

BWY MEMBERSHIP MAGAZINE'S

FORWARD FEATURES



BWY

AT
THE
HEART
OF YOGA

SPECTRUM
magazine

COMING UP

HELLO – I'M DEANA,
SPECTRUM'S EDITOR

On the next couple of pages you'll get a flavour of what we want to focus on in Spectrum this year.

Our magazine is called Spectrum because BWY embraces all lights in yoga's world of teaching and learning. We've a rich and varied history honouring the traditions of yoga and we're committed to being our best and sharing that knowledge.

This is our inspiration for the **practices, features and news** we want to celebrate, but if you have a different idea you'd love to contribute, do get in touch.

We're celebrating 60 years in yoga this year, having been founded in 1965 by Wilfred Clark. Alongside marking this milestone we'll bring you news, training updates and highlights from our regions / nations.

OTHER INFORMATION

Spectrum goes direct to more than 5000 people who love yoga

BWY is a charity and National Governing Body for Yoga in England and Wales



CONTACT INFO

THE EDITOR, DEANA MORRIS

E: spectrum@bwy.org.uk

T: 0797 3383435

ADVERTISING

BWY members rate + externals

W: bwy.org.uk/advertising/

DID YOU KNOW...?

BWY membership starts from just £46 with a host of member benefits including:

- yoga-life events online and around Britain
- inspiring stories, features and campaigns in our regional / national newsletters and Spectrum magazine
- discounts on yoga gear, gadgets and books with our partners.

SPRING

Growing greener

Reflecting on BWY's goals and what more we can do together for our environment

60 years of BWY – our diamond year!

Celebrating asana

Springing into life

Move, breathe, meditate on growth

Honouring difference

And nurture

How to relax and enjoy sharing yoga with people living in care home

Energy rising

Postures to power up in sequences to try at home

Sangha 2025

Festivals celebrating yoga around Britain



SUMMER

From the Heart of Yoga

Celebrating our magnificent volunteers

Twist and shout!

Releasing tension

Chilled

Cooling practices for when the heat is on

The warrior path

6 ways to centre in – mind, body and spirit



AUTUMN/ WINTER

Tech neck solutions

Ways to ease your neck and shoulders

Postures for spine health

Winter Solstice 2025

Finding balance in seasonal shifts

Tips for stepping from autumn to winter

SPECTRUM'S KEY DATES

ISSUE	DEADLINE	PUBLICATION
Spring	7 Jan	March
Summer	10 Apr	June
Autumn/ Winter	2 Aug	October

Wishlist Competition

Win your choice of yoga items gifted by our partners

Time for a good read

Snuggle up with a good book

