



BWY

AT  
THE  
HEART  
OF YOGA

SPECTRUM  
magazine

Ready for Winter Solstice

Take a seat

Chair yoga with Richard

Power in community

Creating circles of light

autumn/  
winter 2024  
£3.95 free to members

## Central Office enquiries:

If you have a question about your membership, we are here to help:  
Telephone: 01529 306851  
Email: [office@bwy.org.uk](mailto:office@bwy.org.uk)  
Visit: [www.bwy.org.uk](http://www.bwy.org.uk)  
British Wheel of Yoga Central Office  
25 Jermyn Street, Sleaford, Lincolnshire, NG34 7RU

## Safeguarding

[safeguarding@bwy.org.uk](mailto:safeguarding@bwy.org.uk)  
01529 306851

The British Wheel of Yoga (BWY) is the largest yoga membership organisation in the country and the Sport England recognised national governing body for yoga. Spectrum magazine is our publication made available to our members three times a year. At our core remains our guiding philosophy to promote a greater understanding of yoga and its safe practice through experience, education, discussion, study and training.

## Submissions and claims by contributors

The purpose of Spectrum is to provide a forum to share ideas, opinions and experiences and to encourage the discussion and study of topics and themes related to yoga. Opinions or claims that are expressed in our contributor's submissions are the opinions or claims of those contributors and are not necessarily those of BWY. Although we take reasonable efforts to check the accuracy of information or claims at the time of publication, we cannot guarantee that all information and claims made in submissions will be factual or accurate. We also use reasonable efforts to acknowledge the sources of all material used. In case of inadvertent error or omission of facts or sources, the Editor will make the necessary correction in a future issue.

## No medical advice

Readers are encouraged to use their discretion at all times. All content in Spectrum is for general and informational purposes only. We do not make or encourage the making of any health claims. Our content should not be construed as medical advice or be relied upon for medical, diagnostic or treatment purposes, or as an alternative or substitute to seeking appropriate medical assistance where required. If you have any health concerns or are new to yoga and want to check whether you are fit to partake in a particular yoga exercise, you should seek appropriate medical assistance. When doing yoga, we encourage you to act responsibly and sensibly at all times.

## Deadline and publication dates:

Edition	Copy deadline	Publication
Summer	10 April	late June
Autumn-Winter	21 August	late October
Spring	7 January	late March

Intellectual property rights and plagiarism: All rights in materials contained in Spectrum are reserved. The materials contained in Spectrum may not be reproduced, transmitted, distributed or used in any way so as to undermine the ownership of such material without the express written consent of the owner of the materials (whether that be BWY, a contributor or another third party). Any queries on the ownership or use of materials contained in Spectrum can be directed to the Editor. We take reasonable steps to prevent the plagiarism of material in Spectrum, but we cannot guarantee that submissions made by contributors are always original. Any complaints in this regard should be directed to the individual author who can be contacted via Spectrum.

## Advertisements:

Advertisements for publication in Spectrum are accepted at the Editor's discretion and the Editor reserves the right to alter, amend or edit advertisements as appropriate. The BWY will not be liable for loss or damage due to error, late publication or failure of an advert to appear.

Advertisements published in Spectrum are not an endorsement by BWY of any product, service or entity contained in the advertisement. Whilst reasonable care is taken to check the authenticity of yoga practitioners, BWY is not responsible for or does not necessarily approve of any material contained in an advertisement. It is the readers' responsibility to exercise discretion and carry out its due diligence prior to purchasing any product or service.

## Letters for publication.

The Editor and Spectrum reserve the right to select or reject letters for publication and to edit for grammar, length and style. We will only publish items appropriate for a magazine that promotes the principles of yoga and harmony and reflects the values of BWY.

Advertising rates and specifications are now online at: [www.bwy.org.uk/explore/publications/](http://www.bwy.org.uk/explore/publications/)

Deana Morris, Editor  
Email [spectrum@bwy.org.uk](mailto:spectrum@bwy.org.uk)

Advertising  
Email [spectrum@bwy.org.uk](mailto:spectrum@bwy.org.uk)

The British Wheel of Yoga Limited is a charity (No. 1136674) and a company limited by guarantee (No. 07030679) registered in England and Wales. Reg. Office: 25 Jermyn Street, Sleaford, Lincolnshire, NG34 7RU

# CONTENTS

---

## NEWS

Now regions and nations	4
New honours for Monica	5
Members Session 2025 – who’s joining us	5
Yogasmiths’ palace visit to celebrate charity work	6
New yoga in prisons research	7

---

## TRAINING

New A&P course	14
Yoga Therapy – graduates share the benefits	15
‘What my students taught me’	18
Yoga for athletes	20

---

## FEATURES

Winter Solstice reflection	10
Creating community	28

---

PRACTICE	22
----------	----

---

BOOKS	34
-------	----

---

REGIONAL NEWS	33
---------------	----

---

### Photo credits:

Cover: BWY yoga teacher, Andrew Nathan  
Image page 7 and 32 by kind courtesy of-  
Phoenix Prisons Trust

## Dear members

Nights are growing longer and hibernation is in order. For some, this is a welcome respite to the hectic outward-looking days of spring and summer. Others, however, struggle with long periods of darkness.

Ways in which we can combat these difficulties include getting out into the fresh air during the day and cuddling into our blankets with a hot drink and a good book at night. Counter-intuitively, I've combatted my Seasonal Affective Disorder by walking, not only during the day but at night too. I get to monitor the phases of the moon and enjoy the quiet, stillness that comes with a winter night.

Our yoga practice can change as well from high energy sequences combined with yin yoga, to slower, stronger, grounding practices, coupled with restorative work. You can learn more about great yoga practices for the winter months by joining our Winter Solstice Festival on Thursday 19 December. This is our third successful year running the festival, thanks to the great teachers we've had join us to celebrate one of the best days of the year. Read more about yoga during the winter months with Louisa Flynn's article on page eight and the Winter Solstice Festival on page ten.

The BWY is thrilled to be teaming up with SOAS University. As you read this issue we will have just held our first BWY-SOAS Autumn Summit, Yoga: Health, Harm and Healing. The contributors have been second-to-none for our launch event, starting with Professor Rosie Meeks from the University of London, speaking on Yoga in Prisons, to Ranju Roy discussing samyoga and viveka, to Professor Sat Bir Singh Khalsa from Harvard University, discussing Yoga as a Therapy for Mental Health – to name a few. These are big topics that aim to change the landscape of yoga application in the UK. Best of all, ample time for questions and discussion has been scoped into this event. This will be informative, lively, and cutting edge – the thinking person's yoga. Definitely not to be missed and one we look forward to establishing as a regular highlight of our calendar.

Enjoy our other Spectrum articles, such as the wonderful Chair Yoga article by Richard Kravetz, and write-ups on the various modules available to students, including Andrea Newman's new A&P course. As always, there's a list of our foundation and teacher training courses, as well as all the happenings in the regions and nations.

Don't miss any of the contributions to this issue. Spectrum has grown into a weighty magazine with first-rate articles that we're very proud of at BWY. It is a reflection of how BWY



itself works at the forefront of yoga in the UK with its myriad of creative and skilled teachers and members. A fitting place for the National Governing Body of Yoga.

**Diana O'Reilly**  
BWY Chair

If, after 20 months as BWY's CEO, you were to ask me to list three words that sum up the essence of the organisation, I would, after protesting that I needed more words, suggest (in no order) Service, Community, and Training.

Service is part of the very DNA of the British Wheel of Yoga. As a volunteer-led organisation, our members give their time every day to serve both the BWY and the wider yoga community. In this issue, we report on three members who have been honoured in different ways, by royalty, for the service they have given. Having previously received the British Empire Medal in recognition of her many years of volunteering and service, Monica Burton was, in October, presented with a Spirit of Sport and Recreation Award by HRH The Duke of Edinburgh. We also report on Paul and Steve Smith of Yogasmiths' invitation to a garden party at Buckingham Palace, in recognition of their outstanding charitable work. Not quite by royal appointment, but an important way of recognising the work done by BWY volunteers, the Heart of Yoga Awards open for applications in December.

Community is what the BWY is built from, or rather the 12 communities that are represented by the BWY regions, or rather regions and nations as explained in this issue, to reflect the status of Scotland and Wales as devolved nations within the United Kingdom.

The third of my three words is Training. The BWY offers a huge range of training opportunities, from the informal learning provided by our popular Members Sessions to our industry-leading teacher training, as well as Foundation courses, Modules and online and in-person CPD events that are organised by our regional volunteers all over the country. We are continually adding to the offer and one new addition that caught my eye is the new Yoga for Athletes module, led by Hayley Winter, founder of the Institute of Sports Science. As someone who participated in a variety of sports when I was younger, from rugby to karate via triathlon, I wish I had been able to use yoga as part of my training rather pursuing an old-fashioned and ultimately harmful 'no pain, no gain' philosophy.

The Training pages of this issue are packed with a range of articles on topics as diverse as Yoga Therapy, Chair Yoga, and the introduction of a new Anatomy & Physiology course from Andrea Newman

With autumn well and truly upon us, and the nights drawing in, there is plenty in this issue of Spectrum to curl up by the fire with.



**Peter Tyldesley**  
BWY CEO

---

## NO PRESSURE, NO DIAMOND

The deadline is pressing on submissions for the 60th anniversary souvenir – if you have a submission, can you please send it in before 1 December 2024.

Next year is the 60th anniversary of BWY, Britain's longest serving yoga membership organisation and charity. As a memento of the year, we aim to create a digital book that celebrates our members' talents – one we can all share in when it's published.

It is an opportunity to highlight our unique place in UK yoga's history and celebrate your lives in yoga today. We're calling out for contributions – your yoga poems, meditations and illustrations – creations you'd be happy to share with the world.

Submissions must be your original work and, should your work be selected, it will be one of the pieces chosen for the anniversary year memento. All work published will be bylined. For more information and a BWY 60th Anniversary Submission Form go to Members Resources on the website. W: [bwy.org.uk](http://bwy.org.uk)

---

## EGM IN JANUARY

We are holding an Extraordinary General Meeting (EGM) on Friday 24 January 2025 to finalise the wording of our new Memorandum and Articles of Association which will allow us to hold fully online Annual General Meetings. This EGM is needed to meet a minor but important change request from the Charities Commission, following their review of our revised articles, submitted to them earlier this year, following approval by members at the EGM held last January.

For this EGM you will be able to vote by proxy, either via the BWY Chair Di O'Reilly, or via another named member, or in person if you wish. You will receive a formal notification in November and details of proxy voting from UK Engage will follow early next year.

This is frustrating as it results from the Charity

Commission changing the rules in between drafting and approval of the new Articles. Please help us once again by submitting your proxy vote in order to enable completion of this much-needed modernisation of the BWY Constitution.

---

## BWY WELCOMES PAT TO NEW TRAINING ROLE

Joining us as Training Operations Manager is Pat Woodfield FCIPD. This is a new role which will ensure BWY delivers outstanding training and development activities to support organisational growth.

Pat has been a yoga practitioner for many years, has recently qualified with BWY and is teaching an evening class. She has experience as a director in a range of organisations and is a transformational change agent, focused on the delivery of business improvements through people.

She is a Fellow of the Chartered Institute of Personnel & Development and has proven to be a resourceful and inventive solutions generator, operating at management level in a range of diverse organisations, including a charity. Pat is passionate about lifelong learning and continuous development with a clear focus on quality – she puts her energy into achieving goals and improvement actions. She outlines her focus as: better, simpler, faster, cheaper.

---

## NOW NATIONS AND REGIONS

Would members please note we now have regions and nations to describe BWY's communities of volunteers. This change recognises the distinct national identities of Wales and Scotland and follows requests from members. Going forward, we'll have regional officers and national officers with roles such as regional editor changing to Wales Editor, or South Editor.

## NEW HONOURS FOR MONICA



The transformative power of Monica Burton's volunteering has been celebrated with a Spirit of Sport and Recreation Award, presented by HRH The Duke of Edinburgh in October.

Monica's dedication to enriching the lives of older adults through yoga was recently honoured with award of the British Empire Medal.

Monica's journey with yoga began in the early 1970s. A full-time nurse specialising in geriatric care, she became intrigued by how yoga could benefit older adults with complex health needs. This led her to pursue yoga teacher training with BWY in 1982, after which she began offering remedial yoga classes at Eastham Memorial Hospital. Her innovative approach proved highly effective, drawing referrals from GPs and demonstrating yoga's potential to enhance both physical and mental wellbeing among older adults.

Recognising Monica's success, Brent Council invited her to pilot yoga sessions at Strathcona, their main day centre, during the 1980s. The positive outcomes of this initiative led to the integration of yoga across all Brent day centres, showcasing its broader applicability beyond elderly care settings.

Monica's voluntary commitment extended to promoting yoga in public spaces. She organised free yoga events in Battersea Park through the BWY London committee, drawing diverse communities

and illustrating yoga's accessibility beyond traditional studio settings.

In 1995, Monica collaborated with John Cain to incorporate yoga into the Central Council of Physical Recreation (now the Sport & Recreation Alliance), marking a significant milestone in yoga's recognition as a physical activity. Her efforts culminated in a celebrated yoga showcase at the Royal Albert Hall in 2000 where she earned second place. This furthered yoga's stature as a recreational pursuit.

In 2005, Monica pioneered the first training programme on yoga for older adults for the BWY, developing the Yoga for the Third Age module. This initiative laid the groundwork for the Gentle Years Yoga programme.

Monica's tireless advocacy and pioneering spirit earned her the nomination for the British Empire Medal, supported by her GP friends and yoga students whose lives she has touched.

## MEMBERS SESSIONS 2025

Planning your diary? Here is who's joining us in 2025. These online yoga events are free to BWY members.

January: Tara Fraser, the renowned rolfer and yoga teacher joins us for our first session of the year.

March: Amelia Wood, looking at women who have influenced yoga history, ahead of International Women's Day.

May: Pablo Imani exploring Afrikan Yoga, in a practical with small amount of theory.

July: Lina Mookerjee, deep-diving the chakras, before their 1960s rainbow makeover.

September: Carol Trevor examines neurodiversity in a mix of practical and theory/talk.

November: BWY favourite Peter Blackaby joins us for a practical session.

---

## YOGASMITHS' PALACE VISIT MARKS CHARITY WORK CELEBRATION

Paul and Steve Smith from Yogasmiths received a royal invitation to the Garden Party at Buckingham Palace this summer in recognition of their outstanding charity work. Each year, 30,000 individuals are invited to this prestigious event to honour their exceptional contributions to the community.

Since their inception in 2017, Yogasmiths has raised over £10,000 for various charitable causes, including Wirral Homeless CIC, Charles Thompson Mission in Birkenhead, and the Manchester Emergency Fund. Paul Smith said: 'We were honoured to be invited to the Garden Party; it was a complete shock! We began fundraising after the Manchester Arena bombing, determined to support the affected families.

'Since then, our Christmas raffle has evolved into a quiz, with fantastic support from local businesses in the Wirral. In recent years, we have extended our efforts to the Charles Thompson Mission, which



provides essential support such as food hampers, clothing, and advice to families in deprived areas.' Nominated by one of their students, Yogasmiths are now recognised not just locally for their community work, but also on the national stage.'

---

## DIGITAL NEWSLETTERS UPDATE

Regional / national newsletters are now digital by default, with print on request.

The move is part of BWY's sustainability commitments, helping us reduce our carbon footprint significantly. If you missed that email or you can't find it, please refer to our FAQs Digital Newsletters on our website under My Resources > Website Resources > FAQs.

The majority of members who responded to the last Members Survey told us they would be happy to receive a digital version only, but if you want yours to arrive in the post, don't worry – just let us know. Email us at [marketing@bwy.org.uk](mailto:marketing@bwy.org.uk) with your membership number and region/nation.

We have received emails from members applauding the change to digital as the default choice and from others expressing their concern. All these

members are invited to write a Letter to the Editor or contribute to a short article for Spectrum for the spring issue. Deadline details are on the inside cover.

---

## WILFRED CLARK AWARDS OPEN

Members are invited to submit applications for the Wilfred Clark Award 2025.

The award supports CPD training for teaching members eager to develop their teaching skills for working in the additional needs arena. The Wilfred Clark Award application form can be found in teaching members' resources on the website.

- Know a BWY volunteer who deserves recognition? Heart of Yoga Award applications open in December.



## OPPORTUNITIES FOR YOGA IN PRISON REFORM SHOWCASES AT SOAS-BWY SUMMIT

New research is currently being conducted into the benefits of yoga and meditation in prisons. Leading this review is Professor Rosie Meek, a Chartered Psychologist, certified yoga teacher, and ex-founding Head of Law at Royal Holloway University of London.

Professor Meek has been instrumental in integrating sports programmes, including yoga, into the prison system and has made numerous policy recommendations to the Ministry of Justice.

Prof Meek will present her findings at the BWY-SOAS Autumn Summit, Yoga: Health, Harm and Healing, at SOAS University of London. Her research and insights are set to drive new policy changes that will further support the integration of yoga into prison rehabilitation programmes.

Said Prof Meek: 'Having worked with prisons for over 20 years, it is evident that they are now in a state of crisis. Overcrowding, staff shortages, and budget cuts have shifted the focus from rehabilitation to keeping prisons safe. Both prison staff and prisoners face increased stress due to health issues, past trauma, and assaults. With traditional rehabilitative programs like sports and education being compromised, there is a clear need for yoga as a tool to promote better mental health for both prisoners and staff.'

'My review highlights that yoga and meditation significantly improve sleep, a major issue in prisons today. Yoga provides prisoners with a sense of autonomy in an environment where they have very little control. It empowers them to practice independently in their cells or in small groups, helping them to manage their stress and emotions. Some prisoners with a history of drug addiction have even reported that yoga is more effective than medication.'

'Yoga also fosters a better sense of community within prisons by enhancing relationships. Practicing yoga together helps to build trust and cooperation among prisoners and between prisoners and staff, leading to a more harmonious environment.'

My recommendations following this review are to make yoga more accessible post-incarceration. To reduce reoffending, it is crucial to collaborate with yoga studios and organisations to offer a sliding-scale financial model, ensuring that vulnerable individuals can continue to benefit.

'Additionally, I advocate for the implementation of yoga training programmes within prisons so that prisoners and staff can become yoga teachers. This not only upskills prison staff but also provides prisoners with a potential route to employment, a factor that is proven to help reduce reoffending rates.'

- To discover more about how yoga in prisons is working today, turn to page 32 for a feature with BWY teacher Lynne Jones



# WINTER SOLSTICE FESTIVAL THE SPACE WITHIN

BWY

AT  
THE  
HEART  
OF YOGA



THURSDAY 19 DECEMBER  
ONLINE  
SCAN FOR TICKETS

# TRAINING

## BWY YTT, FOUNDATIONS, AND MODULES

### **BWYQ Yoga Teacher Training**

24 November  
Certificate in Teaching Yoga with  
Roberta Jesson  
Oxford, OX2 8BY

24 November  
Certificate in Teaching Yoga with  
Clare Gibson  
Surrey, KT10 8LF

4 January  
Diploma in Teaching Yoga with  
Janet Long  
Cheshire, WA15 6EF

19 January  
Certificate in Teaching Yoga with  
Carolyn Clarke  
Notts, DN22 8EW

25 January  
Certificate in Teaching Yoga with  
Hayley Giles  
Dorset, BH21 1EA

2 February  
Progression to Diploma with  
Carolyn Clarke  
Nottinghamshire, DN22 8EW

22 February  
Progression to Diploma with  
Tarik Dervish  
Online

For more information go to  
Training Search on the website  
and search Diploma, Certificate or  
Progression.

### **BWYT Foundation Course 1**

1 December  
With Cora Kemball-Cook and  
Lina Newstead  
Kent, CT2 8NH

19 December  
with Andrea Newman and Tracy  
Harris  
Online

11 January  
With Neelam Rajani  
Online

18 January  
With Hayley Giles  
Wimborne, BH21 1EA / Online

19 January  
With Beverley Wheale  
Lancashire, LA3 2BJ / Online

1 February  
With Michelle Griffiths  
Barnsley, S70 6HL

15 March  
With Jacqueline Gunnion  
County Durham, DH8 9RE

16 March  
With Anna Knowles  
Farnham, Surrey, GU9 7SW

26 April  
With Claire Hall  
West Yorkshire, LS28 5LY

### **BWYT Foundation Course 2**

11 January  
With Kari Knight  
Online

For more information go to Training  
Search on the website and search  
Foundation.

### **BWYT Modules**

1 November and 10 January  
Menopause Yoga  
with Petra Coveney  
Online

10 November  
Cancer Module  
with Kari Knight  
Online

16 November  
Yoga for Athletes  
with Hayley Winter  
Online

23 November  
Introduction to Yoga Therapy  
with Judy Hirsh Sampath  
Online

18 January  
Teaching Yoga to Children and  
Teens with Christiane Kerr  
Online

6 March  
Yoga for Healthy Fascia  
with Vicky Arundel  
Online

20 March  
Yoga Therapy Foundations  
with Nikki Jackson  
Oxford / Online

29 March  
How Can Somatics Influence our  
Yoga Practice?  
with Debby Wilkinson  
Wiltshire, SN10 3PU

30 March  
Yoga for Plus Size Bodies with  
Gillian Dodd  
Northumberland, NE66 3TF

For more info go to Training Search  
on the website and search Module.

## Distance Learning Modules for Yoga Teachers

There is a wide range of specialist courses available via Distance Learning, so you can set your own study schedule with a tutor alongside for guidance.

For more info go to Training Search on the website and search Distance Learning.

## CPD Online Opportunities

These are not all official CPD days (7.5 points per full day) but are all great opportunities to learn, reflect and collect one CPD point per hour. Our online events fill up very quickly, so book as far in advance as you can.

17 November  
Western Relaxation Techniques in Relation to Eastern Yoga Philosophy with Sally Kennedy

23 November  
Preparing for Ardha Chandrasana with Zoe Knott

30 November  
One in Six with Bram Williams

14 December  
Strength and Mobility for Legs and Hips with Catherine Annis

19 December  
Winter Solstice: The Space Within with various teachers throughout the day

11 January  
Getting Your Mind in the Right Place with Perry Lewis

18 January  
Teaching Pranayama: How to Introduce, Maintain and Develop a Pranayama Practice in the Class Situation with Philip Xerri

19 January  
Postural Stability and Falls Prevention with Anna Semlyen

26 January  
Pratyahara: Gateway to Stillness with Rajesh David

1 February  
Mental Health Conditions: How to Manage with Yoga with Nikki Jackson

2 February Dharma Delights: Philosophy and Meditation with Bram Williams and  
16 February  
Better Balance with Kate Knowles

22 February  
Chair Yoga with Richard Kravetz

9 March  
Healthy Aging and Yoga with Audrey Blow

22 March  
Confronting the Inevitable with Lina Newstead

5 April  
Sequencing Towards Meditation with Carol Trevor

12 April  
Teaching Pranayama in a Class with Philip Xerri  
For more info go to Yoga Search on the website – Advanced Filter / Select Event Type / Choose Online.



## Accredited Training Organisations

Adamo School of Yoga  
adamoyoga.co.uk

Intelligent Yoga Teacher Training  
07747 196914  
IntelligentYogaTeacherTraining.co.uk

Teach Yoga Naturally  
07722 868397  
info@teachyoganaturally.org

The Yoga Academy  
07770 222042  
theyogaacademy.org

Trueyoga  
info@trueyoga.co.uk

Yogacampus  
020 7042 9900  
teachertraining@yogacampus.com  
yogacampus.com

Yoga Wise  
emma@yoga-wise.co.uk  
yoga-wise.co.uk

For info on Accredited Training Organisations  
contact: AGLO@bwy.org.uk

## BWY Teacher Training

A full list of upcoming BWYQ courses can be found on the BWY website at W: [bwy.org.uk/training](http://bwy.org.uk/training)

## CPD listings

For CPD in your Region/Nation, turn to our regions/nations' pages from page 36  
Full listings are on the website.

## DISCOVER NEW ANATOMY AND PHYSIOLOGY COURSE

**Bristol-based BWY yoga teacher and Rolfer Andrea Newman  
has drawn on all her skills and experience to develop this new  
course, designed to deepen our understanding of A&P.**

**Q: What inspired you to create this new A&P course?**

This course is created primarily for student yoga teachers and for any yoga teachers who need to brush up on A&P. Working as a Diploma Course Tutor (DCT) for 20 years, I have found many students struggle with anatomical analysis of asana because they don't know the essentials of human biology. A&P textbooks often don't help as they can be either very complex or oversimplified. I loved the process of creating the course, drawing on my science background in biochemistry and knowledge of anatomy as an advanced Rolfer, to provide a resource that is accessible, accurate and holistic. (Rolfing is a form of deep tissue manipulation to realign the body and relieve tension).

**Q: What makes this course different from others?**

The key difference is its focus on basic anatomy rather than applied anatomy. Unlike many anatomy resources, it addresses all the body's systems in a holistic way, explaining how the systems work together interactively to maintain overall function. This is crucial for yoga practitioners and teachers. They need to understand not just how a muscle or body system works, but how it interacts with other systems, to support the body's health and wellbeing.

**Q: What benefits does your course offer DCTs and their students?**

This course complements the teaching practices already embedded in the BWY Certificate and Diploma courses. It doesn't replace the anatomy taught by DCTs but provides a solid foundation, helping students become familiar with the terminology and concepts used in yoga teacher training.

The course is easy to follow and modular, with 130

bite-sized lessons covering different body systems. Students can study at their own pace, with an estimated completion time of about 15 hours — 1.5 hours a week over 10 weeks. Plus, students get lifelong access to the material for ongoing reference during and after training.

**Q: Can you tell us more about the course structure?**

Each module starts with an introduction to the body system it focuses on, written in plain English, with carefully chosen pictures and illustrations to aid learning. At the end of the module, it explains how that body system interacts with other systems and its relationship with yoga practices. I've included diverse learning aids — text, graphics, videos, audio, slideshows, fun facts, quizzes, and optional worksheets — to cater to different learning styles. Students can also post questions on a discussion board, which I regularly monitor and respond to.

**Q: Who can enrol, and how can teacher trainers offer this course to their students?**

The course is open to anyone interested in deepening their understanding of holistic anatomy and physiology in the context of yoga, whether preparing for yoga teacher training (YTT) or simply looking to enhance their knowledge. I'm happy to partner with DCTs to offer this as a pre-requisite for their YTT courses and I can offer them free lifetime access.

If this course is of interest, please contact Andrea for further details. The course costs £225, reduced to £175 for partnered TTC students..

E: [andrea@yogauk.com](mailto:andrea@yogauk.com)

Find out more about the course: W: [yogauk.com](http://yogauk.com)



## THE VALUE OF TRAINING TO BE A YOGA THERAPIST

**Investing in your training as a qualified yoga teacher becomes a serious business in today's economic climate. Trainer Nikki Jackson talks to Yoga Therapy graduates to discover how they value this training, reflecting on where it's taken them professionally and personally**

A yoga therapy (YT) training course is so much more than learning a set of practices to help students with their particular health issues.

'It is a healing that starts with yourself and gradually grows outwards in an organic way.' (Jane Muir, YT student 2024)

YT students are taught to heal themselves first before they try to fix others and to delve deeply to understand their own health and happiness, to be an example to others. It also provides a vast amount of education in health conditions and how to apply yoga practices safely and appropriately.

'Completing my diploma in yoga therapy has profoundly impacted me both personally and professionally. The training has transformed the way I teach and perceive people. It has given me new insights into how various practices can benefit us for different health needs.'  
(Georgina Huggins, YT student 2022)

There is no doubt that training to be a professional yoga therapist should not be taken lightly. The 550- 600 hours training is primarily vocational using experiential practice, role plays, assessment models, scientific research into yoga therapy and a variety of yoga therapy practices specific for individual health

# TRAINING

needs. It also has a definite academic aspect that includes writing essays, case studies and research projects. The course includes regular supervision, observations of yoga therapists at work and your own yoga therapy sessions to understand yourself and your physical/mental health needs.

‘Having been out of education for a long time, it certainly took a while to get back into essay writing, referencing and reading academic studies but it was also really encouraging to find that there is so much research being conducted into the benefits of yoga.’  
(Linda Davey, YT student 2022)

Some courses may be cheaper and quicker to obtain a certificate in ‘yoga for bad backs’ or ‘yoga for anxiety’, but if they are not fully accredited, they are less likely to give you the depth of understanding of the YT process and how to work in a person centred, ‘no one cure fits all’ approach.

Both The British Council of Yoga Therapy (BCYT) and the International Association of Yoga Therapists accredit yoga therapy training courses.

So, is it worth it? Whilst some graduates have not become full time yoga therapists with client waiting lists, most have increased their one-to-one YT sessions and have raised their profiles as valued yoga teachers and therapists.

## Professional benefits:

‘The training has opened many doors for me. I can now teach group classes for a range of specialist health needs and am able to get more one-on-one work than before, which has increased my earning potential.’

(Georgina YT graduate 2023)

‘It is an honour and privilege to work with people who may have been let down by the medical services or whose symptoms have been treated on a superficial level.’

(Linda Davey, YT graduate 2023)

YT is still relatively unknown therefore work will not land in your lap easily but if you are prepared to be proactive, creative, organised and dedicated, there are several opportunities out there to enhance your professional profile and reap the benefits of a YT training. BCYT training courses include professional development, teaching you how to set up a YT



business, financial planning, legal and ethical responsibilities and of course marketing.

Funding opportunities are available to work with specific conditions from charities, local councils and health providers within the NHS. One-to-one YT is particularly needed currently due to increased NHS waiting lists. If you are prepared to market yourself well, you will establish yourself as valued health professional in your area. Here are some benefits to consider:

- opens the door to many more opportunities in a competitive world of yoga teachers
- creates opportunities to work in more clinical settings such as within the NHS
- increases business opportunities due to further respected credentials as a yoga health expert
- creates increased incomes due to recognised higher education standard and depth of knowledge of medical conditions
- greatly enhances referral systems amongst other health professionals such as GPs, physios, psychotherapists and counsellors.

## Personal benefits:

‘Be prepared to honestly connect to your authentic Self and practice YT from this powerful place. The clients that you will attract and work with can only go as far as you are prepared to travel yourself.’  
(Joanna Bogacz, YT graduate 2023)

‘The training course enhanced my skills and confidence to be responsive and to trust in myself. As someone who has lived with long-term health conditions, practicing pacing and having confidence to be my natural self has been a huge part of therapeutic process.’

(Jane Hardy, YT graduate 2023)

Self-compassion is what most students feel they have particularly learnt from the course. Without self-compassion, it is difficult to understand and support others

Students learn a variety of deeply effective ‘tools’ to self-regulate their nervous systems to become more resilient and confident both at work and at home.

One student has described the course as ‘a life investment’. During the course two students considered leaving due to family bereavement but the therapy trainings and caring supervision supported them to continue.

Bridget, a YT student who has been diagnosed with breast cancer since qualifying, writes: ‘I feel blessed to have my yoga therapy tools to guide me each day in what type of practice will serve me spiritually, mentally and physically on this challenging journey.’ (Bridget, YT graduate 2023)

The training supports you, your family and friends along the natural processes of life towards better health and happiness

### Advice from Yoga Therapy students and graduates

‘My main takeaways from this course are trust in the process, the cultivation of a calmer inner state, and a more compassionate approach to myself and my work with others.’ (Joanna Bogacz, YT graduate 2023)

Here is advice from my perspective:

- be ready to undertake a transformative personal process, change is the only certainty
- make sure you have space in your life to apply yourself to the course
- be prepared to go deep to get to know yourself, including your shadows
- be organised, creative (think outside the box) and proactive
- prepare yourself to truly open to the therapeutic

aspects of yoga and how it can help transform people’s lives, physically, energetically, emotionally and spiritually.

The next Yoga Focus YT training course starts on 22 March 2025 with the introduction day on 20 March.

W: [portal.bwy.org.uk/user/trainings/342](https://portal.bwy.org.uk/user/trainings/342) or search Therapy Foundations with Nikki Jackson in Training

For further details please visit:

Introduction - Yoga Focus

Or contact [admin@yogafocus.co.uk](mailto:admin@yogafocus.co.uk)

**Nikki Jackson** is the principal of a 550hr Yoga Therapy Teacher Training Course, accredited by the British Council of Yoga Therapy and approved by The British Wheel of Yoga. She has been teaching yoga and yoga therapy for 30 years and has worked in several different physical and mental health departments within the NHS as well as in the private sector. She has been a BWY module and CPD trainer for many years and runs her own Yoga Therapy consultancy practice in West Oxfordshire For more information visit the website: [www.yogafocus.co.uk](http://www.yogafocus.co.uk)

Discover  
more CPD  
learning and  
events in our  
regional /national  
pages



## WHAT MY STUDENTS TAUGHT ME: REFLECTIONS OF A NEW TEACHER

by Catherine Butcher

Considering yoga teacher training and wondering what a teacher's life is really like? The voyage of discovery Catherine shares here may be an inspiration for you to take that next step forward.

A few years back, I had one of those lightbulb moments, that I should train to teach yoga – perhaps you remember your own such moment!

Since then, I've been immersed in all the customary elements of knowledge acquisition and learning.

But it's only in the past couple of years, now I have been teaching my own classes, that I've started to get a glimpse of the true responsibility and privilege for the teacher. I am also deeply aware of the richness of the two-way learning found in the student-teacher relationship. Here, I humbly offer a few reflections on my experiences, so far...

**1. During āsana, the clearest indicator of what's going on, is the face – confused, wincing, frowning, smiling, peaceful, focused, eyes open or closed, where are they looking?**

The body tells a further story. There might be rounding of the upper back in downward dog – could that be a tightness in the upper back and shoulders? Knees held slightly aloft in supine twist



– is that because they find it hard to relax or feel self-conscious about using props? The position of their feet during savasana – stuck together or nicely flopping apart? There's no judgement, just endless subtle clues about what they might be experiencing.

**2. Patañjali's observations about obstacles to progress (Sutras 1.30 – 1.32) are what I keep returning to. How prophetic these sutras were!**

Students often say they are stiff, inflexible, have



terrible balance, etc. Is there a kind of safety in self-deprecation of our capabilities? I also pick up what is less often verbalised, a deeper state of self-doubt. I learned so much from witnessing one student, who was new to yoga, as she struggled with even simple coordination. Even with additional cues and me coming to practice alongside her, she kept giving up. Her stress was palpable. I have spoken to her since and I believe there is a desire to try again, but perhaps there is an idea in her mind that yoga is a place, on some far distant shore. I imagine her wondering how she is ever going to cross the lake of uncertainty she sees before her.

This is to me, a greater challenge as a yoga teacher, to give someone enough confidence to simply paddle at the shoreline and believe that that is THEIR yoga. To feel the water just lapping around their feet and understand that this is real and wonderful for them, today.

**3. What does a weekly yoga class mean to people? Students often arrive with a story or update to share.**

Receiving and acknowledging this is fundamental to the social bond and part of the reward for both student and teacher. It's all useful information, to have a better sense of where they're at, that day. My learning here is to keep myself in check, not slipping into making any assumptions to quell my

own uncertainties, albeit from the starting point of feeling deep empathy for them. I need to roll back and remember that my contribution is in creating a safe, welcoming and consistent environment, where each student trusts that they are welcome, just as they are.

My Chair Yoga class really exemplifies this. Everyone arrives really early and enjoys catching up on the weather, ailments, children, grandchildren, pets and holidays. We also end with a cup of tea, so the time for social contact is much greater and is of equal value to the yoga in between! My students have been receptive to the message that if you don't feel up to coming to yoga – perhaps after a poor night's sleep or when anxiety levels feel higher than usual – this is perhaps the time you need it most.

*To just be with others  
and do your best,  
brings a different kind of healing.  
The circle that we sit in  
is powerful.*

Each week I space the chairs so that everyone has room to reach their arms out to the side, and by the time I come to join the circle to start, the chairs have all mysteriously moved much closer together.

*Continued on page 21*

## EXCITING NEW BWY MODULE: YOGA FOR ATHLETES

We're excited to introduce a groundbreaking 40-hour online module, led by Hayley Winter, founder of the Institute of Yoga Sports Science® (YSS). This module bridges the gap between traditional yoga and modern sports science, offering yoga teachers a unique opportunity to merge these two disciplines.

Designed for yoga teachers looking to specialise in sports-specific yoga, this module provides the tools to tailor classes for athletes of all ages and skill levels. Hayley's scientifically proven methodology, refined over 20 years and validated through extensive research, equips you with the insights, resources, and practices needed to blend ancient yoga wisdom with cutting-edge sports science.

Throughout this online module, you'll learn how to customise yoga sessions to meet the unique needs of athletes, focusing on evidence-based techniques that minimise injury and enhance performance. These methods are not just for athletes – they're also highly beneficial for anyone seeking to improve their physical and mental well-being through yoga.

Hayley's teachings are rooted in functional and biomechanical principles, empowering you to adapt and apply yoga effectively in various settings, from gyms to yoga studios, and even trackside. This module is perfect for personal and professional development, helping you advance your career and expand your vocational opportunities.

Starting 16 November 2024, and ending 25 January 2025, you'll have access to invaluable resources, including comprehensive yoga sequences and techniques that you can implement immediately. Plus, enjoy three months of access to all module resources.



Join Hayley in four interactive, live online sessions, each lasting 1.5 hours. If you can't attend live, don't worry – sessions are recorded.

Enrol by 8 November 2024 to take advantage of our early bird discount, paying just £597. After that the fee is £697, with a flexible payment plan available. Space is limited, so don't miss out!

Contact: [info@yogasportscience.com](mailto:info@yogasportscience.com) for more information, or visit:

W: [instituteofyogasportscience.mykajabi.com/bwy-module-yoga-for-athletes](https://instituteofyogasportscience.mykajabi.com/bwy-module-yoga-for-athletes) to enrol and secure your place in this long awaited module!

Curious about the new 40-hour BWY Yoga for Athletes online module? Join Hayley Winter for a Live Q&A session to get all the details! Link to Register: W: [tinyurl.com/bwy-module-discovery-session](https://tinyurl.com/bwy-module-discovery-session)

Continued from page 19

That is a trigger for a joke, of course, and it is the most rewarding thing I could ever have imagined, the way we move so effortlessly from laughing and teasing, to breathing and turning inwards, to working really quite hard, to relaxation and then helping with all the tea things and chatting together. It's as though the group dynamic is felt in layers, like our own little set of koshas.

**4. Students can progress in unexpected ways. I've had students move from a mat-based to a chair-based class, but I have also delightfully had one student develop enough confidence from Chair Yoga, to take up the mat-based class.**

Building confidence in a Chair class is definitely a two-way conversation. After initially teaching this class with immense caution, while I got to know them, I tentatively asked my students if they would like to try some standing postures and a bit more challenge.

They answered my question with another question: 'How do you think we're doing?' I wasn't expecting that, and it taught me that this was more of a teaching environment than my mat-based classes.

The students are often coming for slightly different reasons. I observe a slightly more evident wish to be led, to understand why a particular pose feels the way it does, and to feel that they are personally making progress, as well as the great enjoyment of each other's company mentioned above.

Overall, what my students have taught me, is to always remain open minded and walk by their side. I can share what I have learned, but there is as much learning for me in that experience, as for them. The teacher initiates and safeguards the atmosphere of the class, but it is really about opening a door to allow in both the light and the shadows, which the students may bring to the class. Truly a joy and a privilege.

I have always found inspiration in Vanda Scaravelli's comment on Desikachar in the introduction to the Heart of Yoga. She wrote: 'He walks towards you with a light step, and his delightful smile lets you know that his heart is open.'

What a compliment! It's still early days for me, but I am finding that if I can meet my students where they are, they do the same for me.

I am now in my mid-fifties and hope to continue teaching well into my later years. What will I write then I wonder?

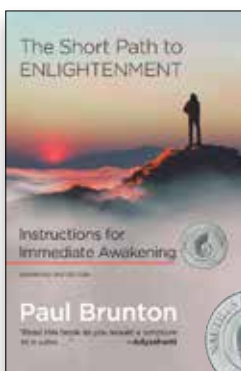
**Catherine Butcher** is based in Norwich and completed her Certificate in Teacher Training with Kari Knight and Elaine Fletcher in April 2023  
**W:** manywaysyoga.net

This article is dedicated to her 'BWY Pals' – you know who you are!

Photo credits. Catherine Butcher, Phil Butcher and classes, Laura Moseley

## ADVERTISEMENT

### Excerpted in Watkins magazine



### The Short Path to Enlightenment

Instructions for Immediate Awakening  
Expanded Second Edition

By Paul Brunton

“Read this book as you would a scripture or a sutra and let it open your eyes to eternity”—Adyashanti

182 pages / 230 x 155mm/ paper

Nautilus Book Award Silver Medal winner  
Religion / Spirituality of Eastern Thought

### Vol. 1 Perspectives:

THE TIMELESS WAY OF WISDOM

Highlights of the 16 volume

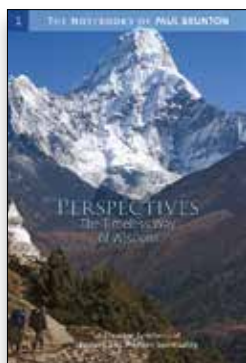
NOTEBOOKS OF PAUL BRUNTON

“A person of rare intelligence. . . thoroughly alive, and whole in the most significant, ‘holy’ sense of the word.”  
—*Yoga Journal*

424 pages/ 216 x 146mm/paper

Books available at Watkins Books and throughout the UK

For more information on Paul Brunton and his writings visit [www.PaulBrunton.org](http://www.PaulBrunton.org)



# THE YOGA ACADEMY 'YOGA AND SOMATICS' TEACHER TRAINING COURSE 2025

The Yoga Academy's new 'Yoga and Somatics' Teacher Training Course offers an innovative and ground-breaking approach to the practice and teaching of yoga, combined with Thomas Hanna inspired somatic movement education.

This is the first yoga and somatics TT course accredited by The British Wheel of Yoga. Registered with Yoga Alliance US (300-hour).

Limited to only 10 students, offering the highest level of personal attention, optimum study environment, and led-practice experience.

The 12-month intensive course includes 2 week-long in-person training periods (March & May) at Santillán Retreat in Spain, with online course teaching and mentoring throughout the course period.

This training also includes:

- Introduction to Yoga for chronic fatigue, long-Covid and depression with author and experienced teacher Fiona Agombar
- Fascial Anatomy sessions with renowned teacher and anatomist Gary Carter
- Meditation guidance from Enrique Moya, author and teacher of 45 years experience
- 12-months free access to all of HomeYoga.Life's recorded classes and twice-weekly Zoom classes and their recordings, all taught by Simon Low & Yoga Academy faculty.

Full details, intensive week dates, prices and application information at [www.theyogaacademy.org](http://www.theyogaacademy.org)

## 2024-25 RETREATS WITH SIMON LOW

**28 November – 1 December**  
3-night weekend retreat  
at Santillán, Spain  
(Thursday to Sunday)

**29 December – 3 or 4 January**  
New Year retreat at Santillán, Spain

**8 – 15 February**  
Samahita Retreat,  
Koh Samui, Thailand

**1 – 7 June**  
6-night retreat at Santillán, Spain

**13 – 15 June**  
Weekend retreat at  
Tofte Manor, Bedford, UK

**13 – 19 July**  
6-night retreat at Santillán, Spain

**10 – 16 August**  
6-night retreat with Simon  
and Bridget Woods-Kramer  
at Santillán, Spain

**21 – 27 September**  
6-night retreat at Santillán, Spain

**28 November – 1 December**  
3-night weekend retreat  
at Santillán, Spain  
(Friday to Monday)

Full international schedule  
details and booking information:  
[www.simonlow.com](http://www.simonlow.com)

Simon teaches twice  
weekly Zoom classes at  
[www.homeyoga.life](http://www.homeyoga.life)



# Train to use Yoga as a Therapy

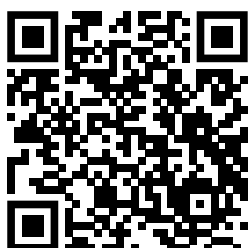


In the tradition of  
T.Krishnamacharya  
and T.K.V. Desikachar



An accredited course  
designed to be progressive  
and unhurried, directed  
by Colin Dunsmuir and an  
experienced team of tutors  
and therapists

Two separate courses will  
begin January 2025 in  
either London or Exmoor  
National Park



Further details email:  
[info@trueyoga.co.uk](mailto:info@trueyoga.co.uk)



## ONLINE OPPORTUNITIES

Our regions and nations host and organise in-person events, festivals and workshops in England, Scotland and Wales but many, online, we can all share regardless of where we're based. These are not all official CPD days (7.5 points per full day) but are all great opportunities to learn, reflect and collect one CPD point per hour. Our online events fill up very quickly, so do book as far in advance as you can.

10 November

**The Bandhas – the Core Practices of Hatha Yoga** with Swami Krishnapremananda

17 November

**Western Relaxation Techniques in Relation to Eastern Yoga Philosophy** with Sally Kennedy

23 November

**Preparing for Ardha Chandrasana** with Zoe Knott

7 December

**Yoga and the Brain** with Lina Newstead

14 December

**Strength and Mobility for Legs and Hips** with Catherine Annis

19 December

**Winter Solstice: The Space Within** with various teachers throughout the day

11 January

**Getting Your Mind in the Right Place** with Perry Lewis

18 January

**Teaching Pranayama: How to Introduce, Maintain and Develop a Pranayama Practice in the Class Situation** with Philip Xerri

19 January

**Postural Stability and Falls Prevention** with Anna Semlyen

1 February

**Mental Health Conditions: How to Manage with Yoga** with Nikki Jackson

22 February

**Chair Yoga** with Richard Kravetz

9 March

**Healthy Ageing and Yoga** with Audrey Blow

22 March

**Confronting the Inevitable** with Lina Newstead

5 April

**Sequencing Towards Meditation** with Carol Trevor

12 April

**Teaching Pranayama in a Class** with Philip Xerri

## South East

Coming together in yoga

**The Floating Shoulder and Neck** with Gary Garter

10 November, 10am-3.45pm

Chatham, Kent, ME5 9QR

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

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

**Dinner Before Dessert III** with Zoe Knott and Hugh Granger

18 January, 10am-3.45pm

Shoreham, Kent, TN14 7TB

As always with Zoe and Hugh this will be day full of wonderful surprises guaranteed, lots of yoga and one of Hugh's legendary magic tales. So, come prepared to have a day full of joy and a great workout to improve your strength and flexibility!

**Managing Back Pain and other Vata Imbalances** with Yoga and Ayurveda with Tarik Dervish

1 March, 10am-3.45pm

Hassocks Keymer, BN6 8HQ

Back pain is as much to do with diet and lifestyle as it is to do with posture. Ayurveda has many names for back pain, but the most common cause is Sandhigatavata- vata entering the joints which can eventually lead to more severe manifestations of the disease. Understanding the nature of vata dosha or the wind humour of the body can help us identify the changes we need to make to stay well for longer. Aims of the day:

- To introduce the key features of Back pain from a Western perspective
- To practise an asana sequence to manage and prevent back pain
- To focus on the Ayurvedic perspective of Back pain and how it relates to Vata imbalances.

What Happens in VAGUS... With Susan Smith

22 March, 10-3.45pm

Shoreham, Kent, TN14 7TB

The vagus nerve is often described as the 'unsung hero' to optimise your wellbeing. It is the tenth cranial nerve and the longest nerve – also known as the 'wandering nerve'. Stimulating the vagal tone helps the parasympathetic nervous system to function well.

This workshop will give us opportunities to practically and informatively explore and tap into the vagus nerve by incorporating yoga postures and a qigong flow sequence. We will discuss other ways to activate the vagus nerve and reset the central nervous system.

## Wales

In person events

**Meditation – An Exploration of Practice and Teaching** with Lynne Jones

23 November, 10am-4pm

Llanfoist, NP7 9LP

This will be a day of meditation practice, self-enquiry and contemplation. There will be ample opportunities to move and stretch the body, and meditate in different positions (sitting, standing, lying down, walking). Teachers will have the opportunity to discuss and explore their own teaching of meditation and reflect upon their own practice.



## South West

Welcoming new area reps

I would like to welcome two new area reps to the committee: Emma Bartley representing Gloucestershire, and Natalie Howarth in Cornwall. We are looking forward to offering members in those counties more CPD events in the near future. Many thanks to Emma and Natalie for stepping forward and volunteering their time!

**Keith Hart, South West RO**

1 February, 10am-4pm

**Pelvic Floor** with Roberta Jesson  
Gloucestershire, GL52 9EP

The group of muscles we call the pelvic floor are integral to the health of women and men. They can improve back, hip and knee stability, are a key element of the core muscles of the body, assist in bladder control and are even involved in regulating the breath. But do you really know how to activate them? Should you try and stretch them? Or is it all about strength? This workshop is designed to teach you how to connect with the pelvic floor, through breath, theory, practice, and visualisation. It is suitable for yoga teachers, students or those interested in increasing their A&P knowledge of this critical group of muscles.

26 April, 10am-4pm

**Strength in Asana – 20 Years On**  
Introduction to new CPD with Zoe Kott  
Caryford Hall Maggs Lane, Ansford, Castle Cary,  
Somerset, BA7 7JJ

My very first CPD was Strength in Asana. I would like to offer a new CPD Strength in Asana – 20 Years On. When I first considered the relevance of Strength in Asana 20+ years ago, this was quite a shock to many yoga practitioners as the focus of yoga at that time was on stretching and becoming more flexible; relaxing and letting go. Yet yoga is a balance of all things. We need to be able to both stretch and strengthen muscles; to recharge and re-energise, as well as relax and let go. My experience had shown me that working with the physical practice from the base of strength allows students to stretch safely.

And so, '20 Years On', I am still on the same path. However, the world beyond yoga (medical, physios, fitness gurus, etc) now agree yoga can be considered

a resistance training practice, as we use our body as a weight, moving into and out of gravity in a controlled mindful manner in our yoga poses – in other words a strengthening practice.

## Eastern

Excited for the future

Eastern region's committee continues to grow and strive to host popular events for you. The Anna Semlyn online workshop in October, focusing on Falls Prevention, sold out so quickly we have arranged another for 19 January. We hope those of you that could not join October can be part of this event in January. Bookings are being taken now on our website.

We are also in the midst of organising our Sangha event for 22 March 2025 to coincide with the start of Spring. Our tutors will be sharing their expertise on Ayurveda, Dru yoga and a wonderful sound bath and closing meditation will form the day. We hope you can join us in Boreham, Essex. This event will be on our website soon and ready to book.

We are hosting a range of days that can be booked on our website (Filter: Eastern Region) and we hope you can join us. Thank you for being part of this wonderful community and we wish you health, happiness and love.

**Eastern Region Committee.**

16 November 10am-4pm

**Trauma in Tissues** with Gary Carter  
Bury St Edmunds, Suffolk, IP32 7EE

Join the well-respected Gary Carter for this exceptional class on how tissues hold trauma and learn how we can use movement and postures to reduce tension and stress both in the physical body and in the mind. Gary will lead us through the day looking at the sympathetic and parasympathetic nervous systems, how the myofacial and facial react to stress and what this all means to us in the modern world. Learn through the use of movement and posture how we can release tension in body and in the mind.

We also have First Aid Days in Norfolk (25 January) and 8 February (Suffolk)  
More to be arranged.

## Midlands

### In person events

11 January, 10am-4pm

#### **Getting Your Mind in the Right Place** with

Perry Lewis

Kegworth, DE74 2FH

Where is your mind during your yoga practice? We tend to compartmentalise our yoga practice, having separate elements devoted to asana and meditation. Often during our asana practice, our mind is fixated on 'Am I doing this right?' or 'What's next?' or even 'What's for breakfast?'

Are we missing out on the wonderful feeling we can gain by becoming totally absorbed in our practice? Where our practice becomes a moving meditation... integrating asana, movement and mindfulness into a truly harmonious experience. This workshop is for everyone, including teachers who are looking to connect more deeply with their practice.

2 February, 10am-12.30pm

#### **Handstand Masterclass** with Robin Aurora

Mickleover, Derbyshire, DE3 9GH

Robin will guide you through a range of warm up exercises and handstand drills, playfully building towards achieving the handstand. This will be a breakdown of the technique of handstand, how to enter, hold and exit a handstand gracefully and safely. Suitable for all levels, no experience required.

22 March, 10.30am-4pm

#### **Spring Equinox Yin Day** with Norman Blair

Birmingham Buddhist Centre, B13 8AB

Cherish this precious chance to slow down and to soften with an extended Yin yoga practice led by Norman Blair, one of the most experienced Yin teachers in UK.

Many of us lead demanding and difficult lives. We can seem like graceful water birds: gliding serenely on the surface but in fact paddling frantically below to stay afloat. Often what we require most is space where we can rest and release the tensions that we all carry.

The Yin yoga practice is centred around floor-based postures, which are held for several minutes using props as supports.

## Yorkshire

### Welcoming Simone

We are delighted to welcome Simone Shannon to the committee as East & South Yorkshire Area Rep; please check out Beyond the Mat for more details about Simone.

The BWY Yorkshire committee has now completed the planning for BWY Yorkshire Sangha 2025.

The weekend event will take place at Cober Hill on 04-06 July 2025 and will include concurrent sessions showcasing a variety of yoga traditions and styles. You can either book for the whole weekend or just for the day on either Saturday or Sunday. Tickets are limited so don't forget to book early to avoid disappointment.

#### **Lucy Croucher, Yorkshire RO**

Upcoming CPD events include:

11 May 10am-4pm

#### **How can we use Yoga to be more resilient?**

with Claire Hall

Well House Yoga Space, Well House Farm, Cote Hill Road, Felliscliffe, HG3 2LN

Storms will come, how can we ride the storms, what can we learn from them and how can we come out stronger? The ancient teachings of Patanjali offer answers to all these questions and give us guidance on how to build resilience in our lives. During this day we will explore how these teachings can guide us towards being more resilient beings - through asana, pranayama, mudra, mantra, meditation and relaxation.

12 October 25 10am -4pm

#### **Sacred Feminine** with Reva Adie

Om Yoga Works 15D, Springfield Commercial Centre Bagley Lane, Farsley, LS28 5LY

To introduce the concept of embodied Shakti, and an awareness of the sacred feminine and how this expresses in our lives. To experience and learn how we can invoke specific Goddess qualities and energy through yogic practices including asana, mantra, meditation, chanting, contemplation, and yoga nidra.

The day will offer participants an opportunity to: Reflect on their conditioned perspective of the feminine, increased awareness of female life stages

# REGIONS\NATIONS

from a spiritual perspective which will enhance and be applied to their teaching to students. To practice asana allowing intuitive and somatic based movement, trusting and deep body listening. Learn how this is relevant to women particularly at specific times in menstrual cycle, pregnancy, and perimenopause/menopause.

An understanding of the qualities of two of the Hindu Goddesses; Durga and Lakshmi and how their different attributes, through the practices of asana and meditation, can support students in connecting with authentic self. An in-depth experience of meditation invoking one of the Goddesses (this may vary depending on energies of group, time in year, collective need). Learning how invoking the Goddess can enrich ones practice and how to share this with students.

Yoga Nidra to assimilate teaching, experience deep relaxation and learn how to integrate Divine feminine into YN. Learn about womb yoga and healing and practices. Chanting of Divine names of the Goddess. Establishing bhakti element to their practice. Learn a deeper awareness of the body and womb space from a spiritual perspective. Learn, experience, and apply the power of mantra. An awareness of being embodied shakti and how this can be integrated in daily life and shared with students.



## North West

Events, CPD and workshops in person

16 November, 10am-4pm

**Ayurvedic Diet and Lifestyle** with Tarik Dervish  
Timperley, Cheshire, WA15 6QG

To introduce students to the basic principles of Ayurveda and how these principles relate to our daily lives. To introduce the 6 tastes and apply dietary and lifestyle principles as recommended by Ayurveda to individual constitutional needs.

25 January, 10am-4pm

**Mental Health Conditions: How to Manage with Yoga** with Nikki Jackson

Cheshire, WA15 6QG

This workshop is for yoga teachers and experienced practitioners keen to gain further knowledge and

understanding of symptoms of a variety of mental health conditions such as anxiety and depression, trauma, eating disorders, OCD, bi-polar, addictions, psychosis, and personality disorders, and be more adept in choosing appropriate yoga therapy and mindfulness practices to help a person manage their mental health throughout daily life.

1 March, 10am-4pm

**Why Can't I Do a Yoga Pose? The Functional Approach** with Gillian Cawte

Lytham, Lancashire, FY8 5LU

Suitable for all practitioners, regardless of any perceived 'level'. This day is aimed at students and teachers and helping them to understand their unique full range of movement and potentially their students. It may answer questions such as: 'Why can't I do a yoga pose?'. It will offer students and teachers the opportunity to understand how their unique skeleton affects every pose they do.



12 April, 10am-4pm

**Pranayama as a Gateway to Meditation**

Lytham Assembly Rooms Dicconson Terrace, Lytham, Lancashire, FY8 5JY

We will be looking at the subtleties of pranayama practice and how it can be used as a gateway to meditation, in a clear and accessible way. There will be plenty of time to experience your own practice and explore the profound benefits of these practices and inspire your ongoing yogic sadhana and understanding.

During this event, you will be given the opportunity to understand the practices on a deeper level and enhance your own practice. With the added benefit of yoga teachers then being able to share this with their own students.

13 April, 10am-4pm

### **Mantra and Sacred Sound**

Lytham Assembly Rooms Dicconson Terrace,  
Lytham, Lancashire, FY8 5JY

We will be looking at the purpose and benefits of mantra practice, in a clear and accessible way. There will be plenty of time to experience and explore selected mantras to inspire your ongoing yogic sadhana and understanding.

During this event, you will be given the opportunity to understand the practices on a deeper level and enhance your own practice to give you a greater appreciation, whatever your level of experience is currently or however you wish to practice mantra in the future. By the end of the day, we hope you will feel more confident in using mantras in different contexts, understand the intentions and have improved your pronunciation, regardless of your starting point.

## South

Enjoying high summer and autumn



I've just returned from Yoga Summer School in Banbury. For those unfamiliar with this programme, it's a great way to collaborate and deepen your teaching practice during the summer break. It takes place in one venue, with different local teachers leading classes every week, offering a variety of styles and approaches. Profits are donated to charity, making it a rewarding experience for everyone. If this sounds appealing, why not join us, or set something up locally?

On the topic of collaboration, thank you to everyone

who responded to our survey about future events and to those who've replied to my emails. Your input is invaluable in shaping how we can better serve the region. If teachers would like to advertise events or trainings, please get in touch [south.ro@bwy.org.uk](mailto:south.ro@bwy.org.uk).

### **Recent events**

Hazel has been hard at work organising CPD days, and since last autumn, we've hosted three excellent events. Zoe Knott led an insightful session on building strength, and Bertie (Roberta Jesson) impressed us with her extensive knowledge of pelvic floor muscles. We also ran a well-attended First Aid Day in Hampshire. To avoid missing out on events, be sure to check listings in the South newsletter, On The Pulse, Spectrum or the website.

### **Sangha and what's coming**

By the time you read this, our Sangha event will have taken place. A big thank you to the team, especially Hazel, for making it happen. We're looking for venues in Berkshire for events and hope to tie it in with our annual meeting. Interested in getting involved? We're still seeking Area Reps for Berks, Bucks, and North Hants, as well as a Secretary and Treasurer.

### **Website Update**

Our website is undergoing improvements, with a new provider in place. If you encounter any issues, please let me know so I can gather feedback. Note that class details couldn't be migrated from the old site, so you'll need to manually re-enter your information.

When updating class details under 'My Entries' in your profile, make sure to include the start time (the two little marks), as well as the start and end dates. For long-term classes, you can set the end year to 2026. Don't forget to include location details and click 'Approve'. Once approved, you can edit your class information anytime without needing further approval.

### **David Russell, South RO**

#### **Introduction to Ashtanga Vinyasa Yoga with Deena Davis**

18 January, 10am-4pm

Headington, Oxfordshire, OX3 7SS

This day will enable you to experience how Vinyasa (movement with breath) helps bring awareness. You will explore the connection between bandha, breath and foundation and opening in yoga asana. You will become more familiar with the first half of the Primary series – a ready-made self-practice.



BWY

AT  
THE  
HEART  
OF YOGA

Train with us. Develop with us.

Turn to pages 12-13 for our full yoga training  
and development opportunities.

[bwy.org.uk](http://bwy.org.uk)