



BWY

AT  
THE  
HEART  
OF YOGA  
IN THE EAST

# IN THE LOOP

Summer Newsletter 2023

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

# CONTACTS

## Regional Officer

Rosie Evans  
[east.ro@bwyreions.org.uk](mailto:east.ro@bwyreions.org.uk)

## Regional Treasurer

Gill Gittins  
[east.treasurer@bwyreions.org.uk](mailto:east.treasurer@bwyreions.org.uk)

## Regional Training Officer

Pauline Morgan  
[east.rto@bwyreions.org.uk](mailto:east.rto@bwyreions.org.uk)

## Regional Secretary

Bindie Edwards  
[east.secretary@bwyreions.org.uk](mailto:east.secretary@bwyreions.org.uk)

## Regional Editor

Donna Negus  
[east.editor@bwyreions.org.uk](mailto:east.editor@bwyreions.org.uk)

## Bedfordshire Representative

Pauline Morgan  
[east.bedsrep@bwyreions.org](mailto:east.bedsrep@bwyreions.org)

## Bedfordshire Deputy

Terri Nagib  
[east.bedsdep@bwyreions.org.uk](mailto:east.bedsdep@bwyreions.org.uk)

## Cambridgeshire Rep

Pauline Morgan  
[east.camsrep@bwyreions.org](mailto:east.camsrep@bwyreions.org)

## East Essex Representative

Jo Thomas  
[east.eessexrep@bwyreions.org.uk](mailto:east.eessexrep@bwyreions.org.uk)

## East Essex Deputy

Caroline Baya  
[east.eessexdep@bwyreions.org.uk](mailto:east.eessexdep@bwyreions.org.uk)

## Hertfordshire Representative

Siobhan Murtagh  
[east.hertsrep@bwyreions.org.uk](mailto:east.hertsrep@bwyreions.org.uk)

## Norfolk Representative

Liesl Emery  
[east.norfolkrep@bwyreions.org](mailto:east.norfolkrep@bwyreions.org)

## Norfolk Deputy

Sue Iyman  
[east.norfolkdep@bwyreions.org](mailto:east.norfolkdep@bwyreions.org)

## Suffolk Representative

Caroline Flack  
[east.suffolkrep@bwyreions.org.uk](mailto:east.suffolkrep@bwyreions.org.uk)

## West Essex Representative

vacant

## West Essex Deputy

Ian Burgess  
[eyebe1@btinternet.com](mailto:eyebe1@btinternet.com)

Ilkay Ozcan - Volunteer

[Ilkay1058@gmail.com](mailto:Ilkay1058@gmail.com)

Jill May - volunteer

[corpsconnexion@gmail.com](mailto:corpsconnexion@gmail.com)

## PUBLISHING POLICY

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

### Advertising Rates

(inc VAT)

	<b>BWY / Accredited Price</b>	<b>Full Price</b>
Half Page	£15.00	£30.00
Full Page	£25.00	£35.00
Back Page (Colour)	£40.00	£75.00

### Issue

### Date Sent Out

### Copy Deadline

		(Adverts and Editorial)
Edition 3 – 2023	October	15 September
Edition 1 – 2024	February	10 January
Edition 2 – 2024	June	15 May

Please note; goods or services advertised are not necessarily BWY accredited. Views expressed are not necessarily those of the editor or the committee. Advertisements are accepted at the discretion of the committee, and are included on a first-come, first-served basis as space allows. Advertising of courses that offer 'yoga teacher training' will only be accepted if the course is BWY or accredited to the BWY.

The BWY is the Sports England recognised National Governing Body for Yoga.

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

## EAST NEWS



Welcome the Eastern Region's Summer Newsletter. I hope the sun is shining and the days are warm! It has been a long Winter and the summer days are well worth waiting for. Your Area Representatives have been busy organising some great events for you to top up your CPD points or just have a great day of yoga.

A full list of yoga days starts on page 14 and I am sure you will find something you will enjoy. Please contact your area rep. if you would like to help organise and get involved. Yoga is a great way to meet others like you and be part of the ever evolving and growing community that is the BWY.

## CONTENTS

<b>CONTACTS</b>	<b>02</b>
<b>COMMITTEE REPORT</b>	<b>04</b>
<b>NOTICE BOARD</b>	<b>06</b>
<b>ARTICLES</b>	<b>07</b>
<b>EVENTS</b>	<b>14</b>
<b>EVENTS PLANNER &amp; FIRST AID DAYS</b>	<b>24</b>
<b>BOOKING INFO</b>	<b>25</b>
<b>ADVERTISEMENTS</b>	<b>26</b>



## REGIONAL OFFICER'S REPORT: ROSIE EVANS



Hello and a very warm welcome from me to all of you right across the Eastern Region as I embark on the role of your Regional Officer.

I feel honoured to have been elected as your new Regional Officer at the recent AGM and I hope I can continue building on the wonderful legacy set by Ilkay Ozcan, your Regional Officer since 2019.

Ilkay has worked tirelessly and with commitment through the many challenges over the past three years and has supported the committee with many new initiatives to bring the practice of yoga to the Eastern Region and beyond. Many congratulations to Ilkay on receiving her well-deserved, BWY Ambassador of the Year Award.

A big thank you to all committee members who have stood for re-election in their roles, many congratulations to you and to the new members joining our committee. I warmly welcome Liesl as our new Norfolk Representative and Nagib as our new Deputy Rep. for Bedfordshire. I very much look forward to working with you both and everyone on our committee.

At this time of change, as yoga practitioners we are reminded that we, like the nature and the world around us, is constantly changing and evolving. Things never stay the same, we move forward with an open mind, a warm heart and embracing life.

Embracing Life is the chosen theme for our Regional Sangha event on Saturday 2 December at Boreham Village Hall (details page 22). With this and many more wonderful events already planned across Eastern Region for 2023 and into 2024, I and the committee look forward to meeting you and welcoming you to a yoga event soon.

Yours in Yoga

Rosie

Regional Officer

[east.ro@bwyregions.org.uk](mailto:east.ro@bwyregions.org.uk)

## ILKAY OZCAN: BWY AMBASSADOR OF THE YEAR



### **Saying goodbye is never easy...**

I had the privilege of working with a great team who organised wonderful events to promote the love of yoga throughout the region.

I would like to take this opportunity to sincerely thank everyone who contributed during my term as

Regional Officer.

I thank especially Rosie Evans, who has taken over The Regional Officer role from me. Rosie, as the longest serving volunteer within the committee, supported and shared her knowledge with me from day one. I truly congratulate Rosie in her new role.

I also want to give thanks to our Editor, Donna Negus. Donna with her in-depth yogic knowledge headed the committee's editorship with great proficiency and produced amazing regional newsletters. Both Rosie and Donna, stepped up in the most difficult times and shared 2-3 roles within the committee, for which I will always be grateful for.

Then came along Pauline Morgan, with endless energy and enthusiasm. Pauline quickly became one of the key members of the committee. Pauline is now our new Regional Training Officer. I sincerely congratulate her in her new role too.

After the lockdown and challenging times withing BWY, we are now a committee who enjoys serving the community in most amiable conditions.

This is the time to volunteer to support your local yogic community and help to establish a stronger Eastern Region.

As an outgoing Regional Officer, I would like to take this opportunity to ask you to volunteer to this legendary committee and be part of a great team that loves yoga and loves spreading this knowledge.

Wishing you all the best in your yogic journey

Ilkay - Shraddha

## **Committee News:**

We are always looking for volunteers and welcome any time you can offer. We have several vacancies including area rep. West Essex and Cambridgeshire. A Festival Organiser would be welcome too! If you would like to join our team please contact our Regional Officer for information (page 2) Being part of the BWY Eastern Region team of volunteers is a great way to meet fellow yogis!

**Welcome to 2 new volunteers on Eastern Region Committee:**  
**Liesl Emery who is your new Norfolk Rep. and Terri Nagib: your new Deputy Bedfordshire rep.**  
**We look forward to all they offer!**

## **Regional Sangha**

Each region is holding their own Sangha. Eastern Region's is in Boreham Village Hall, Essex  
And on **ZOOM**  
2<sup>nd</sup> December  
Bookings taken on our website now.

**Full list of **First Aid** days being held in Eastern Region page 24**

**New website launching in June so keep a look out!**

Emails to promote events and keep you updated are sent to all BWY members in the Eastern Region. If you do not receive these please check your in boxes and/or contact our secretary.

## YOGA: EVOLVING AND LEARNING



**Practicing Yoga brings us together as well as giving us a tool-box of resources to deal with whatever life throws at us. In this article, Donna Negus shows us how yoga may evolve with us.**

Many of us have been teaching for many years and practicing for

longer or you may be new to Yoga. Either way, the amount of yoga and the varying types of yoga on offer to us is amazing. The BWY offers accredited courses that include training in teaching Restorative, Gentle Years to Children's yoga. Our Yoga days not only allow us to accrue CPD points but improve our knowledge and understanding of what allows us to feel better. We have seen the explosion of on-line courses and ZOOM is now a word that we all recognise and have probably experienced.

Ultimately, Yoga brings us back to something simple. Vanda Scaravelli describes it as a 'body holiday' and Jon Kabat-Zinn likens a regular yoga/meditation practice to weaving a parachute everyday so that it is there at that moment of crisis to cushion our fall.

Keeping our practice fresh ensures our interest is held. Every day our body is different; thoughts have a different flavour and our lives change. It is fitting our yoga practice adapts to what we need. Sometimes we need to rest more and sometimes we may need to challenge ourselves. Being part of the BWY enables us to progress and find courses that will help us live the lives we do.

In this way, our practice allows us to participate in Life. It is not an escape, though sometimes it may feel that way, but a time to rest and nourish that enables us to strengthen ourselves. As our body strengthens, so does our mind. This may seem simple but this act of taking time for yourself deserves your congratulations. Ensuring you have time for yourself shows that you value yourself and this is the only way we can be of service and help to those in need.

Are we not told to place the oxygen mask on ourselves first? Our yoga practice is vital for our health and well-being and we can keep it fresh by knowing that learning never stops.

Yoga Day listings start Page 14.

## THOUGHTS, WORDS AND DEEDS



The quieter and more still our body is, the more active our thoughts can become.

Here are some words (author unknown) to help focus our attention and (perhaps) not take things personally.

Anything that annoys you is  
Teaching you patience.

Anyone who abandons you is teaching  
You how to stand up on your own two feet.

Anything that angers you is teaching  
You forgiveness and compassion.

Anything that has power over you is  
Teaching you how to take power back.

Anything you hate is teaching  
You unconditional love.

Anything you fear is teaching you courage  
To overcome your fear.

Anything you cannot control  
Is teaching you how to let go.



## MARATHON RUNNING AND YOGA



**Caroline Flack, our representative for Suffolk trained and completed the London marathon this year. Here, Caroline tells us how Yoga helped.**

I want to share how yoga has, without a doubt, aided my running journey and race day. Being a yoga teacher I am in the lucky position to reap the benefits of a regular yoga practice as part of my job.

Training to run 26.2 miles takes a huge toll on your muscles and joints and requires strength (physical and mental), stamina and a lot of commitment. The 16 week training plan I followed required three runs and a couple of strength training sessions each week. Each week the training increases in length and intensity to build up to Marathon day. Doing that alone will most likely result in incredibly tight hamstring and calf muscles and possibly some kind of injury.

Including a regular yoga practice definitely enabled my body to stretch, relax, recover and my mind to feel healthy. Having a regular yoga practice gave me the knowledge to correctly warm up before and stretch out after each training session. Maybe more importantly yoga enabled me to remain focussed, calm and to breathe well before and during the race.

In brief, how can yoga help?

**Strength:** Poses that create strength in the legs and anything that builds core muscles.

**Flexibility:** Holding poses for at least one minute that lengthen hamstrings, stretch hip flexors and open hips are, in my opinion, vital after every training session.

**Pranayama:** Breathing techniques that can focus your mind and enable your relaxation response were without a doubt essential for race day!

I am holding regular workshops for strength and hamstrings which are perfect for runners, as well as, cyclists, horse riders and anyone who feels the need for strength and stretch! Please get in touch if you are interested. [cwithcyoga@gmail.com](mailto:cwithcyoga@gmail.com)

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

## “SANKALPA - SMELL IS YOUR SUPERPOWER”



**Sinead Duffy joined us at Storey’s Field Cambridgeshire last April for a wonderful day. Here, our new Regional Training Officer, Pauline tells us about the day.**

The use of incense and fragrance from plants has been used for many centuries often linked to sacred rituals or events. Frankincense, myrrh and other fragrances are associated with many religions. kings

and queens are anointed with oils, and there is a long tradition of using fragrance to mask unpleasant smells. A certain smell can quickly trigger a memory within us. It is likely that our mate’s smell is attractive to us, and we bring flowers and plants into our homes and yet we rarely think about how we can use smell in our yoga.

Sinead explained how we can use our sense of smell as our Superpower. The sense of smell can reach our subconscious quickly and is our only sense which reaches the back meditative brain rather than the front brain. The sense of smell pre-dates our language and so the impact smell can have goes beyond words. Sinead gave us the example that if we smell milk which has gone off we know immediately and yet we always smell it again just in case. That second smell is our rational brain kicking in when our subconscious brain knows that the milk is bad.

During the day Sinead taught us how to revere the use of oils, by rubbing the bottle in our hands or as a massage over our body. Not only does this warm the oils but also it honours the tradition of oils in ritual and the importance of its use in meditation. As we experimented with the blended oils the room filled with smells of sandalwood, bergamot, frankincense, lemongrass and many more. And our Zoom participants were creating their own fragrant experience at home. We were asked to use an oil and describe the feeling it gave us in simple words whatever first came to mind. Gradually we linked these words into a sentence and created an affirmation which will be forever linked in our minds with the smell.

With thanks to Sinead for making the trip from Ireland to Cambridge and to those that joined the event in-person or on Zoom. I feel sure the experience will last with us.

## AN INTRODUCTION TO CHAIR BASED YOGA- RICHARD KRAVETZ.



**Richard is coming to Bury St Edmunds 24<sup>th</sup> June. Here, he tells us a little about what you can expect. Bookings taken now on our website; see page 15 for more information.**

Teaching Yoga to people with special needs and chronic conditions can pose challenges that many instructors may find intimidating. The changing requirements of our clients means a change in the mind set on how Yoga can help these people.

This workshop will provide the tools and skill-set through adaptive yoga techniques to find creative solutions to these specialist areas. We will explore the different postures and movements that Chair Yoga offers which may be appropriate for teaching an adapted yoga class to meet our student`s needs.

It will enable the Yoga Practitioner to access a resource to allow them to tailor a lesson plan in accordance with their requirements which is adaptable and safe.

The workshop will explain how to structure and plan a yoga session for people with physical restrictions and/or learning difficulties and enable practitioners to explore user friendly methods which help continue to promote health & independence.

Having completed the day you will be empowered to encourage people with reduced mobility to explore their potential in becoming physically, emotionally and psychologically stronger.

Yoga principles have so much to offer communities in need and the larger picture is one of an ageing population where physical and cognitive changes need to be addressed in a pro-active and compassionate manner. By inviting change and instilling the principles of yoga we can ensure that those living with life limiting conditions can still live well and enjoy life to the full.

This is a day where the creative and fun side of yoga can evolve with an opportunity to interact and ask questions.

I hope you can join me! Richard Kravetz

## SQUATTING AND EVERYTHING, EVERYWHERE ALL AT ONCE



**Judy Cameron is treating us to her expertise 30<sup>th</sup> September in Cambridgeshire ( page19). Here, she tells us what we can look forward to.**

Squatting is a bit of a conundrum for most people in the yoga world. It is so often regarded as something you can either “do” or can’t “do” rather than being part of how you move and how you inhabit your body.

The original title of my British Wheel workshop was “Squatting and the Pelvic Floor” until I realised how limiting such a title can be. Squatting is often categorised and taught in yoga as a standing posture, a balance, a sitting posture, or even a forward bend but what if we are missing the point entirely?

Squatting is in fact part of what makes us human. Like all the great apes, we squat - perhaps not in quite the same way - but we have evolved to squat to be closer to the ground in order to manipulate something, to defaecate, to give birth and to rest. And yet squatting, like kneeling and sitting cross-legged, has become something of a mystery to many.

For 6 years I lived in Bhutan - spending time in a village where there were no chairs, where people wore only the flattest of shoes and worked close to the land. Squatting was part of life and it was free, always available and it never lost sight of the earth, nor the spine.

So I have renamed the upcoming workshop “Squatting and Everything Everywhere All at Once” to give it a topical note. This will involve going right back to the beginning and starting all over again - but I guarantee it will be worth it.

### Short Bio

Judy worked and lived in Bhutan for six years. She is a retired midwife and has been teaching yoga since 1995. Her current teachers are Diane Long, Gary Carter and Sandra Sabatini.



## BWYT RESTORATIVE YOGA TEACHER TRAINING MODULE

**Carol Trevor is teaching a restorative yoga teacher training module October-November 2023 and a Yoga day in Bedfordshire 3/2/24. Here, she explains the**

**importance of this way of practicing.**

Over the last few years, I've been hearing from yoga teachers that students are increasingly requesting restorative yoga. They've heard about it, or had a taste of it and intuit that it will support their health and wellbeing on all levels. They're right.

The benefits of shifting down a couple of gears through restorative yoga, as we nurture our parasympathetic nervous system and our physiological 'rest and digest' or 'tend and befriend' response is quite well known. Regulation and optimal functioning of our breathing, heart rate, blood pressure, digestion, sleep, menstruation, immune system, mood and natural cellular recovery to name a few, together with greatly reduced stress. The sheer relief, freedom and nourishment of the practice are palpable too.

To explore this and more, all yoga teachers (with a minimum 200-hour qualification) are welcome to take part in this 30-hour Module. Details and an application form can be found through the links below.

For all, the residue of restorative yoga is beyond value. When we exit practice, there can only be ahimsa, towards ourselves and others. Our loved ones, colleagues and strangers alike notice something about us that creates connection on a deeper level and makes life lighter. There is a presence that reflects our true nature and this has an impact beyond what we can ever know. After all, we come to realise that we are one and the same, and do our best to live accordingly. Restorative yoga extends well beyond the mat.

Carole Trevor

[carol@yogacarol.co.uk](mailto:carol@yogacarol.co.uk)

<https://www.bwy.org.uk/national/event/2553/>

<https://yogacarol.co.uk/online-workshops/restorative-yoga-teacher-training-online-2023/>



**Venue:**  
ZOOM

**Cost**  
£35 BWY  
£45 non BWY

**CPD Information**  
7.5.points

**Booking information**  
<https://www.bwy.org.uk/eastern/event/2235/>

**Tutor**  
Tarik Dervish

**Organiser**  
Aslihan Yenigun  
[east.wessexrep.@bwyregions.org.uk](mailto:east.wessexrep.@bwyregions.org.uk)

## MANAGING PITTA IMBALANCES WITH YOGA AND AYURVEDA WITH TARIK DERVISH

11th June 2023

10-4pm

It is now thought that the number one cause of our health problems is inflammation and Ayurveda teaches that where there is inflammation, there is imbalanced pitta. Low grade inflammation, that is, inflammation not caused by injury is diet and lifestyle related. It starts in the gut and is inevitably linked to what and how we eat. We need to learn how to become detectives and trace back the clues to when our digestive problems began. Digestive problems include a variety of conditions that we may not even think of as problems or relate them to what we eat, like bloating, heart burn, gastritis, stomach-ache, mood swings, fatigue and a lot more. This workshop will give you an overview of digestive health from an ayurvedic perspective, discuss the main digestive issues that people face and strategies for managing them using yoga, herbs and other interventions.



## CHAIR BASED YOGA WITH RICHARD KRAVETZ

24<sup>th</sup> June 2023

10-4pm

This day is for everyone, from yoga teachers to beginners. During the day we will explore and discuss the 'why', 'what', 'where' & 'how' of chair-based yoga and focus on ways you can evolve your yoga practice with this versatile prop.

If you are interested in enhancing your own practice and/or helping others to adapt their practice then this workshop will provide a toolkit of ideas and inspirations to help make chair-based yoga fun, engaging and interactive. You will experience the benefits of using a chair and how a different range of postures and movements can provide people with strength and flexibility whilst maintaining a safe practice. If you wish to learn the skills necessary for adapting yoga practices to the chair and how a flexible open minded approach works then this workshop is for you.

Please note that this day will not qualify teachers to adapt and teach yoga to older adults safely but is a grounding in the ideals and benefits of yoga in a chair.

### Venue:

Moreton Hall Community  
Centre  
Symonds Road  
Bury St Edmunds  
Suffolk  
IP32 7E

### Cost:

£35 BWY  
£45 non BWY

### CPD Information

7.5 points

### Booking information

<https://www.bwy.org.uk/eastern/event/2394/>

### Tutor

Richard Kravitz

### Organiser

Caroline Flack  
[east.suffolkrep@bwyregions.org.uk](mailto:east.suffolkrep@bwyregions.org.uk)



## THE PANCHU VAYUS; CURRENTS OF LIFE WITH SARAH O'CONNOR

29<sup>th</sup> July 2023

10-4pm

Sarah's work skilfully guides students into a direct experience of body-mind and yogic practices, from a place of inner discernment, taking the yoga practice deeper and creating a stronger experience of the mind-body connection.

This day aims to deepen students understanding of the Vayus through the practice of:-

Pranayama

Mudra

Bandha

Mantra

Meditation

Relaxation

Reference of Philosophy, from a selection of reading material

Students will be able to reconnect more consciously to these subtle energies

Be able to apply this knowledge and understanding through practical application

and have a deeper understanding of the functioning of the Vayus in relation to body functions

### Venue:

Samuel Lucas JMI School  
Gaping Lane  
Hitchin  
Hertfordshire  
SG5 2JQ

### Cost:

£35 BWY

£45 non BWY

### CPD Information

7.5.points

### Booking information

<https://www.bwy.org.uk/eastern/event/2509/>

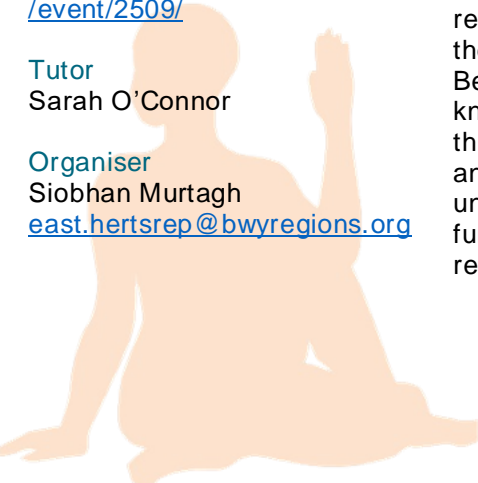
### Tutor

Sarah O'Connor

### Organiser

Siobhan Murtagh

[east.hertsrep@bwyregions.org](mailto:east.hertsrep@bwyregions.org)







## CO-CREATING 1-1 TEACHING IN CLASS SETTING WITH JUDY HIRSH SAMPATH

16<sup>th</sup> September 2023

10-4pm

### Venue:

Moreton Hall Community Centre  
Symonds Road  
Bury St Edmunds  
Suffolk  
IP32 7EE

### Cost:

£35 BWY  
£45 non BWY

### CPD Information

7.5.points

### Booking information

<https://www.bwy.org.uk/eastern/event/2354/>  
<https://www.bwy.org.uk/eastern/event/2236/>

### Tutor

Judy Hirsh-Sampath

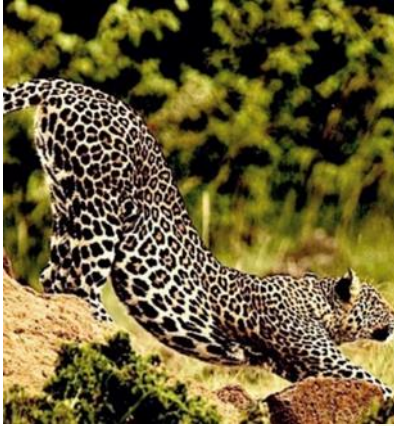
### Organiser

Caroline Flack  
[east.suffolkrep@bwyregions.org.uk](mailto:east.suffolkrep@bwyregions.org.uk)

If you are teaching 1-2-1s and would like to develop more confidence or you would like to take your teaching in a therapeutic direction, this session will cover essential tools for working with individuals, tailoring practices to their needs, connecting physical with mental and emotional layers, and enabling students to actively engage in their own healing process and well-being.

From understanding the potential of working 1-2-1 to finding outcomes that meet the needs of the individual, you will gain skills in uncovering the essence of the "presenting issue", practice co-creating and collaborating with your students in a trauma-sensitive way, and gain confidence and sensitivity when working with individual bodies.

The day will include; Embodied Practice, Pranayama, Mindfulness, Meditation, Discussion, Q&A and Demonstrations



## ASANA AND CONNECTIVE TISSUE, FASCIA AND MOVEMENT WITH GARY CARTER

24<sup>th</sup> September 2023

10-4pm

On this day we will undertake a detailed understanding of fascial anatomy and comprehend the profound effect this has on asanas and movement. Gary will look at the relationship of the breath to the fascia and introduce a totally new way of looking at our anatomy, how to free the joints and demonstrate a deeper sense of lightness in our body.

Gary is a well-known, highly respected teacher of Yoga with over 25 years of experience in movement physical training, anatomical study and bodywork practices. He founded Natural Bodies movement & education, dedicated to teaching, training and encouraging kinaesthetic awareness, ease of movement and efficient body use. Gary's yoga background is based on the work and approach of Vanda Scaravelli which was not so much about executing postures but cultivating the conditions that allow the body's natural intelligence to awaken.

### Venue:

St. John's Church Memorial  
Hall  
Church Lane  
Loughton  
Essex  
IG10 1PF

### Cost:

£35 BWY  
£45 non BWY

### CPD Information

7.5 points

### Booking information

<https://www.bwy.org.uk/eastern/event/2236/>

### Tutor

Gary Carter

### Organiser

Aslihan Yenigun  
[East.wessexrep.@bwyregions.org.uk](mailto:East.wessexrep.@bwyregions.org.uk)



## SQUATTING AND THE PELVIC FLOOR WITH JUDY CAMERON

30<sup>th</sup> September 2023

10-4pm

We have all forgotten the art of squatting as our lifestyles reflect the fact that we sit a lot. Judy will take us through the anatomy and physiology of the pelvis, show how props can help, explore how we use our feet when walking and look at standing postures, the use of props when sitting, and she will lead us to the point where we can squat comfortably. The day is a mixture of theory, practice and interaction with the chance to discuss with Judy how we can use this in our practice and its relevance to those who are pregnant who have specific needs to ensure their practice is safe and comfortable. This a BWY CPD recognised event.

The aims of the day are:

- to review current guidelines relating to squatting in pregnancy and everyone else
- to explore the relevant anatomy and physiology in relation to preparation to squat
- to relate the squatting position not only to childbirth but for all of us in everyday life
- to understand the relationship between squatting and the action of the pelvic floor

### Venue:

Hemmingford Abbots Village Hall  
High Street  
Hemmingford Abbots  
Cambridgeshire  
RE28 9AH

### Cost:

£35 BWY  
£45 non BWY

### CPD Information

7.5 points

### Booking information

<https://www.bwy.org.uk/eastern/event/2552/>

### Tutor

Just Cameron

### Organiser

Pauline Morgan  
[east.rto@bwyregions.org.uk](mailto:east.rto@bwyregions.org.uk)



## EXPLORING BODY AWARENESS AND MOVEMENT WITH ELAINE FLETCHER

7<sup>th</sup> October

Live and on ZOOM  
10-4 pm

This deeply interesting and intuitive workshop will explore the movements of the shoulder girdle and the pelvis and how these affect a whole-body response in the position of our head, torso, arms, spine, and legs. We will be encouraged to consider how these movements affect the intriguing relationship between the pelvis and shoulders, and the ways in which they mimic each other.

During the morning, our focus will be on refining our awareness of sensations and feelings, as we move from less physically demanding asana, to those that may be considered more challenging. The afternoon will include time for discussion, breath work and mudra.

Whether we are teaching yoga to others, or we are simply interested in enhancing our own personal practice, this day of exploration will allow us to consider a deeper awareness of movement, and how it ultimately creates a response in mind and mood.

### Venue:

Boreham Village hall  
Main Road  
Boreham  
Chelmsford  
CM3 3JD

### Cost:

£35 BWY  
£45 non BWY

### CPD Information

7.5 points

### Booking information

<https://www.bwy.org.uk/eastern/event/2645/>

### Tutor

Elaine Fletcher

### Organiser

Jo Thomas  
[east.eessexrep@bwyregions.org.uk](mailto:east.eessexrep@bwyregions.org.uk)



## PRANAYAMA: THE HEALING DIMENSION WITH PHILIP XERRI

28/10/23

10-4pm

Prana is seen to be the core energy of our being: it is the 'juice' of life. Pranayama is the quintessential practice in Yoga whereby this energy is manipulated. Thus, Pranayama can be utilised as a powerful tool in self-healing.

In this workshop, we will explore this vast subject from four general directions:

- 1/ Directional Healing  
The Pranava AUM: a profound and beautiful practice that brings together the physical, the energetic and the vibrational into a whole-body experience.
- 2/ Classical  
Various Pranayama's from the main texts of Yoga will be introduced and their therapeutic applications explored.
- 3/ Rhythmical Breathing  
Manipulating Prana with the introduction of particular rhythms.
- 4/ Pranayama Kriyas and Mudras  
Combining rhythm, movement, relaxation and visualisation to release deep seated tension in the physical and emotional bodies.

**Venue:**  
ZOOM

**Cost:**  
£35 BWY  
£45 non BWY

**CPD Information**  
7.5

**Booking information**  
TBA

**Tutor**  
Philip Xerri

**Organiser**  
Siobhan Murtagh  
[east.hertsrep@bwyregions.org](mailto:east.hertsrep@bwyregions.org)



### Venue:

Boreham Village hall  
Main Road  
Boreham  
Chelmsford  
CM3 3JD

### Cost:

£45 BWY member (in person)  
£60 Non BWY ( in person)  
£35 BWY Member (ZOOM)  
£50 Non BWY (ZOOM)

### CPD Information

1 point per hour attended

### Booking information

<https://www.bwy.org.uk/eastern/event/2637/>

### Organiser

Rosie Evans  
[east.ro@bwyregions.org.uk](mailto:east.ro@bwyregions.org.uk)

### Pauline Morgan

[east.rto@bwyregions.org.uk](mailto:east.rto@bwyregions.org.uk)

## REGIONAL SANGHA: EMBRACING LIFE

2<sup>nd</sup> December 2023

10-4pm

Live and on ZOOM

Sangha in the East is a celebration of yoga life and embracing our wonderful community here in the Eastern Region as well as opening the event out to the wider yoga community via Zoom.

Everyone is welcome, both BWY members and non-members. So why not come along and explore four wonderful sessions led by experienced yoga tutors, no matter whether you are an experienced yoga practitioner or if this is the first time you've rolled out your yoga mat.

### 4 sessions

10-11 Rosie Wright  
11.30-12.30 Donna Negus  
13.30-14.30 Elaine Fletcher  
15 -16 Judy Hirsh Sampath

During the event there will be opportunities to browse the book stall (pre-used yoga book titles) and Neals Yard Remedies organic products and essential oils.

There will also be a dedicated quiet space for Reiki or Indian Head Massage treatments during the day



## FIVE ELEMENT THEORY; ADE BELCHAM

16<sup>th</sup> March 2024

10-4pm

Ayurvedic 5-element theory provides a useful model to help think about balance and right effort in yoga practice. This workshop explores the practical application of the theory in the context of asana.

We will use 5 element theory to explore the physical and mental aspects of yoga asana practice and also consider how this model can help us find balance in our approach to asana through the cultivation of sensory attention.

### Content

- Overview of 5-element theory and the context within Ayurveda and Yoga
- Asana based exploration of each of the 5 elements – earth, fire, water, air and space.
- Consideration of the integration and dynamic equilibrium of the 5-elements as a flexible 'ideal state' both on and off the yoga mat
- Personal and group assessments of 5-element balance in the context of asana
- Consideration of 5-element theory in the context of yoga practice and teaching – sensation versus instruction
- Closing meditation.

### Venue:

The Costessey Centre  
Longwater Lane  
Costessey  
Norwich  
Norfolk  
NR8 5AH

### Cost:

£35 BWY  
£50 non BWY

### CPD Information

7.5 points

### Booking information

<https://www.bwy.org.uk/eastern/event/2649/>

### Organiser

Liesl Emery  
[east.norfolkrep@bwyregions.org](mailto:east.norfolkrep@bwyregions.org)

DATE	EVENT	LOCATION	TYPE	CONTACT
11/6/23	Tarik Dervish	ZOOM	CPD	Aslihan Yenigun
24/6/23	Richard Kravetz	Suffolk IP32 7EE	CPD	Caroline Flack
1/7/23	First Aid	Hertfordshire HP23 5BA	EFAW	Siobhan Murtagh
29/7/23	Sarah O'Connor	Hertfordshire HP23 5BA	CPD	Siobhan Murtagh
2/9/23	First Aid	Bedfordshire MK45 3BX	EFAW	Pauline Morgan
9/9/23	First Aid	Bedfordshire MK45 3BX	EFAW	Pauline Morgan
16/9/23	Judy Hirsh Sampath	Suffolk IP32 7EE	CPD	Caroline Flack
24/9/23	Gary Carter	West Essex IG10 1PF	CPD	
30/9/23	Judy Cameron	Cambridgeshire PE28 9AH	CPD	Pauline Morgan
7/10/23	Elaine Fletcher	West Essex CM3 3JD	CPD	Jo Thomas
28/10/23	Phillip Xerri	ZOOM	CPD	Siobhan Murtagh
21/10/23	First Aid	Hertfordshire NR8 5AH	EFAW	Siobhan Murtagh
4/11/23	First Aid	West Essex CM3 3JD	EFAW	Jo Thomas
2/12/23	Various Tutors	West Essex CM3 3JD	Regional sangha	Rosie Evans
3/2/24	Carol Trevor	Bedfordshire MK45 3BX	CPD	Pauline Morgan
17/2/24	Dawn Wesselby	Cambridgeshire PE28 9AH	CPD	Pauline Morgan
2/3/24	First Aid	Cambridgeshire PE28 9AH	EFAW	Pauline Morgan
16/3/24	Ade Belcham	Norfolk NR8 5AH	CPD	



EVENT BOOKINGS CAN BE MADE ON THE WEBSITE: [WWW.BWY.ORG.UK/EVENTS/](http://WWW.BWY.ORG.UK/EVENTS/)

Please email queries to the organiser of that particular event as listed previously or contact head office for technical issues.

#### REFUND AND TRANSFER OPTIONS:

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



## TEACHING YOGA TO CHILDREN & TEENS BWY ACCREDITED MODULE

Do you want to inspire and empower the next generation of yogis?

On this module you will gain the skills and confidence to safely teach yoga to young people from ages 2 1/2 to 18.

This module is run fully online and combines the connection of live Zoom sessions with the convenience of self-paced learning through pre-recorded material available on our course learning platform.



### The module will include:

- ✦ Anatomy and physiology for each age group.
- ✦ Social, emotional and cognitive development of children and teens.
- ✦ Simple neuroscience.
- ✦ How to adapt asanas for safe teaching practice.
- ✦ Breath awareness and simple pranayama exercises for young people.
- ✦ How to teach meditation, mindfulness and relaxation.
- ✦ Ways to plan, structure and manage your children's yoga classes.
- ✦ Creative ways to engage each age group with yoga.
- ✦ **AND MUCH MORE**

The course is suitable for yoga teachers and trainees from all traditions.

The module tutor is **Christiane Kerr of Calm for Kids**, a senior yoga teacher with **over 25 years of teaching and training experience**. Christiane is also a qualified mindfulness teacher and author of six children's yoga books.

**"I wanted to say a massive thank you for the online course. I loved all the material and teachings, particularly the games, practicals and watching the educational videos."**

Donna Ward, Yoga Teacher



Next module starts on **September 9th 2023**  
Time commitment, approximately 52 hours



[www.calmforkids.com](http://www.calmforkids.com)  
[info@calmforkids.com](mailto:info@calmforkids.com)  
07973953812



### TSYP 700-hour Yoga Therapy Diploma

We are delighted to offer this comprehensive British Council of Yoga Therapy accredited qualification, leading to registration as a Yoga Therapist with the Complementary and Natural Healthcare Council

Based on principles developed by Professor Krishnamacharya and his son, TKV Desikachar, the course teaches a systematic approach to yoga therapy and how to adapt therapeutic strategies to the needs of each individual person. Students learn to integrate traditional and contemporary perspectives on health and healing in order to work holistically with body, mind and spirit in the modern context.

Delivered as a blend of in-person days and weekly online lectures.  
Duration 30 months from September 2023.

**We are also pleased to be able to offer the Yoga Therapy (YT) Diploma modules as standalone CPD courses.**

#### Online short courses on yoga therapy

##### Weekly 2-hour lectures

- Health and healing in the yoga tradition; yoga models for therapy. 14 hours. Oct 2023.
- Contemporary perspectives on health and illness; YT in wider healthcare. 6 hours. Nov 2023.
- YT for musculo-skeletal conditions. 14 hours. Jan 2024.
- YT for mental health problems. 14 hours. Mar 2024.
- YT for cardiovascular and respiratory conditions. 14 hours. May 2024
- YT for digestive and urinary conditions, 14 hours. Sep 2024
- YT for immune, lymphatic and integumentary conditions. 14 hours. Oct 2024
- Āyurveda for yoga therapists. 10 hours. Jan 2025.
- YT alongside psychiatric diagnoses and psychotropic drugs. Feb 2025.
- YT for endocrine, reproductive and nervous system conditions. 14 hours. May 2025
- Lifestyle and age-related conditions. 12 hours. Jul 2025.
- Professional and business skills for yoga therapists. 10 hours. Oct 2025.

#### In-person short courses on yoga therapy

##### Four-day (Friday to Monday) weekends

- Consultation, observation and assessment; therapeutic relationship. 19-22 Jan 2024
- Therapeutic application of āsana, prāṇāyāma, mantra, dhāraṇā, bhāvanā, mudrā and nyāsa. 19-22 Apr 2024.
- Strategies and models for YT practice plans. 12-15 Jul 2024.
- Trauma sensitive YT; equality, diversity and inclusivity. 6-9 Sep 2024.
- Working with case studies and scenarios. 22-25 Nov 2024.
- Working with case studies and scenarios. 7-10 Mar 2025.
- Working with case studies and scenarios. 6-9 Jun 2025.

Full details about the course can be found in the prospectus and application form at: [www.tsyp.yoga](http://www.tsyp.yoga) in the events section or by contacting Annemarie Visser, TSYP's Head of Yoga Therapy at: [yogatherapy@tsyp.yoga](mailto:yogatherapy@tsyp.yoga)

50-HOURS  
YIN YOGA TEACHER  
TRAINING

LEVEL 1 –  
FUNCTIONAL  
ANATOMY  
LOWER BODY

A HIGHLY  
EXPERIENCED YIN  
YOGA TEACHER WITH  
OVER 1,500 HOURS  
TRAINING WITH PAUL  
& SUZEE GRILLEY AND  
SARAH & TY POWERS

INTAKE 7



[gilliancawte@hotmail.com](mailto:gilliancawte@hotmail.com)  
07968 154525  
[www.gilliancawteyoga.co.uk](http://www.gilliancawteyoga.co.uk)

BONES, MUSCLES,  
POSES, MERIDIANS  
AND MINDFULNESS  
MEDITATION

Comprehensive  
Colour Manual,  
Meridian Doll,  
British Wheel  
of Yoga and  
Yoga Alliance  
Certification

Total cost: £695  
Early Bird Discount  
Available

2023  
6 Saturdays  
9<sup>th</sup> and 30<sup>th</sup> Sept  
14<sup>th</sup> and 21<sup>st</sup> Oct  
4<sup>th</sup> and 18<sup>th</sup> Nov

ONLINE VIA ZOOM



**BWYT RESTORATIVE YOGA MODULE  
TEACHER TRAINING OCT-NOV 2023**



30-Hour Online CPD  
Open to all qualified yoga teachers

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

BWY Certification and Yoga Alliance  
CEUs

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

For details and to apply:

[carol@yogacarol.co.uk](mailto:carol@yogacarol.co.uk)

07949 743 942

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



**WORKSHOPS AND TEACHER TRAINING DAYS**

**Yin Yoga Workshop**

With Norman Blair

Sunday 6<sup>th</sup> August 2pm-5pm £32

**The Foundations of Pranayama** With Philip Xerri

Saturday 30<sup>th</sup> September 1pm-4pm £32

**First Aid in the Workplace One Day Certificate**

With Jim Foster

Saturday 14<sup>th</sup> October 12:30pm-6:30pm £65

**Developing Strength with Single Leg Poses**

With Zoe Knott

Sunday 10<sup>th</sup> November **2024** 10am-3:45pm £47

Our Workshops at Shambhala are small and friendly in our lovely studio in Leigh on Sea,

Essex SS9 1DJ

01702 478924

**email: [wellbeing@shambhalastudios.com](mailto:wellbeing@shambhalastudios.com)**

**[www.shambhalastudios.com](http://www.shambhalastudios.com)**



**Final Note:**

We are grateful for your continued support and hope to meet you on some of the great Yoga days organised. Please contact your area representative (contacts page 2) if you would like to get involved more and/or if you would like any particular events in your area. We are happy and eager to provide yoga days that appeal to you and would love for you to encourage your family, friends and students ( if you are a teacher) to come along with you to any yoga days you attend.

Eastern Region Volunteers remain committed to bringing yoga to You.

**Social Media**

To keep up to date and if you would like your courses or classes featured; we are on Face book and Instagram.

Follow us on Face book: BWY in the East

Instagram: bwyintheeast

**CLOSING MEDITATION**

**MAY THE LONG-TIME-SUN SHINE UPON YOU;  
ALL LOVE SURROUND YOU,  
AND THE PURE LIGHT WITHIN YOU,  
GUIDE YOUR WAY ON.**

## **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:

Sunday 18 June – Seaford (BN25 2AB)  
Wednesday 21 June – Slough (SL3 7TP)  
Tuesday 27 June – Uxbridge (UB8 2RR)  
Sunday 02 July – Luton (LU3 2HX)  
Tuesday 04 July – Luton (LU3 2HX)  
Thursday 06 July – Uxbridge (UB8 2RR)  
Sunday 09 July – Seaford (BN25 2AB)  
Monday 10 July – Slough (SL3 7TP)  
Sunday 16 July – Crouch End (N8 9PR)  
Thursday 20 July – Uxbridge (UB8 2RR)  
Sunday 23 July – Uxbridge (UB8 2RR)  
Thursday 03 August – Luton (LU3 2HX)  
Monday 07 August – Slough (SL3 7TP)  
Tuesday 08 August – Uxbridge (UB8 2RR)  
Saturday 18 August – Uxbridge (UB8 2RR)  
Sunday 20 August – Crouch End (N8 9PR)  
Monday 21 August – Slough (SL3 7TP)  
Thursday 24 August – Uxbridge (UB8 2RR)  
Sunday 03 September – Luton (LU3 2HX)  
Sunday 10 September – Uxbridge (UB8 2RR)  
Tuesday 12 September – Luton (LU3 2HX)  
Thursday 14 September – Uxbridge (UB8 2RR)  
Sunday 17 September – Seaford (BN25 2AB)

Further courses dates in 2023 are shown on our website

**To book your place please visit [www.mgmtraining.co.uk](http://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