



BWY

AT
THE
HEART
OF YOGA

IN THE SOUTH WEST

WITH THE FLOW

Summer 2024

www.bwy.org.uk

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PUBLISHING POLICY

Please send adverts to the Newsletter Editor and make payments as per the instructions on the invoice. If you wish to take advantage of members' rates, you will need to provide your BWY membership number. If you are part of a registered charity VAT will be deducted. Listings for BWY foundation courses, modules and teaching diploma courses within the region are free.

Advertising Rates (inc VAT)

Half Page
 Full Page
 Back Page (Colour)

BWY / Accredited Price

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 £48.00

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(Adverts and Editorial)
 11 September
 9 January
 7 May

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

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

SOUTH WEST NEWS

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CPD points

Some of you may have noticed that not all your CPD points have been migrated across to the new website; please don't worry - this will not affect your insurance cover in any way.

If you haven't already done so we would recommend checking your CPD points.

If they have not all been migrated across you will need to inform Natalie (communications@bwy.org.uk): Your CPD points will not be migrated across if you do not let her know.

You can still add new CPD points even if yours have not all been migrated across yet.

REGIONAL OFFICER'S REPORT



I am writing this a day after the 2024 AGM took place on 9 May and I hope by now you have had the opportunity to view the recording unless you attended in person. (see Page 13 for a short summary and links).

Although I cannot say that every issue with the new website is fixed, most of the key ones have been addressed and work is going on to get through the list as quickly as possible.

Please contact communications@bwy.org.uk if you do need to report any problems.

I would also like to take this opportunity to point out that our volunteers work tirelessly to organise your events, in their own time, so when you are inconvenienced by a website issue, or by any other error or miscommunication, please treat them with kindness and respect.

You are probably reading this and thinking that all members of the British Wheel of Yoga would of course do that, but there is a small minority who forget to adopt this mindset when something goes wrong, and my comment is directed at them.

In kindness, and Namaste 🙏

Keith

REGIONAL EDITOR'S REPORT

**Your regional newsletter is changing**

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

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

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

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

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

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

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

In the meantime, if you have any queries, please send them to Keith Hart at southwest.editor@bwyregions.org.uk

Namaste ☺

Keith



DEVON REPORT



Mary-Ella Kyte

By the time you read this the Southwest will have just enjoyed their Summer Sangha in Plymouth, experiencing an eclectic mix of yoga from local teachers based in Devon and Cornwall. The day will have concluded with a Sound Bath in the main atrium of Market Hall, in front of the impressive and beautiful staircase.

If this event proves successful, it may well be ideal to hold a second event there. Any teachers wishing to be involved in this are welcome to contact me. Suggestions for other great venues welcome from members too.

We will then be looking forward to Angela Ashwin's Prana and Pranayama CPD day, to be held at Kenton Victory Hall, Exeter on 21st July.

Looking way, way ahead to next year, it looks like we will have Gary Carter visiting Plymouth on Sunday 6th April, with a yet to be chosen workshop theme. I am most grateful to Gary and Sharon putting in quite a detour to accommodate us, acknowledging that our Southwest counties can be rather overlooked in terms of available events.

Warm wishes,

Mary-Ella & Anna

DORSET REPORT



Hayley Giles



Emma Whitewood

Hello Beautiful People,

We are so excited to share the most amazing Dorset Event with you all!

*****SAVE THE DATE***
Saturday 9th November**

We are hosting a **Whole Day of Yoga** at the absolutely stunning (picture overleaf) **Italian Villa at Compton Acres on Saturday 9th November 2024**, an all-day event for all things yoga. This event is BIG (70 mat spaces) and will bring some much-needed vibrancy and joy back into Yoga in Dorset, as we come together and celebrate the wonder that is yoga. How lucky we are to be able to share in it as a community.

The sessions will be interesting, relevant and inspiring, as we upskill as practitioners but also come together as like-minded friends. We will share in movement, philosophy, food (a fabulous lunch will be provided) and deep rest (glorious sound bath, here we come!). I don't think we could be any more excited to share this with you all. So, pop the date in your diary and watch this space, more details will be on their way to you very soon!

CONNECT~TOGETHER~COMMUNITY~QUALITY~INSPIRING~BLISS

Take care of yourselves, remember the value of filling your own cup. As we all know, without beginning with your Self, you simply cannot serve others.

*"Be content with what you have,
Rejoice in the way things are,
When you find there is nothing lacking
the whole world belongs to you"*

Lao Tzu

Love, as always.

Hayley and Emma



The Italian Villa at Compton Acres

SOMERSET REPORT



Jo Webb

By the time you read this we will be into Summer. Our Sangha in Plymouth in person and online, for those too far from the venue will have taken place. We have continued to respond to your ideas for CPD and tutors.

Please remember booking in good time is important especially for in-person days. We often have to pay for venues in advance and decisions about viability need to be made in good time. Look after yourselves 😊

Pitta Season Diet

During the summer, our bodies naturally crave light foods and small meals that are easy to digest because the [agni](#) (the digestive fire)—a strong source of internal heat—disperses in order to help keep us cool.

<https://www.banyanbotanicals.com/info/ayurvedic-living/learning-ayurveda/glossary-of-ayurvedic-terms/>

<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/health-guides/digestion/>

Being fully present with your meals while savouring the flavour and texture of your food will help minimize the risk of overeating.

Summer is a time to favour the sweet, bitter, and astringent tastes and to relish in cool, liquid, even slightly oily foods.

<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/diet/six-tastes/sweet-taste/>

<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/diet/six-tastes/bitter-taste/>

<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/diet/six-tastes/astringent-taste/>

This is the best time of year to enjoy fresh fruits and salads. It is also a great time to indulge in sweet dairy products such as milk, butter, ghee, cottage cheese, fresh homemade yogurt, and even ice cream on occasion.

All unrefined sweeteners except honey and molasses are cooling and can be enjoyed in moderation during the summer months. In the way of beverages to beat the heat, enjoy cool or room temperature water infused with mint or lime and a little raw sugar, a sweet lassi, cooling herbal teas such as peppermint, licorice, fennel or rose, or an occasional beer. Iced drinks are best avoided; they disturb the digestive fire and create toxins in the body.

Go easy on sour or unripe fruits, aged cheeses, and heating vegetables and spices such as carrots, beets, radishes, onions, garlic, ginger, and mustard seeds. Try to avoid extremely spicy foods like chilies or cayenne pepper altogether.

Also, keep in mind that raw vegetables (as in salads) will be better digested if they are eaten at lunch, rather than at dinner.

“Self-care is not self-indulgence, it is self-preservation.”

Audre Lorde, feminist and civil rights leader

In Yoga

Jo Webb

CHRISTINA BOSLEY: EDUCATION CHAMPION OF THE YEAR 2024 IN THE BWY HEART OF YOGA AWARDS



On 9 May, at the BWY AGM, our very own Tina (until recently South West Regional Training Officer, and before that the Area Rep for Wiltshire) was awarded Education Champion of the Year in the Heart Of Yoga Awards.

Tina joined our Committee in November 2015 and since then she has organised countless CPD events, workshops, festivals, and First Aid days.

As Regional Training Officer she provided her experience and expertise bringing new Area Reps into the role, and has always been there to provide her support, despite her time being limited by being a full-time carer.

Recently she was instrumental in helping the South region re-establish a Committee from scratch, and committee life in the South West is just not the same without her.

Congratulations Tina - have a great summer 😊



BWY AGM 2024: A BRIEF SUMMARY



Some of the Heart of Yoga Award winners with the CEO

The Friends' Meeting House on Euston Road in London was the place to be on 9 May!

Peter Tyldesley, BWY CEO, described a very busy year during which our new Articles were passed at our EGM in January, further improvements have been made to the governance of our charity, and a 3-year Strategy has been launched, which you can see here:

<https://portal.bwy.org.uk/user/resources/index?category=38>

Di O'Reilly, Chair of the Board of Trustees, spoke about relationships being forged with outside bodies and a new level of media exposure for the Wheel with interviews being broadcast across many media platforms, and acknowledged the challenges we have faced since the launch of a new website which has not gone nearly as well as we would have liked.

Michele Misgalla summarised the activities of the Training Committee and Deana Morris, Head of Communications & Engagement, spoke about the website challenges in more detail as well as the 'normal' work of her team including our attendance at the Om Show, which we will be returning to this year.

And Keith Hart spoke about what the regions have been doing over the last 12 months.

To see the slides presented, or the live recording, please visit the website here –

<https://portal.bwy.org.uk/user/resources/index?category=106> - it will help you to be more informed about what the BWY is doing on your behalf and it is time well spent.

GRAVITY – OUR LIFELINE BY MARYE WYVILL



Image from Wikipedia Commons

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.

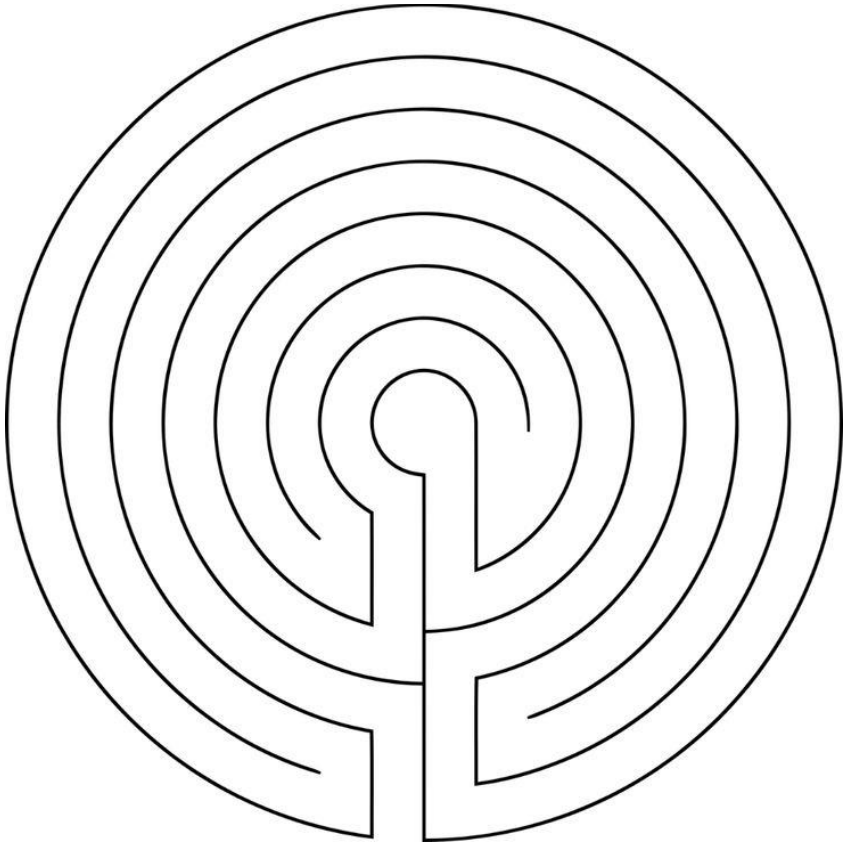
Rest the arms, and continue to walk. Can you sense an echo of that lengthening, that successful confrontation with gravity?

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

LET YOUR FINGERS DO THE WALKING!

I am sure that most of us have walked a labyrinth in our time, but have you completed the same process sitting down in a place of calm and tranquility, and tracing one with your finger?

Place your finger at the Start, and trace it as if you were walking to the centre. On your way there, **Release**, Let Go . . . **Pause** at the centre to **Receive** whatever arises . . . and as you trace your way back to the Start, allow the process to **Restore** you . . .



START

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



- 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

What you'll get:

- Weekly live teaching
- Monthly live mini-retreats
- Weekly meditation recordings
- Recordings of all live sessions

www.mandalayogaashram.com
info@mandalayogaashram.com

Find us on:
Facebook, Instagram and Spotify

BOOKING PROCEDURES AND INFORMATION

EVENT BOOKINGS CAN BE MADE ON THE WEBSITE: WWW.BWY.ORG.UK

The easiest way to view events as a BWY Member is as follows:

- Login using the Member Login button on the homepage
- Hover over the Events tab and enter your postcode
- A table of events from all regions close to you will appear
- Browse events, click on each one for more details and to book

TO BOOK AN EVENT:

- Click on the title of the event
- Scroll to the bottom of the page to Ticket Types
- If you are logged in, but can't see any ticket types it means you are not eligible to book onto this event, ie; teacher only events
- Select type & number of tickets you want & complete the form
- Click submit

Please email queries to the organizer of that particular event as listed on the next page or contact Central Office for technical issues.

REFUND AND TRANSFER OPTIONS:

1. Cancellation prior to 30 days from due date of event – full refund. The amount can be used to off-set against the cost of another event subject to availability and at the discretion of the event organisers.
2. Cancellation within 15 to 29 days of event date – 50% refund. This amount can be used to off-set against the cost of another event subject to availability and at the discretion of the event organisers.
3. Cancellation within 0 to 14 days of the event date – no refund or transfer.

DATE	EVENT	VENUE	TYPE	CONTACT
29 June 2024	Emergency First Aid At Work With Alison Hawthorn	Shepton Mallet, Somerset	First Aid	Jo Webb
29 June 2024	Developing The Inner Felt Sense Through Somatics And Yoga With Debby Wilkinson	Online	Workshop	Jo Webb
21 July	Prana & Pranyama With Angela Ashwin	Kenton, Exeter.	Workshop	Mary Ella Kyte
7 September	Hatha Yoga Pradipika 2 With Wendy Teasdill	Online	CPD	Jo Webb
5 October	Asana Practice With An Ayurvedic Approach With Tarik Dervish	Online	Workshop	Jo Webb
13 October	Hypermobility and Yoga	Online	Workshop	Jo Webb
23 November	Zoe Knott Masterclass: Preparing For Ardha Chandrasana	Online	Workshop	Jo Webb

EMERGENCY FIRST AID AT WORK WITH ALISON HAWTHORN



Date:

29 June 2024

9.30-4.30

Location:

St Michael's Parish Room

6 Park Rd

Shepton Mallet

BA4 5 QR

Cost:

Membership/Accredited

Discount: £78

Non-Member: £88

The qualification is valid for 3 years.

The content of this course provides basic life saving first aid and workplace health and safety regulations

The fee includes a first aid manual and certificate.

Alison Hawthorn is a qualified first aid trainer and also a yoga teacher.

Please bring lunch, pen and paper, tea and coffee will be provided. Yoga mats and kit will not be needed.

For booking information, see <https://portal.bwy.org.uk/user/events/641>

DEVELOPING THE INNER FELT SENSE THROUGH SOMATICS AND YOGA WITH DEBBY WILKINSON



Date:

29 June 2024

10.00 a.m. -1.00 p.m.

Location:

ONLINE

Cost:

Membership/Accredited

Discount: £20

Non-Member: £25

This morning workshop will include an introduction to the theory behind Somatics; an introduction to a range of Somatics movements in a guided practice and an exploration on the relationship between Yoga and Somatics.

There will be an opportunity to ask questions.

Debby is an experienced Yoga and Somatics teacher, and has been a BWY Diploma Course Tutor for the last 12 years.

She runs the highly successful White Horse Yoga Centre in Devizes, Wiltshire, where she runs weekly classes, teacher training courses, workshops and CPD events for teachers and experienced students including a 4-day BWY module entitled "How Can Somatics Influence our Yoga practice? – A Journey to the Inner Felt Sense".

For more details and booking information, see <https://portal.bwy.org.uk/user/events/722>

PRANA & PRANYAMA WITH ANGELA ASHWIN



Date:

21 July 2024

10.00 a.m. - 4.30 p.m.

Location:

Kenton Victory Hall

Kenton Hill,

Kenton,

EX6 8JA

Cost:

Membership/Accredited

Discount: £40

Non-Member: £50

Angela has practiced Yoga for over 40 years, taught for 30 years and trained teachers for 20 years. Her love for the Yoga philosophy made her train as a BWY teacher and later as DCT.

She has always worked with, practiced and taught the Indian heritage, mainly Patanjali, Gita, Upanishads and Hatha Yoga Pradipika.

Over time she realised that translations are imprecise, and learned Sanskrit.

For more than 10 years she has explored the pranayama hidden behind the translations and modern interpretations

She would like to share her findings with you so that you too find the authentic, deeply meaningful pranayama and can share it with your students.

For more details and booking information, see

<https://portal.bwy.org.uk/user/vents/702>

CPD: HATHA YOGA PRADIPIKA 2 WITH WENDY TEASDILL



Date:

7 September 2024

10.00 a.m. - 4.00 p.m.

Location:

Caryford Hall

Maggs Lane

Somerset

BA7 7JJ

Cost:

Membership/Accredited

Discount: £40

Non-Member: £50

This is a follow-up day to Integrating Aspects of the HYP into a General Yoga Class. Attendees do not need to have attended the first day.

The day is practice-based, infused with the philosophy and history of hatha yoga. We briefly recap on what teachers will have covered in their diploma training (ie. history, contents and purpose of the Hatha Yoga Pradipika) and go on to expand upon how teachers can integrate the contents of this medieval text into their teaching in a practical manner.

For more details and booking information, see

<https://portal.bwy.org.uk/user/events/715>

ASANA PRACTICE WITH AN AYURVEDIC APPROACH WITH TARIK DERVISH



Date:

5 October 2024

10.00 a.m. - 4.00 p.m.

Location:

ONLINE

Cost:

Membership/Accredited
Discount: £40

Non-Member: £50

This workshop will explore the principles behind why certain systems suit us better than others and how we can adapt our own practice and potentially the classes we run for our students to take Ayurvedic principles into account. The following considerations might include: The season, the time of day, the time of life and some basic common ailments.

Tarik has been teaching Yoga for 25 years and Ayurveda for 20 years. He is a DCT, BWY Diploma holder and also holds an honours degree in Ayurveda. He specialises in building bridges between the two practices to help improve health and wellbeing and create the foundations for a deeper relationship with Self. He also runs an Ayurvedic clinic in Central London, Teacher Training courses and a BWY Module in Ayurveda co-tutored with Dr Cathy Mae Karelse.

For more details and booking information, see <https://portal.bwy.org.uk/user/vents/747>

HYPERMOBILITY AND YOGA WITH CAROL TREVOR



Date:

13 October 2024

10.00-15.45

Location:

Online

Cost:

Membership/Accredited

Discount: £40

Non-Member: £50

Hypermobility is commonly evident in yoga classes (and among yoga teachers), but is it catered for? Are adaptations optional or essential for a condition that can range from asymptomatic to debilitating, and what happens with age?

Hypermobility may initially seem like a blessing in yoga, yet it can present unique - and possibly surprising - challenges, ranging from joint pain, stiffness and tension, a propensity for injury, compensatory imbalances, a scattered mind and difficulty with spatial awareness.

For more details and booking information, see <https://portal.bwy.org.uk/user/vents/557>

ZOE KNOTT MASTERCLASS: PREPARING FOR ARDHA CHANDRASANA



Date:

23 November 2024

12.30 p.m. - 4.30 p.m.

Location:

ONLINE

Cost:

Membership/Accredited
Discount: £20

Non-Member: £25

An asana-based practice building towards Half Moon Balance, with a safe, accessible approach, while exploring the varied elements of the asana to deepen both our experience and understanding of the pose.

For more details and booking information, see <https://portal.bwy.org.uk/user/events/740>



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2024

6 Saturdays

14th and 21st

September, 5th, 12

and 26th October

2nd November

ONLINE VIA ZOOM





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



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

calm
for kids

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

BWYT RESTORATIVE YOGA MODULE

TEACHER TRAINING SEP-NOV 2024



30-Hour Online CPD
Open to all qualified yoga teachers

An invitation to explore this practice for our time, nourish yourself and enhance your teaching skills in a supportive group

BWY Certification and Yoga Alliance CEUs

With Carol Trevor
Experienced teacher training and CPD tutor
BWY Dip., E-RYT500, YACEP, MA

For details and to apply:

carol@yogacarol.co.uk

07949 743 942

www.yogacarol.co.uk

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, Crophorne, Near Evesham

October 4 – 6th. 2024 with PHILIP XERRI

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

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

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



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

TUESDAYS 6 – 6.45pm Pranayama Class

Booking www.yogaquests.co.uk

One2One Sessions via zoom offering progressive training in the process of Pranayama, therapeutic breathing patterns, aspects of personal practice.

Please contact me at pax_yoga@yahoo.com

Yoga with Ruth White



Yoga at Aura Soma

Thursday 27th June – Monday 1st July 2024

Ruth is delighted to be returning to this fine spacious country mansion in Tetford village, LN9 6QL.

A full programme is offered from dawn until dusk, please feel free to attend all or any. We can practice pranayama together in the early morning and talks after supper.

Yoga class, meal, and talk on day of arrival and departure.

Come and join us.

Weekend Yoga at Hawkwood

Friday 27th – Sunday 29th September 2024

Whatever your ability, you will be most welcome at this 2-day yoga retreat.

Hawkwood, GL6 7QW, is set in 42 acres of beautiful gardens, woods, and fields at the head of the Stroud Valley. Renowned for its delicious organic cuisine, it also has its own spring water. It truly is a magical weekend.



A Different Day in Yoga

Every month at Beaconsfield Hall, OX7 5BQ
9.45am – 3pm

Take a further step into the peace and quiet of the mind through the practice of asana, pranayama & meditation
24th January, 21st February & 20th March



www.yogawithruthwhite.com - info@yogawithruthwhite.com - 07587 140032

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with MindfulnessUK

We offer a variety of mindfulness and compassion courses, online, face-to-face or as an e-Course, using different learning materials and methods to give you the tools that you need, and our friendly team will support you throughout your chosen training pathway.



Our courses

Mindfulness-Based Stress Reduction Teacher Training (MBSRTT)

Integrating Mindfulness and Compassion Qualification (IMC)

Compassionate Mindful Resilience Teacher Training (CMRTT)

Continuous Professional Development (CPD)

Mindfulness-Based Stress Reduction (MBSR)

Compassionate Mindful Resilience (CMR)

Silent Meditation Retreats



For more information and to book our courses visit our website www.mindfulnessuk.com

Or email info@mindfulnessuk.com



MindfulnessUK®