



# BEYOND THE MAT

BWY IN YORKSHIRE

IMBOLC 2025



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# CONTENTS

YOUR COMMITTEE .....	02
EDITORIAL .....	04
BWY YORKSHIRE SANGHA 2025 .....	05
BWY CPD EVENTS .....	06
FIRST AID TRAINING .....	13
CONGRATULATIONS .....	14
FEDERATION LISTINGS .....	15
WORKSHOPS & EVENTS .....	17
ARTICLES .....	26
BOOKING CPD EVENTS .....	34
ADVERTISE WITH US .....	35

Front/back cover & Page 25: “Magic Chair”, “Dryad” & “Ceramic Column” Pendle Sculpture Trail by Lucy Croucher

# EDITORIAL

Rather than pontificating on Life, the Universe and Everything I thought I would search out some yoga jokes; I wasn't really inspired by what I found but one did make me laugh out loud so I thought it would be worth sharing

“Yoga. Because punching people is frowned upon”

I also quite liked:

“I do yoga so that I can stay flexible enough to kick my own arse”

which I thought was a good philosophy for life.

If you have any good yoga funnies please do share them and I'll include them in the next newsletter.

The BWY Yorkshire Sangha 2025 is now open for booking on the BWY website. The



event takes place at Cober Hill near Scarborough on the weekend of 04-06 July and we have a fabulous line up of tutors from many different yoga traditions. Tickets for the whole weekend include a choice of 11 yoga sessions, accommodation and all meals. Alternatively you can come for the day on either Saturday or Sunday. Please do check out the website for more details.

[Link to event](#)



Love Lucy / DharmaKirti

# Celebrate BWY Yorkshire Sangha 2025

Residential Weekend  
04-06 July

Cober Hill  
Scarborough

BWY

SANGHA  
IN YORKSHIRE

A residential weekend with the option of either full board (en suite single rooms, all meals, 11 sessions) or day tickets

Includes, Restorative Yoga & Sound Bath, Vinyasa, Accessible Ashtanga, Dru, Fascia Yoga, Yin, Iyengar, TSYP, Kundalini, Chair Yoga, a variety of meditation and pranayama techniques, philosophy, Qigong and Kirtan

Please go to the [BWY website](#) for more details and to book your place



# BWY CPD EVENTS

## MENTAL HEALTH CONDITIONS - HOW TO MANAGE WITH YOGA

CPD Ref: 25/01

Date: 01 February 2025

Tutor: Nikki Jackson

Venue: Zoom

Organiser: Claire Hall, West Yorks



This event is designed to help improve knowledge and understanding of the most common mental health conditions, such as anxiety and depression, trauma, eating disorders, OCD, bi-polar, addictions, psychosis, personality disorders and mental health in the context of society today.

During this day you will learn how to maintain the health and safety of students with mental health conditions as well as other students in yoga class and yourself as a teacher. You will explore a variety of yoga asana practices to help regulate symptoms of mental health conditions as well as a variety of yoga breathing practices and traditional pranayamas to encourage a balanced flow of prana to stabilize mood and energy levels.

You will also explore how to enhance vihara (relaxation) and look at lifestyle management to improve self-confidence, self-esteem and self-identity, through integrating yoga practices and philosophies into daily life.

# BWY CPD EVENTS

## WHY CAN'T I DO A YOGA POSE?

CPD Ref: 25/02

Date: 30 March 2025

Tutor: Gillian Cawte

Venue: Sutton Upon Derwent Village Hall, YO41 4DJ

Organiser: Simone Shannon, East & South Yorks



This day is aimed at students and teachers to help 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?' and will offer students and teachers the opportunity to understand how their unique skeleton affects every pose they do.

Practicing from a functional approach rather than an aesthetic approach will free students from the image of trying to get into a perfect looking pose.

Participants will learn to investigate their unique skeleton and experience variations in poses to target the muscle groups and skeletal segments for that pose. We will look at skeletal variation and why this is important to consider while teaching and practicing.

This day is not suitable for those in the third trimester of pregnancy due to time spent on the floor on the belly for a portion of the day.

# BWY CPD EVENTS

## HOW LIFE MOVES

CPD Ref: 25/03

Date: 12 April 2025

Tutor: Mary Mackie

Venue: Well House Yoga Space,  
Harrogate HG3 2LN

Organiser: Clare Walker, North Yorks



How life Moves is about adapting to change including ageing and reduced mobility.

A subtle difference to working with Chair Yoga – this session aims to remind us of the evolutionary pathway that we all are on and to explore how different people require different adaptations at various stages.

There will be some recap of anatomy & physiology looking at the communicating systems of the body from the perspective of the felt experience/somatic awareness of change throughout life. We will also look at the different aspects and tools of yoga and how they can be used to enhance practice and support changes brought about by different stages of life and common disease processes.

Topics will include:

- Stiffening of the fascia and the effects of gravity on our bodies
- The effects of the ageing process on muscles and joints
- Playful movement how to generate feelings of wellbeing
- Soma and the mind-body continuum
- Pranayama and the Koshas as integral parts of yoga practice.



# BWY CPD EVENTS

## YOGA FOR RESILIENCE

CPD Ref: 25/04

Date: 11 May 2025

Tutor: Claire Hall

Venue: Well House Yoga Space,  
Harrogate HG3 2LN

Organiser: Clare Walker, North Yorks



How to be more resilient in the world we live in is so very important not only for ourselves but for the students we teach. Storms are certain in our lives: we cannot avoid them.

Being resilient means we can live our lives fully and be ready to meet any pain as it comes.

During this CPD day Claire will draw on the ancient teachings of Patanjali from a more contemporary view point and how they are even more relevant today in helping become more resilient.

Through asana, pranayama, mudra, meditation, mantra and Yoga Nidra the day will invite students to observe the self, open their hearts, build strength and let things flow.

# BWY CPD EVENTS

## WORKING WITH NEURODIVERSITY

CPD Ref: 25/05

Date: 27 September 2025

Tutor: Carol Trevor

Venue: Zoom

Organiser: Simone Shannon, East & South Yorks



It is estimated that 1 in 7 people in the UK are neurodiverse or neurodivergent. Adults are increasingly learning that they are neurodiverse.

As awareness and research grow, neurodiversity remains a new area for many yoga teachers. What are its implications for everyday life, health, wellbeing and participation, for example in yoga classes, longer events and study? While adults with neurodiversity (including yoga teachers) are often naturally drawn to yoga, some aspects of classes and teaching can be problematic rather than supportive. How can the unique strengths, challenges and needs associated with neurodiversity be welcomed and comfortably integrated often benefitting the whole class?

Join us to explore this important topic and best practice for working with students with, for example, dyslexia, autism, ADHD, dyspraxia or dyscalculia (some of which can co-occur), whether diagnosed or undiagnosed. Discover too how the lived experiences of these populations is best placed to inform our teaching approach, and how working together refreshes and elevates our skills and outlook as teachers overall, for the benefit of all students.



# BWY CPD EVENTS

## SACRED FEMININE

CPD Ref: 25/06

Date: 12 October 2025

Tutor: Reva Adie

Venue: OM Yoga Works, Farsley LS28

5LY

Organiser: Claire Hall, West Yorks



When we can deepen our awareness of embodied spirituality, we can welcome all of our experiences. At this time, there is a reemergence of the Sacred Feminine and an invitation to honour and restore knowledge of the Goddess in all her forms.

Through different yoga practise and contemplations focused on the sacred feminine, we can bring more holistic wellbeing to our lives.

### **Aims of the Day**

To introduce and deepen awareness of the sacred feminine and embodied Shakti.

Understanding of how we can invoke specific Goddess energies through yogic practices including asana, mantra, meditation, chanting, contemplation and yoga nidra.

Image: Sonika Agarwal

# BWY CPD EVENTS

## THE BHAGAVAD GITA: AN EXPLORATION

CPD Ref: 25/07

Date: 15 November 2025

Tutor: Swami Krishnapremananda

Venue: Zoom

Organiser: Simone Shannon, East &  
South Yorks



The purpose of the day will be to share some of the fundamental aspects of yogic practice as illuminated by the early chapters of the Bhagavad Gita, in a simple, clear and accessible way. It is aimed at yoga teachers and practitioners keen to:

- Explore the timeless relevance of the teachings of the Gita for contemporary western society
- Understand some of the essential teachings from the Gita's early chapters on Gyana, Bhakti and Karma yoga
- Consider how these teachings can be applied in daily life
- Gain a deeper appreciation of the depth of the Gita's teachings
- Feel a renewed inspiration for their yogic practice and lifestyle.

# FIRST AID TRAINING

All courses are: 09.30 – 16:30

Limited to 12 students

Cost:

BWY Members/Affiliates: £55

Full price: £70



North Yorkshire

Date: Saturday 08 March 2025

Venue: Well House Yoga Space, Harrogate HG3 2LN

West Yorkshire

Date: Saturday 12 July 2025

Venue: Om Yoga Works, Farsley, LS28 5LY

South/East Yorkshire

Date: Saturday 13 September

Venue: Sutton Upon Derwent Village Hall, YO41 4DJ

Please go to [https://portal.bwy.org.uk/user/yoga\\_search](https://portal.bwy.org.uk/user/yoga_search) for more details and to book your place.

'Every year we offer at least one first aid training in each of our three Yorkshire areas, repeating this on a three year cycle to coincide with when training lapses. If there is sufficient demand we can look to book further dates (please contact your Training Officer, Catherine - [yorks.rto@bwyregions.org.uk](mailto:yorks.rto@bwyregions.org.uk)). We encourage you to look ahead and plan in for when your first aid training might lapse, so you can take advantage of these reduced rate training offers in your area.

# CONGRATULATIONS



Congratulations to the following students for completing Foundation Course 1 with Claire Hall at Om Yoga Works, Farsley, Leeds. Good luck to Lisa, Melissa and Katy who have gone on to study the BWYQ Diploma in Yoga Teacher Training.

Hannah Pettavel  
Emily Carlill  
Emma Harris  
Lisa Foreman  
Emma Walker  
Sara Demaine  
Mercy Webb  
Katy Coe  
Melissa Chadwick (not pictured)

Claire's next course begins in April at Om Yoga Works, Farsley, Leeds.

# FEDERATION LISTINGS

## WEST YORKSHIRE FEDERATION OF YOGA

West Yorkshire Federation of Yoga meets monthly to share and develop yoga practice. Guest tutors are invited to lead a shared themed practice; we aim to create an inclusive, non-judgemental and supportive yoga community.

Meetings are held monthly on Sundays from 14:00 to 17:00 at the Robert Craven memorial Hall, Old Lane, Bramhope, LS16 9AZ.

Fees at present are £15 per session with an annual subscription of £135. These fees are decided at our AGM.

For further information, please email:

[westyorksfedyoga@btinternet.com](mailto:westyorksfedyoga@btinternet.com)

The dates for 2025 are:

**12 January** Tony Byrne – It's Meditation Yoginis/Yogis but not as we know it

**09 February** Charlotte Eddington – Gong Sound Therapy

**09 March** AGM at 13:30; Jacqui Pollard – topic to be confirmed

**13 April** Tutor and topic to be confirmed

**18 May** (NOTE: third Sunday) Tutor and topic to be confirmed

**08 June** Tutor and topic to be confirmed

**13 July** Tutor and topic to be confirmed

# FEDERATION LISTINGS

## NORTH YORKSHIRE YOGA FEDERATION

### Saturday Mornings 10am - 12noon

The Village Hall, Stockton on The Forest, York, YO32 9UR

Saturday sessions are free to members, £8 for non members, £20 annual membership.  
No booking needed. Saturday sessions are now face to face only.

- 08 Feb Mookaite Jasper** 'From Me to We - Yoga for Connected Living'
- 12 April Claire Hall** 'Be Here Now' – Atha yoga anushasanan - explanation around the first of Patanjali's sutra's
- 10 May Jane O'Halloran** 'The Power of Energy Block Release to Increase Vitality & Release Pain'
- 14 June Eric Wilkinson** 'Somatic Movement for a Healthy Spine'
- 12 July Suzy Blackburn** 'Simplicity is the Key to Yoga'

### Days of Yoga

**Sunday 09 March Lucy Croucher / DharmaKirti** *'The Five Elements'*  
*See separate advertisement for further details*

**Sunday 02 Nov Kath Morgan Thompson** TBC

**Contact & booking: [nyyf\\_membership@btinternet.com](mailto:nyyf_membership@btinternet.com)**

*Please do check our website, members emails & our private Facebook Group  
"North Yorkshire Yoga Federation" for further updates.*

**<https://yogaextra.chessck.co.uk>**

**We look forward to welcoming you!**



# WORKSHOPS & EVENTS

**North Yorkshire Yoga Federation**

## **Spring Day of Yoga 2025**

**Sunday 09 March 10am-4pm**

Park Grove Primary Academy, Park Grove, York, YO31 8LG

### **Lucy Croucher DharmaKirti “The Five Elements”**

*The Five Elements is a concept found in many traditions, although they are not necessarily the same five elements nor do they mean the same thing in the different traditions.*

*In this day we will be using the elements to inform our practice of asana, mudra, Qigong, mantra and meditation.*

**NYYF members £30, non-members £35**

**For payment information and booking contact  
[nyyf\\_membership@btinternet.com](mailto:nyyf_membership@btinternet.com)**

**More information at <https://yogaextra.chessck.co.uk>**

Tea & coffee provided.

# WORKSHOPS & EVENTS



## BWY FOUNDATION COURSE 1

BWY

FOUNDATION  
COURSE TUTOR

BWY

THE  
YOGA  
PRACTICE

WITH  
CLAIRE HALL  
AT

OM YOGA WORKS LEEDS  
APRIL 2025



FOUNDATION COURSE 1 IS DESIGNED TO EXPLORE YOGA IN MORE DEPTH

OVER 10 MONTHLY SESSIONS (60 HOURS) WE WILL EXPLORE THE WONDER THAT IS YOGA IN MORE DEPTH. EXPLORING ASANA, PRANAYAMA, RELAXATION, MUDRA, MANTRA, MEDITATION AND BANDHA. WE WILL DELVE DEEPER INTO THE HISTORY AND PHILOSOPHY OF YOGA. THIS IS AN OPPORTUNITY TO ALSO DEVELOP YOUR OWN PERSONAL PRACTICE AND UNDERSTANDING

FOR FURTHER INFORMATION  
YEADONYOGA@GMAIL.COM

# WORKSHOPS & EVENTS

## **Yoga Earth – Catherine Eastwood** Huddersfield, West Yorkshire

### **BWY Foundation Course 1** *starting in Huddersfield in June 2025*

If you love Yoga and want to learn more to develop your personal practice and understanding of all things Yoga, this is the perfect course for you.

Foundation Course is aimed at expanding your personal experience of yoga, offering a comprehensive grounding in basic practical techniques taught in the context of the philosophy that underpins yoga. This course provides the opportunity for you to dig deeper into what Yoga means to you.

Meeting for one Saturday a month over a 10-month period (60-hour course) we will explore asana, breathing practices and pranayama, mudra, meditation, and relaxation, along with Yoga philosophy and history.

This is a wonderful personal development course or can be an excellent foundation for going on to train to teach Yoga.

*There will be an introduction day held on 08 March 2025, for prospective students to come along and get a taste of the course before signing up*

For more information on any of the above or my regular classes, to register an interest, or to book a place please contact me:

Catherine Eastwood – Qualified BWY teacher for over 16 years,  
Foundation Course Tutor and Diploma Course Tutor

[www.yogaeearth.co.uk](http://www.yogaeearth.co.uk)

Telephone - 07814 019379 - Email - [cath3hope@hotmail.com](mailto:cath3hope@hotmail.com)

Facebook - <https://www.facebook.com/YogaEarthCatherineEastwood/>

Instagram - <https://www.instagram.com/yogaeearthcatherineeastwood/>

# WORKSHOPS & EVENTS



 **SPRING RETREAT!** 

## CONSCIOUS BODY OPEN HEART

Shepherds Dene Retreat House  
Riding Mill, Northumberland NE44 6AF

with

**Rajesh David & Marye Wyvill**

**4 - 6 April 2025**



Become conscious of your mental and movement habits that block transformation, working with the Movement Intelligence practices of Bones for Life, Walk for Life & Mindful Eating, the yogic concepts of Anahata Chakra, Bhakti & the Koshas, & Centering Prayer meditation.

For more information about our teaching sessions, see:

[www.rajeshdavid.com/consciousbodyopenheart/](http://www.rajeshdavid.com/consciousbodyopenheart/)

Our retreat will start on Friday at 7.30pm (please arrive in time for supper at 6pm) and end with lunch at 1pm on Sunday.

Bookings: [maryewyvill@hotmail.com](mailto:maryewyvill@hotmail.com)

Cost: £475 for tuition, meals & single room.

*Shepherds Dene is a tranquil Edwardian country house in the Arts & Crafts style, whose extensive grounds include a Woodland Walk and a labyrinth.*



# WORKSHOPS & EVENTS

## Coniston Yoga and Walking Holiday – Lake District



**16-21 March 2025**

**Becky Lawrence, Dawn Wesselby**

**40+ hrs yoga workshops, 2 daily guided walks**

An annual holiday to nourish and bring joy in the stunning surroundings of the Lake District.

Comfortable ensuite single, twin, double rooms, 3\* HF Holiday Hotel, delicious food, guided walks with local guides.

## Just be Yoga Retreat - Malham, Yorkshire Dales



**23-27 June**

A space to nourish your body and soul, celebrate the energy of summer solstice and find meaningful practices and community to support your yoga journey.

## Just be Yoga Weekend - Yorkshire Coast



**3-5 October, Cober Hill**

Relax, refresh, restore, take time for yourself in the beautiful surroundings of the North Yorkshire coast. Combine a wide variety yoga practice with 'just being'. All ensuite rooms.

## Yin Yoga with Live Music



**February, May, October – Husthwaite, YO61 4PF**

2-hour workshops for transportation to another realm!

Become totally focused and present as you dive deep into your body and soothe your mind.

Private Yoga  
Shiatsu and Shamanic Treatments  
Yoga with Alpacas  
Workshops



moonriseyoga.co.uk  
07906 652669

janecluley@gmail.com

# WORKSHOPS & EVENTS



# Yoga Therapy

## TRAINING COURSE

### ABOUT

Yoga Focus, established in 1998, runs 550hr professional training in yoga therapy, accredited by BCYT. Also CPD events and modular courses through the BWY. Founder Nikki Jackson has worked as an NHS occupational therapist and yoga therapist in physical and mental health and the private sector. Courses are based on self compassion and relate closely to Nature.

**Starting 22nd March 2025**

**STAGE ONE:** 50 hr Foundations in Yoga Therapy (BWY Module)

**STAGE TWO:** 500 hrs leading to Diploma as qualified professional Yoga Therapist

**VENUE:** West Oxfordshire, on line and Mandala Ashram, South Wales

**Yoga Therapy sessions available**



email: [admin@yogafocus.co.uk](mailto:admin@yogafocus.co.uk)  
[www.yogafocus.co.uk/professional-training/](http://www.yogafocus.co.uk/professional-training/)

# WORKSHOPS & EVENTS

## Yoga Nidra Teacher Training Course

*With Nickie (Tulsi) Short*

For all yoga teachers, qualified or in-training

6 month online course starting Sept 2025



*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, 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:**

- 6 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

*Online session will take place 15:00-18:30 on the following Sundays:  
September 21, October 26, November 23, January 4 and February 8, March 8*

### **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](mailto:nickie.short@icloud.com) or tel 07799 032824

# WORKSHOPS & EVENTS

## YOGA, MEDITATION & NATURE RETREATS

Combining authentic yoga and meditation practices with time spent experiencing wildlife and the natural world

2025

- |           |                                |
|-----------|--------------------------------|
| Mar 23    | Online workshop                |
| May 18-24 | Mull, Scotland - from £650 p/p |
| Sep 8-15  | Holme, Norfolk - from £675 p/p |
| Nov 13-16 | Isle of Wight - from £350 p/p  |
| Nov 27-30 | Walsingham, Norfolk £395       |

### ESSENTIAL NATURE YOGA

[WWW.ESSENTIALNATUREYOGA.CO.UK](http://WWW.ESSENTIALNATUREYOGA.CO.UK)

With Nick Edge (Sw SatyaDaya) & Nickie (Tulsi) Short  
Tel 07799 032824





# ARTICLES

## THE POWER OF THE NON-HABITUAL BY MARYE WYVILL

Clasp and unclasp your hands repeatedly. It is likely that you will always do it the same way, with the same thumb on top. With hands clasped in your habitual way, look up at the ceiling, several times. If this movement is uncomfortable, where and at what point do you feel that discomfort?

Slowly and deliberately change your hand clasp to the non-habitual configuration, with the other thumb on top. Then repeat the task of looking up. Has the movement become slightly more fluid and free?

When we begin to examine our movement habits closely, we may discover patterns that do not serve us well. Perhaps their roots lie in protection of an injured part, or in fear of falling, or in cultural codes of conduct. For example, the German writer and scientist Goethe (d. 1842)



alarmed his neighbours simply by swinging his arms as he walked, an action he adopted because of his belief that incorporating arm movement in walking was a remnant from the four-legged animal and therefore one of the proofs that animals and humans had a common ancestor. The reaction of Goethe's neighbours suggests that the repudiation of anything too 'animal' in man was well-established social practice. (Behaviour manuals of the time deplore the swinging of arms, 'as if one were sowing seeds'. Or, in other words, as if one belonged to the labouring classes.)

If we want to experience greater ease and joy in movement, we must

# ARTICLES

first bring our habits into conscious awareness, and then remind the body of other, more helpful patterns, which may have dropped out of our movement vocabulary long ago.

This also holds true for our mental and emotional habits. The late mystic, Father Thomas Keating, talks about our 'emotional programmes for happiness' which form the building blocks of the 'false self'. These are security/survival, esteem/affection and power/control. Whilst we remain unconscious of being driven by desire for any combination of the above, we ricochet between raga (attraction) and dvesha (aversion). To break the cycle we have to find a way to step out of our habitual, dualistic, egoic operating system and into non-habitual, non-dual, unified consciousness, where subject/object separation ceases to have meaning.

Body and mind work together in reinforcing feedback loops, for good or ill. Bitterness or self-doubt may cause us to physically shrink in on

ourselves and atrophy, while a relaxed and well-aligned stance will give us confidence; someone who feels empowered is more likely to be able to forgive others. A still, tranquil mind cannot co-exist with an armoured body.

It is only through awareness... through listening to the feedback of our sensations, and through becoming attuned to our inner dynamics...that positive change becomes possible.

Marye Wyvill, Co-Director,  
Movement Intelligence UK  
For details of Marye's Spring Retreat with Rajesh David **Conscious Body Open Heart** see page 20



# ARTICLES

## YOGA THERAPY - WHAT IT'S ABOUT AND WHY IT IS SO NEEDED

BY NIKKI JACKSON

Yoga therapy (YT), or 'Yoga Chikitsa' in Ayurveda, is a much-needed holistic therapy due to NHS waiting lists increasing and the need for people to seek alternative help. YT addresses an individual's specific health needs through a 1:1 therapeutic process of exploring self-care (chit), self-realisation and lifestyle management (vihara). It is concerned with the 'background' behind a medical diagnosis and what lifestyle imbalances have led to a physical or mental health condition. It is a self-empowering, collaborative process encouraging an individual to use a variety of YT practices to move from a state of 'dis-ease' to 'ease', health and wellbeing.

Whilst mainstream yoga is often therapeutic, YT goes much further, adopting a 'no one cure fits all' approach. It is person centred,



rather than using 'prescribed yoga practises' in a class setting. YTs create practices specific to an individual's needs to redress imbalances in the mind, body, breath and daily lifestyle managements that have led to ill health. YTs are trained to understand many medical conditions and in assessing individual's health through models such as Pancha Kosha Kleshas, Vayus and Gunas. YT sessions have a 'less is more' approach and practices tend to be slow and gentle enabling individuals to 'feel' and connect with the body to unravel health issues. Breathwork is essential for restoring healthy pranic flow and meditations, yoga nidras, mudras, mantras all help to

# ARTICLES

settle the nervous system facilitating the best recovery outcome. Healthier samskaras (habits) are encouraged to make significant positive health changes through tapas (discipline), svadhyaya (self-study) and ishvara pranidhana (devotion).

YT encourages Self-compassion and care towards the mind and body. In a society where we have been encouraged to 'fix', 'achieve' and 'master', people are waking up to the value of living in the present moment, connecting with nature and the natural process of life. They are ready to live a more balanced, gentler and more natural lifestyle. This is a fundamental message in yoga therapy and why it is becoming such a valuable resource in NHS and private health services.

Nikki Jackson is principle of 580 hour Yoga Therapy Teacher Training course accredited by The British Council of Yoga Therapy, previously an occupational therapist and yoga therapist in NHS mental health services and private sector. She is

joined by training team of YT experts. Course retreats are held at The Mandala Ashram, South Wales.

**"I feel truly blessed to be training in yoga therapy with Yoga Focus. The course is quite exceptional, the knowledge and skill that the trainers share is amazing and I feel so well supported, nurtured and encouraged in every way".  
(2023-2025 course student)**

If you would like to train as Yoga Therapist, please contact:  
E: [admin@yogafocus.co.uk](mailto:admin@yogafocus.co.uk) /  
[Nikki@yogafocus.co.uk](mailto:Nikki@yogafocus.co.uk)  
W: [Introduction - Yoga Focus](#)



# ARTICLES

## FOSTERING RESILIENCE IN UNCERTAIN TIMES BY SWAMI KRISHNAPREMANANDA

The nature of life is constant change. However hard we cultivate and hold on to stability, security and safety, inevitably sooner or later we will experience the uncomfortable nature of such change - something that we can't control and can perhaps shake the very ground under our feet. In such times, resilience is a quality that we can draw upon to stand up, stay at least relatively balanced and remain open to the Intelligence of Life as it is.

What follows are some key principles in fostering resilience:

**Steadfast Support:** Having a few genuine friends around us when we need them is such a blessing; people who can offer us a non-



judgemental listening space, who can remind us of our unique qualities[1], yet without offering trite platitudes or trying to 'fix' our issues. We don't need many but having a few such steadfast friends can be so supportive.

Likewise, we can develop our own capacity to offer such a supportive space to our friends or colleagues for whenever they are facing adversities. The more we can offer this blessing to others, the more they may be willing to offer it to ourselves.

[1] Thereby counterbalancing our tendency to focus on the perceived negativities within ourselves and/or our life.

# ARTICLES

**Yoga Practice as Medicine:** When challenges arise, a daily or regular yoga/ meditation practice becomes even more beneficial. It can help down-regulate our nervous system, balance and boost our energies, and provide some much-needed stillness and steadiness. Such regular practice can be seen as a medicine that we keep taking even when we may not feel like it! So many practices can be helpful but two of them - Nadi Shodhana pranayama[2], or alternative nostril breathing, and Yoga Nidra[3] - can be especially useful in balancing our energies and calming our nervous system.

*When times are uncertain, difficult,  
fearful, full of change*

*They become the perfect place to  
deepen the practice of awakening*

*Jack Kornfield*

**Turning to face Reality:** We are often hardwired to focus on pleasure and avoid pain. Fair enough, yet the more we can turn to face the reality of our situation, the more we train ourselves in resilience. Once we are clear on what we are facing, we can proactively move forward. This includes facing our emotions and thoughts. Emotions can often be suppressed, for very good reasons at times. Yet ongoing suppressed emotions drain our energy and reduce our effectiveness in dealing with the present moment situation. Within our capacity, we can learn to welcome emotions more as they arise and let them move through us, especially if we can share them honestly with a steadfast friend as above, or perhaps a counsellor. Confidence gradually grows that we won't fall apart, that we can allow

[2] Focus, without expectation, on developing a comfortable 1:2 ratio with guidance if needed from a skilful yoga teacher. Nadi Shodhana pranayama, practised for say 10 minutes once, or even twice/ three times a day, can be so beneficial when dealing with anxiety/ stress.

[3] Some yoga nidra recordings are available free of charge from the free resource library on the Ashram website.

# ARTICLES

anger, sadness, grief and so on to move through us like the clouds move through the sky, and still be ok.

Likewise with our thoughts. So often we add to our difficulties in the way our mind creates its own dramas, on top of the actual situation of our life, through its reactions, projections and opinions. As Mark Twain so aptly put it:

*My life has been filled with terrible misfortunes, most of which have never happened.*

As often as possible, perhaps by slowing down our breath or sharing with a good friend, we can notice what terrible misfortunes we are creating in our mind, and inwardly smile at them. Then come back to the actual situation in front of us, endeavouring to let go of additional reactions and projections[4].

**Glass half full:** especially when

times are difficult, we can easily get caught in judgement and self-criticism. Hence, the glass can feel half empty or worse! Rather than getting lost in this, can we take the opportunity to cultivate a more optimistic approach. Whatever we don't have, be grateful for what we do. Gratitude and optimism can foster the spirit of generosity – a focus not only on what we need but also what we can give to Life - and in turn generosity breeds abundance. Even if this feels only idealistic initially, what have we got to lose in trying?

## **Letting go and trusting Life:**

Cultivating a glass half full approach also opens the possibility of trusting in Life itself; the Intelligence that enables the grass to grow, the sun to shine and the breath to flow in and out, to use three of countless examples. The more we can trust in Life, however tentative this may be at first, the more we can relax into it. This is not a passive blind trust -

[4] The Buddha's teachings on the 2nd arrow illuminates this principle very well.



# ARTICLES

we still need to be proactive, stay grounded and have our eyes wide open. It is a trust that grows the more we recognise that Life's Intelligence is not designed to make our life a misery, but fundamentally to help us grow in our humanity, understanding and wisdom, often through the challenges of Life[5].

These qualities help to foster resilience, which enables us to more effectively face the inevitable vicissitudes of life with a greater inner strength, balance and trust. In doing so, we also act as 'role models' for others facing their own challenges. In our uncertain world, such resilience is a genuine gift, both for ourselves and others around us.

Swami Krishnapremananda is Assistant Director of Mandala Yoga Ashram, playing a key role helping to support and care for the Ashram's spiritual and practical wellbeing.

Over 25 years of consistent practice he has matured into a knowledgeable and inspiring teacher with a wise, humble and gentle presence.

He describes his spiritual journey as "touching the ground of existence", a "surrendering to the Divine" and is deeply grateful for the many joyful gifts of grace he has received along the way.



[5] This is Arjuna's story in the 1st chapter of the Bhagavad Gita, a key foundational text of yoga.

# BOOKING CPD EVENTS

BWY guidelines state that participants for a CPD day can be

- BWY DCTs and Diploma Holders
- Recognised and Accredited Teachers
- BWY Diploma and Certificate Course Students
- Teachers of other Yoga Organisations (BWY members)
- BWY Members can attend if spaces are available
- The maximum for each event is 30 attendees

Please book early via the regional website [www.bwy.org.uk/yorkshire](http://www.bwy.org.uk/yorkshire)

If you do not have internet access, please contact the appropriate Area Rep providing the following

- Your name, BWY number, address & telephone number
- Course Reference, Tutor / Subject
- A cheque, made payable to BWY Yorkshire Region

## COST

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### 2026

17 November for Spring newsletter (posted out Early January)

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