



BWY

AT
THE
HEART
OF YOGA
IN THE SOUTH

BEYOND THE MAT

Spring Newsletter 2023

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

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SOUTH NEWS

Hello and welcome again to the BWY South Newsletter! The photo on the front cover was taken in the Peak District in January 2015. If you have a photo that would be great for the front cover or inside the magazine, it can be yoga related or not, please email it to Suzanne at south.editor@bwyregions.org.uk



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EDITOR'S LETTER



Hello and welcome to the BWY South Newsletter for February 2023. I would like to apologise for the fact there was no magazine in the autumn. I had COVID over the summer holidays and I just could not manage to put something together in time for the print deadline in September.

Coming back to more positive things, the British Wheel has decided that Sangha will be a series of regional events. We have had some (very brief!) discussions and hope to have our Regional Sangha in September. Hopefully, Sangha will take place somewhere fairly central in the region to make it as easy as possible to travel to the venue for everyone in the South. If you have any ideas for venues that might be suitable, please let us know! We were thinking about having it in Oxfordshire, perhaps more to the south of the county, but we are open to suggestions. It will not be a residential weekend but if there are places nearby to stay for those who would like to, that would be a bonus.

We are desperately in need of more people on the committee. County Reps help to run events in their area and organise them too if they want. The Treasurer looks after the finances for the region, and the Regional Officer takes part in meetings with other ROs and takes an active part in shaping the committee, our events, and future plans.

I would love to have a letters page in the next magazine. Please email your Letters to the Editor to me by the end of April.

YOUR COMMITTEE NEEDS YOU!



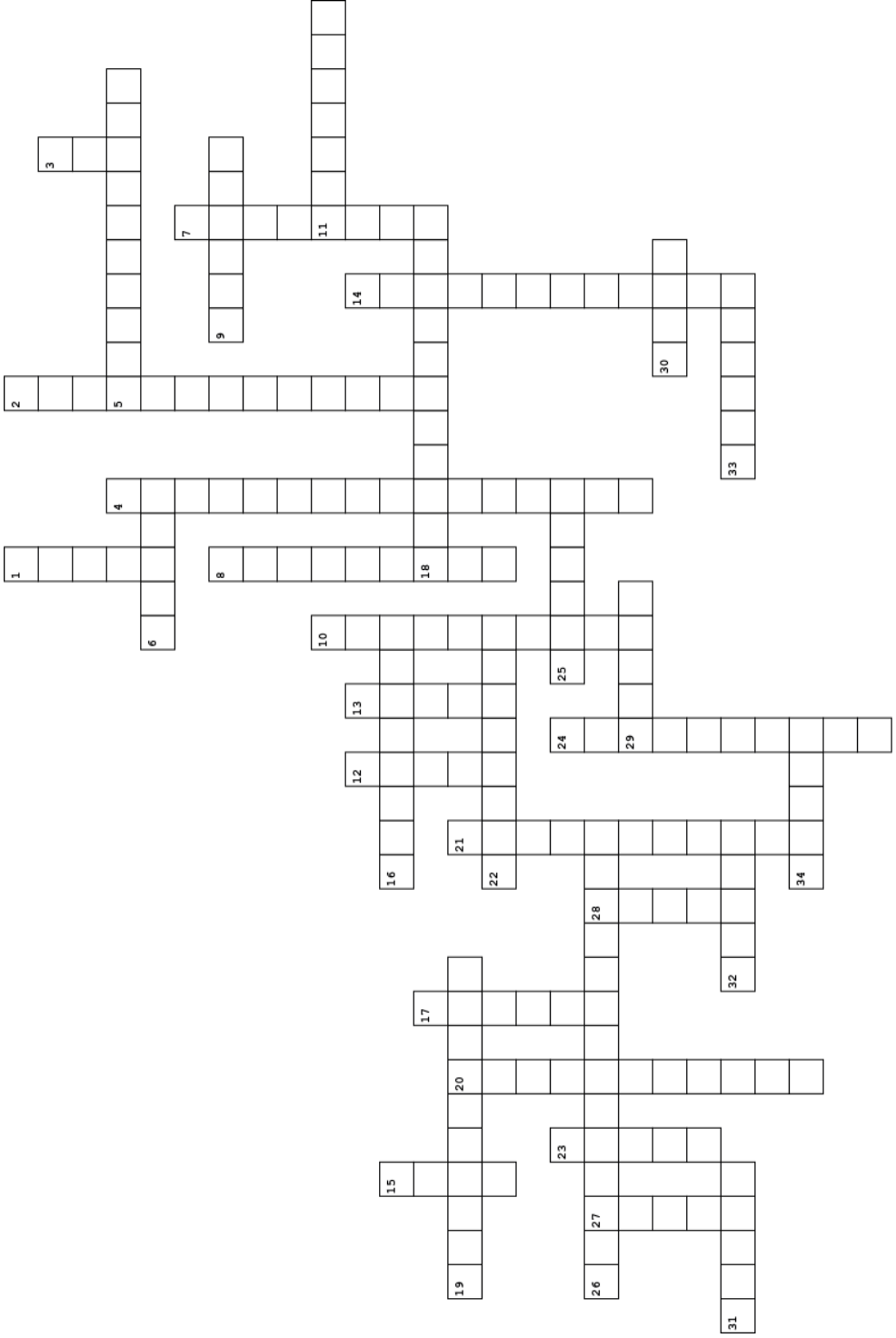
You may have noticed there are only four of us on the committee at the moment! We really need volunteers to help run the committee and organise events. We are a very central region, which means we often have people from other regions come to events. We will be running a Regional Sangha this year, hopefully in September, and need people to help organise the event.

Positions we are looking to fill are:

- Regional Officer
- Treasurer
- North Hampshire County Rep
- South Hampshire County Rep
- Buckinghamshire County Rep
- Oxfordshire County Rep

We have Zoom meetings every month or two for about an hour and county reps usually organise a couple of events per year, with support from the rest of the committee. If you are interested in helping out and would like to know more, please email Jacqui (south.rto@bwyreions.org.uk).

CROSSWORD



Across

5. ...of Patanjali
6. "Fire" dosha
9. Breathe in
11. Cycle of death and rebirth in Hinduism
16. Corpse pose
18. Bow pose
19. How old the British Wheel is this year
22. Crow pose
25. Energy lock
26. Biggest muscle in the body
29. The Self
30. largest organ of the body
31. Sanskrit for "three"
32. Life force
33. Non-violence
34. "Action"

Down

1. Number of limbs
2. Sun salutations
3. Where the smallest bones in the body are located
4. Stretch of the west side of the body
7. Mountain pose
8. Yogic sleep
10. Withdrawal of senses
12. "Earth" dosha
13. Lotus
14. Part of the Mahabharata in which Arjuna speaks with Krishna
15. "Air" dosha
17. Wheel
20. Area where yoga is thought to originate
21. Alternate nostril breathing
23. Longest bone in the body
24. one of the main yogic texts
27. One translation of the word "yoga"
28. Hand gesture/seal

CROSSWORD CLUES

“Love and
compassion are
necessities, not
luxuries”

The Dalai Lama

Coming soon...

Regional Sangha

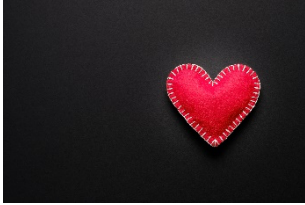
Contact us if you would like to
help out!

BWY

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WOMEN'S HEALTH



There has been much news in the media lately about optimising workouts based on a women's menstrual cycle, and of course the question of how active we should be during menstruation. Whilst this spotlight on women's health is most welcome, we are, of course, not necessarily aiming to 'optimise a workout', but rather to create a well-balanced and nourishing practice for ourselves and our students.

Let's take a quick look at the menstrual cycle: After menstruation, during the Follicular phase the body starts to create a hormone called FSH (follicle-stimulating hormone) which signals to the ovaries to create eggs for the following Ovulation phase. Each egg is housed inside a "follicle". Oestrogen levels then get boosted, which usually gives an increase in energy. Following on from ovulation, the Luteal phase sees an increase in progesterone levels, which may

make you feel more tired, as your body temperature increases.

Sounds simple enough... well not really! We are not simple, and neither is our health. Health is a constant balancing act, which cannot be separated from diet, lifestyle, and our emotions.

Ask a group of women how they feel about exercise during menstruation, and you will find that the answers aren't simple. Traditional Chinese Medicine (TCM) can be useful in creating some understanding. In TCM, things are classified into Yin and Yang, Yin being more of a quieter introspective quality, associated with the feminine, stillness, coolness, the moon etc; whilst Yang is more of an active quality, associated with the masculine, warmth, fire and heat. Yet nothing is absolute either and everything is relative - sunrise for example, shows us that time when we naturally transition from a period of more Yin to Yang.

Looking at the menstrual cycle, we then say that the Follicular phase is more Yin as the body is preparing for new growth, whilst the Luteal phase is more Yang as heat builds and the body prepares to reset or potentially create life. Menstruation and

Ovulation are then sunrise and sunset as we transition from Yin to Yang and vice versa.

For women suffering with PMS, doing some yoga during menstruation that focuses on downward movements, to clear the endometrium, can be really useful. This can help to start the next cycle without any excess. Following on from menstruation, she could enjoy some yin yoga during the more yin follicular phase, and then some dynamic yoga during the more yang luteal phase to really encourage that complete clearing of the endometrium. However, for another women who is depleted, restorative postures could be useful during the more yin Luteal phase, to nourish and invigorate blood.

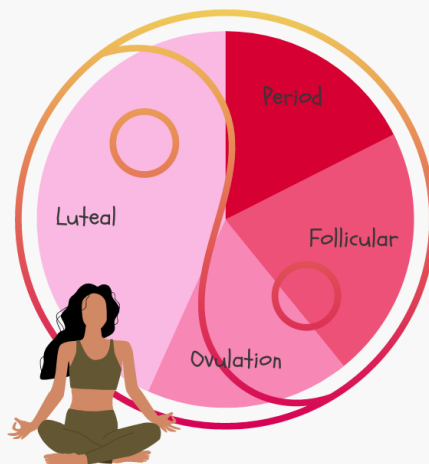
should do and when during the menstrual cycle isn't black and white, as we are all unique and it will differ over time for each of us as life unfolds. I'd err on the side of caution to anyone proclaiming that this is what women should or shouldn't be doing during any phase. Even the new apps, whilst useful, and incredibly valuable to be casting some attention on this matter, won't be able to give you an answer that is 100% uniquely right for you.

By Claire Berghorst

Claire teaches yoga in Woking, Surrey and is currently studying Acupuncture. She combines her TCM and yoga knowledge to support women through all phases from fertility to menopause.

So, the answer to how much we

www.justloveyoga.com



FOCUS ON: VINYASA YOGA



Vinyasa Yoga is also known as Vinyasa Flow, Power Yoga, Power Flow, and other similar names. It is a very popular style of yoga involving lots of movement between postures, in postures, or both! But how has it come about?

Krishnamacharya is often called the Father of Modern Yoga, teaching B.K.S Iyengar and K. Pattabhi Jois, who devised the Ashtanga Vinyasa system, consisting of Sun Salutations, standing poses, four series of postures (Primary, Intermediate, Advanced A, and Advanced B), and closing postures. David Swenson is very well known in Ashtanga circles, but his brother Doug also practiced with Pattabhi Jois, as well as Dr Ernest Wood, David Williams, Nancy Gilgoff, Iyengar, Ramanand Patel, and others.

Doug Swenson has written several books on Vinyasa style yoga, including “Mastering the Secrets of Yoga Flow”, “Pioneering Vinyasa Yoga”, and “Power Yoga for Dummies”. There are many teachers who have influenced it, in particular Srivatsa Ramaswami, who devised the Vinyasa Krama series, Beryl Bender Birch, and Larry Schultz, who founded Rocket Yoga.

The influence of Ashtanga on Vinyasa Yoga can be seen in the repetition of sun salutations. In the various series of Ashtanga, a half or full sun salutation is performed between postures. In many Vinyasa classes, sun salutations lead into postures or series of postures, for example, stepping forwards into high/low lunge or Warrior 1 from Downward Facing Dog during a sun salutation, before repeating on the other side. “Vinyasa” is often interpreted as a specific movement with a specific breath so, in Vinyasa style yoga, the breath is also important, generally speaking folding or twisting into a posture is on an exhale and lifting up is on an inhale.

By Suzanne PinkneY

HEART OF YOGA AWARDS 2023

At this year's AGM in June, there's going to be a special award ceremony for BWY volunteers. It's a showcase of the incredible work our regional and training committees do: organising events, developing training and sharing yoga across the UK. There's a range of awards, so let's make sure our region is included in the line up of worthy winners. Start working on your nominations today!

THE ANTHONY GROVER AWARD: Special recognition for long service: Celebrating our senior members, founders and longest-serving supporters of BWY's mission.

Ambassador of the Year: An award for an outstanding ambassador for the BWY who has shown exceptional dedication to our mission to promote a greater understanding of yoga.

BWY Community Champion/s of the Year: An award for bringing yoga into the lives of communities underrepresented in mainstream yoga, whether that be for cultural, economic or geographic reasons. This award recognises the BWY's commitment to expand its reach into new communities currently underserved.

BWY Event Volunteer of the Year: Celebrating the BWY volunteer who's shown outstanding commitment to a regional or national event, in the past 24 months, going above and beyond to support BWY.

BWY Education Champion of the Year: Celebrating the BWY volunteer or group of volunteers who have developed the most creative approach to promoting yoga education.

BWY Rising Star of the Year: Marking the contribution of a new volunteer or group of volunteers who in the past 24 months have demonstrably contributed to positively raising the profile of BWY's mission.

To nominate a worthy contender, go to the BWY website and click through via the carousel images to the Heart of Yoga awards.

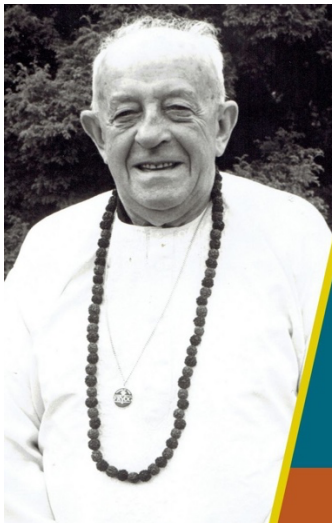
WILFRED CLARK BURSARY 2023

Calling BWY Teachers who are interested in teaching yoga to students with additional needs...

The Wilfred Clark Bursary is an award of financial support for BWY teachers who would like to take specialist training for teaching yoga to students with additional needs (cognitive, sensory or physical). It is an annual bursary distributed between two applicants, receiving up to £500 each, who are qualified teachers (BWYQ L4 Certificate or Diploma). The training can be taken beyond BWY provided courses, see our Accredited Training Organisations for ideas or source a specialist in the field in which you wish to train.

It is a long-standing award, recognising diversity within our communities, that is supported by the Wilfred Clark Memorial Fund within BWY funding. Wilfred Clark (1898 – 1981) was the founder of the British Wheel of Yoga (BWY).

See the website for further details, including this year's deadline. Good luck.



Wilfred Clark Bursary

We're delighted to relaunch the Wilfred Clark Bursary, recognising diversity within our communities.

The annual bursary is distributed between two applicants, receiving up to £500 each. It is for BWY teachers (not a student teacher) involved in teaching students with additional needs, (defined as cognitive, sensory or physical) for the purpose of undertaking further training.

Go to the website for an application form, in your members dashboard under resources.

APPLICATIONS FOR 2023

The Enkindled Spring

By D.H. Lawrence

This spring as it comes bursts up in bonfires
green,
Wild puffing of emerald trees, and flame-filled
bushes,
Thorn-blossom lifting in wreaths of smoke
between
Where the wood fumes up and the watery,
flickering rushes.

I am amazed at this spring, this conflagration
Of green fires lit on the soil of the earth, this
blaze
Of growing, and sparks that puff in wild gyration,
Faces of people streaming across my gaze.

And I, what fountain of fire am I among
This leaping combustion of spring? My spirit is
tossed
About like a shadow buffeted in the throng
Of flames, a shadow that's gone astray, and is
lost.

VEGAN BANANA LOAF

This recipe is great for using bits of leftover flour and oil, overripe bananas, and any fruit that's too soft to eat by itself.



INGREDIENTS

- 200g plain flour (can be white, wholewheat, gluten-free, etc.)
- 100ml of plant milk
- 3-4 overripe bananas
- 75g sugar (or to taste)
- 0.5tsp bicarbonate of soda
- 1.5tsp baking powder
- 75ml oil (olive, rapeseed, sunflower, coconut, etc.)
- Pinch salt
- Optional:
 - 1tsp vanilla extract or cinnamon
 - Handful of blueberries, raspberries, strawberries etc.
 - Handful chopped nuts
 - Handful chocolate chips
 - Handful dried fruit

METHOD

1. Preheat the oven to Gas Mark 6 or 180°C fan
2. Line a loaf tin with baking paper
3. If using coconut oil, melt in a microwave
4. Mash the bananas and stir in the oil, half the plant milk, salt, sugar, and vanilla or cinnamon (if using)
5. Add the flour, baking powder, and bicarbonate of soda
6. Gently mix until just combined
7. Stir through any extra fruit, nuts, or chocolate chips
8. If the mixture seems too dry, use some more plant milk, you should be able to just about pour the mixture
9. Pour the mixture into the loaf tin and bake for around 45 minutes
10. Use a knife to check it is cooked all the way through
11. Remove from the oven and leave to cool for a few minutes before removing from the tin
12. Enjoy! Can be eaten warm or cold. Add ice cream for an indulgent but (sort of!) healthy dessert

In the pictured banana loaf, I used melted coconut oil, unsweetened soya milk, handful vegan dark chocolate chips, handful blueberries, 1tsp cinnamon, and spelt flour.

By Suzanne Pinkney



BOOKING INFORMATION

HOW TO BOOK

To book an event, go to www.bwy.org.uk/south/events. If there is a space available, book and pay online using the PayZone system. Once you have booked, you will receive an email confirming your place and another confirming payment. If there is no space available, contact the organiser to be placed on the waiting list and you will be contacted if a space becomes available. It is possible to pay by bank transfer or cheque, but this should only be used in exceptional circumstances.

REFUND POLICY

All refunds will be dealt with by the Region. If someone cannot attend a particular event, they should in the first instance contact the event organiser (usually County Rep) or the Regional Officer.

1. The event organiser will offer to transfer the person to another event which is on the website.
2. If this is not possible the event organiser will follow the BWY cancellation policy:
 - Within 2 months of the event a full refund can be made
 - Between 8 weeks and 4 weeks prior to the event 50% of the fee (a full refund can be made if there is a waiting list for the event)
 - 1 month to 1 week: 25% of fee paid
 - 7 days' notice: no refund.

THE EVENT ORGANISER WILL FILL IN THE FORM AND CENTRAL OFFICE WILL REFUND THE PAYMENT MADE USING PAYZONE

EVENTS PLANNER

DATE	EVENT	LOCATION	TYPE	CONTACT
September 2023	Regional Sangha	TBD	Sangha	South Committee

EVENTS IN THE PIPELINE

Critical Thinking for Yoga Teachers

In person workshop with Suzanne Pinkney

Please contact us if you would like to arrange or run an event for the South Region!

HOW TO RECORD YOUR CPD POINTS

There are two categories of event; 'regulated' CPD days, which normally have 'CPD' somewhere in the title or course code, and other events, not listed as CPD, such as master classes, festivals and themed practices.

The notable difference is that regulated CPD – which are days approved as CPD by the BWY – carry an enhanced number of CPD points with 7.5 available for a full six-hour day, 5 points for a four-hour session and 2.5 points for a two-hour session. For any other events, attendees can decide on the number of points they log, based on what the event was worth to them (normally no more than one point per hour). If you are unsure how many to log, check with the event organiser or the Regional Training Officer.

For regulated CPD, after the event, attendees will be sent a link to the BWY website where they can complete the evaluation and log points online. For any other events, attendees need to log the relevant number of points into their personal CPD record on the website.

To do this, sign into the website, click on the **events and training** tab, then select **Continuing Professional Development (CPD)** and choose **add event**.

Other elements of CPD – such as private study and professional development (such as BWY modules) – can also be logged this way. If you are unsure about how many points to log and where, simply follow the above pathway, then click on **need help with recording CPD**, and if necessary, from there the link to **teaching resources** where the **table of points** and the most up to date **CPD guidelines** are stored. Logging CPD is the same for both online and 'in person' events.

BWY FOUNDATION 1

LEVEL: FOUNDATION

With Suzanne Pinkney

The BWY Foundation 1 Course is aimed at those with 2 or more years practice. The course covers philosophy, asana, pranayama, as well as some anatomy, history of yoga, relaxation techniques, and meditation. The Foundation Course is an excellent way of furthering your yoga knowledge for your own enjoyment, or as a step towards teacher training. There will be some free information days throughout February and March, see the website or contact Suzanne via the email address below for more information. This course will be held in person in a dedicated studio near J11 of the M4 and J4A of the M3.

Course Dates:

Various Sundays 10am-5pm
April 2023-December 2023

Venue Address:

Trini Yoga, RG7 1TJ

Contact:

triniyoga@gmail.com
www.triniyoga.co.uk

MODULE AND TEACHER TRAINING PASSES

Claire Crowther	Menopause Yoga Module	-
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ADVERTISING RATES & DEADLINES

Rates

AD SIZE	BWY MEMBERS AND ACCREDITED GROUPS	OTHERS
Full Page	£25	£35
Half Page	£15	£30
Quarter Page	£10	£20
Back Page	£40	£75
Line Ad	10p per word	30p per word

- All rates include VAT and are effective from May 2017.
- Rates have been standardised across all BWY regional newsletters.
- A 10% discount is given for three adverts for three consecutive editions, paid for in advance.

Advertisements should be provided in Word or high-quality JPG format. If space is short, preference will be given to BWY and regional advertising.

Deadlines

ISSUE	DEADLINE	PUBLICATION DATE
October 2022	1 st September 2022	TBC
February 2023	1 st January 2023	TBC
June 2023	1 st May 2023	TBC

While the regional magazine should reflect the views and opinions of its members, the editor reserves the right to refuse material should it be considered libellous or contrary to the spirit of yoga. All items submitted are subject to editorial amendment where appropriate. The views expressed in this newsletter are not necessarily those of the editor or regional committee. Wherever possible, we try to acknowledge all sources of material used. In case of error or omission, the editor will make the necessary correction in a future issue. While every care is taken to check the authenticity of yoga practitioners, the BWY cannot accept responsibility regarding any specific practices, practitioners or products, and readers should investigate these at their own risk. The BWY is not liable for any loss or damage due to error, late publication, or failure of an advert to appear.



TRINI YOGA

Special Events Coming Soon!

BWY Foundation Course April-December 2023

Residential Retreat in Devon 23rd-26th June 2023

We also have regular events such as Sound Baths, Yoga Nidra, Workshops, Day Retreats, and Guest Teachers.

We provide massage therapy, Holistic, Deep Tissue, and Thai Yoga, as well as group and private yoga classes.

Looking for a venue to have regular classes or one-off events? We also hire out the studio!

Our studio is a beautiful converted barn located in peaceful, rural surroundings near Reading, 5 minutes from J11 of the M4 and 10 minutes from J4A of the M3.

Classes in Hatha, Ashtanga, Restorative, and Vinyasa & Hatha Flow. Teaching is led by BWY Teacher and Foundation Course Tutor Suzanne Pinkney. See our website for an up-to-date list of classes and events.

www.triniyoga.co.uk

triniyogauk@gmail.com | 07779 302532

Nurture body, mind and spirit!
Making Sound Finding Harmony

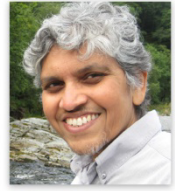
A Nada Yoga/Bones for Life Retreat with Rajesh David and Marye Wyvill

18-20 August 2023 at Shepherds Dene Retreat Centre, Riding Mill, Northumberland NE44 6AF

In Rajesh's Nada Yoga sessions:

- Experience chakra sensitisation using Indian music scales
- Learn heart-centred practices
- Chant mantra and kirtan
- Develop a practice of Om meditation

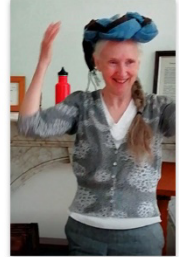
Rajesh is a highly experienced teacher of Nada Yoga, Bhakti Yoga and the philosophy of Advaita. He is also a versatile composer and singer with a background in Indian classical music, regularly collaborating with Western musicians in genres ranging from Welsh folk to Indo-jazz.



In Marye's Bones for Life sessions:

- Develop a well-aligned posture which can sustain bone-building pressure
- Learn how to safeguard the vulnerable joints of neck, lumbar, knees and hips and optimise their functioning
- Experience the body language of confidence and determination!

Marye is Co-Director of Movement Intelligence UK, part of a world-wide training system for dynamic postural re-education, extending mind-body suppleness into an active old age. Movement Intelligence was developed by Dr Ruthy Alon, based on Dr Moshe Feldenkrais's approach to somatic learning.



For further information and to book, contact: maryewyvill@hotmail.com T: 01570 421027

The retreat will run from Friday evening until Sunday lunchtime. The cost of £395 includes tuition, accommodation (single room) and full board in this tranquil Edwardian country house.

There will be plenty of opportunity to walk in beautiful countryside and relax!

SPRING YOGA RETREAT



Friday 28th to Sunday 30th April 2023

At Sarum College, Salisbury, meetings and practice sessions
in the quiet location of the Cathedral Close.

'CLEARING OUR YOGA PATH'

Offering our usual mix of practice sessions suited to the
time of day alternating with short presentations and
discussions on the deeper purpose of Haṭha Yoga.

Most of all, a friendly, relaxed break and time for
reflection away from today's fraught world!

Led by Michael Hutchinson and Liz Murtha

both appointed as Teacher-Trainers by Srī TKV Desikachar

Package includes all meals in refectory and a single room.

Details at www.twobirdsyoga.com or from michael@twobirdsyoga.com

2022 prices held until Sunday 19th February.

BWY Level 4 (300hrs) Teacher Training Certificate

September 2023 - May 2025

Taster Day 25 June 2023 | Induction 16 July 2023

Tutor - Lucie Landau
Assistant Teacher - Anna Knowles

Sessions: x11 in person and x10 zoom, 1 residential weekend in Kent
Time and frequency: Sunday's, 9.30am-4.30pm, approx once a month
Venue: Silver Birches (private studio), Robertsbridge, East Sussex

A comprehensive teacher training including yoga anatomy, pranayama, lesson and course planning, responsibilities of a yoga teacher, yoga philosophy and personal development. Students' progress will be assessed through written assignments, microteaching of peers, personal classes and an ongoing reflective practice.

For further information please get in touch:

Lucie Landau - lucieindia@gmail.com www.yogauniversal.co.uk

Anna Knowles - asoulfulspace@gmail.com www.a-soulful-space.co.uk



Yoga Retreat La Pena Tarifa, Spain
10 - 17 June 2023



£875 p/p in an ensuite twin room
£ 975 p/p single room sharing "Jack and Jill" ensuite

Luxury Yoga Retreat St Jean, France
1 - 8 July 2023



£975 p/p in an ensuite twin room
£1200 p/p single ensuite room

INCLUDED

Yoga/Meditation Classes with Full board/ Airport Transfers

GILLIAN CAWTE

Gillian has practiced yoga since 1999 and teaching for 17 years. She is a Yin Yoga module teacher for the British Wheel of Yoga and a Senior Teacher with Yoga Alliance UK.

Over the past 10 years, Gillian has run 14 successful European Yoga Retreats. Her current teachers are Paul and Suzee Grilley.

Contact Gillian for a brochure
gilliancawte@hotmail.com
07968 154525
www.gilliancawteyoga.co.uk

YOGA THERAPY FOUNDATION COURSE

BWY Six Month 50hr On Line/In person Module

with

Nikki Jackson & Vicky Arundel

Professional Yoga Therapy Trainers, Occupational Therapist, Mindfulness Trainer

Leading to 500 hr Stage 2 course to become a Professional Yoga Therapist



"We are all the leaves of one tree"

(Thich Nhat Hanh)

Starting Saturday 25^h March 2023, 9.15am – 4.15pm

5 further monthly training days and 6 monthly hour anatomy, physiology and medicine seminars

Emphasis on Self-compassionate based practises & Nature connections.

For qualified yoga teachers to improve:

- *Confidence and understanding of the principles behind yoga therapy*
- *Skills and develop tools in a variety of safe yoga therapeutic practises, specific to individual's particular health needs*
- *Knowledge of a variety of physical and mental health conditions*
- *Confidence in assessing, implementing, and evaluating each case study with a 'person centred' approach*

E: admin@yogafocus.co.uk

W: yogafocus.co.uk

M: 07816786656



Emergency First Aid at Work Courses for Yoga Teachers

MGM Training Limited is holding a regular schedule of Emergency First Aid at Work courses for Yoga Teachers and Student Yoga Teachers. Holding regular courses for numerous Studios, you can be sure these high-quality courses are aimed at Yoga Teachers by a Trainer who specialises in First Aid Course Provision. The schedule is:

Tuesday 07 February – Uxbridge (UB8 2RR)
Wednesday 08 February – Luton (LU3 2HX)
Saturday 11 February – Luton (LU3 2HX)
Sunday 12 February – Uxbridge (UB8 2RR)
Sunday 19 February – Seaford (BN25 2AB)
Tuesday 21 February – Luton (LU3 2HX)
Thursday 23 February – Uxbridge (UB8 2RR)
Sunday 26 February - Crouch End (N8 9PR)
Monday 27 February – Slough (SL3 7TP)
Thursday 02 March – Luton (LU3 2HX)
Sunday 05 March – Luton (LU3 2HX)
Tuesday 07 March – Uxbridge (UB8 2RR)
Monday 13 March – Slough (SL3 7TP)
Wednesday 15 March – Luton (LU3 2HX)
Saturday 18 March – Uxbridge (UB8 2RR)
Sunday 19 March – Seaford (BN25 2AB)
Sunday 26 March - Crouch End (N8 9PR)
Wednesday 29 March – Uxbridge (UB8 2RR)
Tuesday 04 April – Luton (LU3 2HX)
Sunday 16 April – Seaford (BN25 2AB)

Further courses dates in 2023 are shown on our website

**We are also holding First Aid for Mental Health & Safeguarding courses –
please check our website for details**

To book your place please visit www.mgmtraining.co.uk

(Please note off-line bookings incur an additional administration fee)

MGM Training Limited also offers ‘in-house’ courses for **Studios**, groups, IST, and **Teacher Training Classes**, where we will visit your venue and provide a course for up to and including twelve students anywhere within the UK and outside the UK. In-house courses are charged on an extremely competitive course price.



Please note these first aid courses comply with BWY requirements for Yoga Teachers but are not organised by the BWY and Regional Representatives cannot answer questions regarding the courses; please email MGM Training for any queries