leading to collapse, the other to length.

*Have your steering wheel level. Begin to slowly lift and thrust alternate heels. Turn your steering wheel in such a way that when your right heel thrusts down, your right elbow steers down, while your left elbow steers up. When it's the turn of your left heel to thrust down, the left elbow steers down. Notice that the distance between elbow and heel remains constant. This is the pattern of **collapse**.*

*Begin again with the symbolic walk. This time, as the right heel thrusts down, steer the right elbow up; as the left heel thrusts, the left elbow steers up. Notice that the distance between elbow and heel gets shorter as the heel lifts, and longer as the heel thrusts down. This is the pattern of **lengthening**, which supports our weight as we move.*

The actual walk

Experiment with these two patterns in walking. As one heel strikes, let the elbow on that side steer down. Notice the tendency to collapse. Now reverse the pattern, so that the elbow on the striking heel side lifts, and that whole side lengthens.

Rest the arms, and continue to walk. Can you sense an echo of that lengthening, that successful confrontation with gravity?

For information about Marye Wyvill's 2025-2026 **Bones for Life** TTC, and upcoming retreats, see: www.movementintelligence.co.uk

BUILDING COMMUNITY AND CONNECTION IN ONLINE COURSES

Christiane Kerr - Calm for Kids

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

Since 2003, I've been running workshops and training courses for

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

Since 2021, most of the teacher training I do is online via a combination of live Zoom sessions and self-paced lessons. With the online courses I was keen to create the same nurturing environment as the in-person courses.

Creating a Safe Space

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

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

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

Icebreakers

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

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

Creative Activities & Games

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

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

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

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

Teaching Practice Sessions

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

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

By Claire Hall (she/her)

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

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

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

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

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

Yoga is like the secret door inside the wardrobe. Every time I practice I seem to go somewhere away from my daily worries and stress. And that is huge because so often I feel trapped in my own life¹

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

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

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

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.

The Ashram Sangha

Join our online community for experienced yoga practitioners



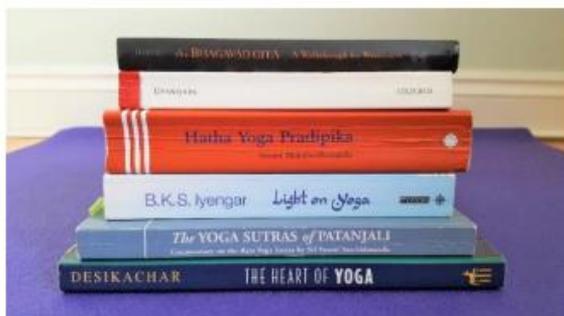
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BWY Foundation Course

BWY Foundation course (1) is for students who wish to take their own yoga journey further for their own personal joy and love of yoga, for those considering teacher training (but unsure) and those keen to continue to teacher training and beyond. It is a wonderful course of self-discovery and development. It develops learning and awareness beyond what is typically covered in general classes, and encourages a deeper personal practice.

Applications are welcome from students from all backgrounds, with a minimum of 2 years consistent practice with a teacher.

Introductory workshops will run July/August 2024.

The course runs **1 weekend a month** from **September 2024 – March 2025**, in Penarth, Cardiff.

To express your interest and find out more, please contact **Tori Lang**: info@yogawithtori.co.uk

Reviews from previous students:
<https://www.yogawithtori.co.uk/foundation-course/>

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

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
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PRANAYAMA FOUNDATION COURSE

Online via Zoom with *PHILIP XERRI*

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

The course offers

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



PRANAYAMA INTENSIVE



Holland House, Cropthorne, Near Evesham

October 4 – 6th. 2024 with PHILIP XERRI

A specialised retreat on the progressive practice of Pranayama. My approach is 'integrated', which means that although the focus is always Pranayama, integrated throughout the sessions are related Asana, Mudra, Bandha and Kriya practices.

Philip has been practicing/teaching Pranayama for over 40 years. Originally trained with Swami Gitananda in India, he has also worked within many other disciplines and Schools of Yoga. His first inspiration was Philip Jones – the 'Welsh Wizard of Pranayama' whose understanding of the connections between the Breath and Prana was profound.

It is these connections and their relevance to the deeper aspects of Yoga practice that we will be exploring on this Course



Details/Booking for both Courses please contact me at pax_yoga@yahoo.com

TUESDAYS 6 – 6.45pm Pranayama Class

Booking www.yogaquests.co.uk

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2025-2026 Bones for Life TTC

Tutor: Marye Wyvill, Co-Director Movement Intelligence UK

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

- Improved posture and mobility
- Harmonious coordination
- Healthy ageing



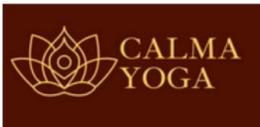
Whether you want to become a **Bones for Life** teacher, incorporate Movement Intelligence principles into your own professional practice, or for your own personal development, you will find **Bones for Life** an empowering approach to overall well-being.

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

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

www.movementintelligence.co.uk

Bones for Life is covered by BWY Student & Teacher Insurance



INDIA 2024

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



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

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