

BWY

AT
THE
HEART
OF YOGA

IN LONDON

IN THE LOOP

Summer 2023

www.bwy.org.uk/london/

Regional Officer

Alex Yates
london.ro@bwyregions.org.uk

Regional Training Officer

Laura Le Feuvre
london.rto@bwyregions.org.uk

Regional Treasurer

Position available

Newsletter & Social Media Editor

Wengyee Loke
london.editor@bwyregions.org.uk

Area Reps

Positions available for volunteers

Safeguarding Officer

safeguarding@bwy.org.uk
07738 946 320
01529 306851

Central Office

25 Jermyn Street
Sleaford
Lincolnshire
NG34 7RU
office@bwy.org.uk
01529 306851
www.bwy.org.uk

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Please send adverts, course listings and articles via email to the editor as Word or Jpeg documents; invoices are sent after publication. If you wish to take advantage of members' rates, please provide your BWY membership number. If you are part of a registered charity VAT will be deducted. **Listings for all adverts, BWY foundations courses, modules and teaching diploma courses are charged as follows:**

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Issue

Edition 1 – Spring
Edition 2 – Summer
Edition 3 – Winter

Date Sent Out

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Mid June
Mid October

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(Adverts and Editorial)
9 January
10 May
13 September

The British Wheel of Yoga 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 British Wheel of Yoga. Any advertisements are accepted in good faith and no responsibility can be accepted for the contents. Goods or services advertised are not necessarily BWY accredited. Advertising of courses that offer 'yoga teacher training' will only be accepted if the course is BWY or accredited to the BWY.

LONDON NEWS

Welcome to the summer edition of In the Loop for BWY London members.

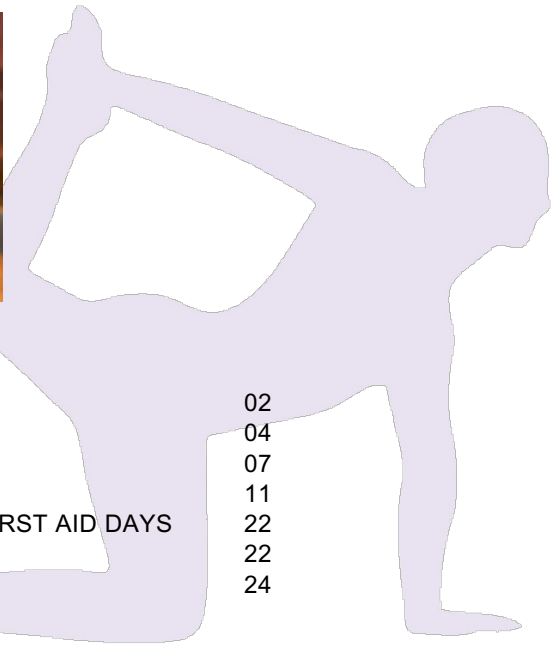
We are very excited to be counting down the days to our regional Sangha on Saturday 1 July, but first we must say thank you to the wonderful tutors who gave of their knowledge and passion for yoga this spring. Daniel Simpson gave a fascinating talk on yoga philosophy last month, earlier we had two online CPD events; a day with Zoe Knott on balance and a day with Rajesh David on pratyahara, and an in-person afternoon with Yinka Fabusuyi on the shoulder girdle. All the events were insightful days for yoga practitioners and teachers alike.

If you need to freshen up on your first aid, check out page 21 for a full list of dates.

A quick personal note to say this is my last newsletter for BWY London. I now work full-time for BWY as Digital Communications Officer, producing content for social media, marketing and the new website. Do stay in touch via Facebook and Instagram. Wengyee will be looking after the newsletter from the autumn so do keep your wonderful articles coming to the usual email address.

We look forward to seeing you at Sangha.

Alex, Alex, Laura and Wengyee



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REGIONAL OFFICER'S REPORT



Dear Friends,

I'm so pleased that many of you have come forward to volunteer at our Sangha on the 1st July. We have such a wonderful day planned but it would not be possible without your help. Volunteering is the backbone of what we do at the BWY: whether it's helping at a Sangha or joining the regional committee, nothing would get done without the volunteers! Each regional committee has autonomy for the events it puts on: from members meet and greet mornings to CPD days, to annual Sanghas. What happens in London is down to the London team. If you are interested in joining us please email me:
london.ro@bwyregions.org.uk

We're particularly keen to find a new Regional Treasurer. We said goodbye to our exemplary Regional Treasurer, Jean Nicolas, in the last newsletter and we would love to hear from you if you have book keeping experience and would like to take on this role. Full training will be given and the role requires no more than 1-2 hours a week.

Tickets are on sale now for Sangha and don't forget if you want to bring a friend who's not a member, you can book two tickets at a member's rate.

I very much look forward to seeing you at Sangha.

Alex

REGIONAL TRAINING OFFICER'S REPORT



Namaste London 🙏

I hope 2023 has been peaceful for you. It has been wonderful to welcome you to our events. Thank you to everyone who joined us, the tutors and event hosts. You all made it possible!

The event with Daniel Simpson was very special as we quickly dropped into deeply inspiring discussions to explore our thoughts around yoga philosophy. It was all held together with respect and curiosity. So, we are delighted that Daniel will be back in the Autumn with a bespoke four part course to guide us in exploring themes such as: 1) the gunas; 2) the relevance of dualism; 3) yoga as medicine; 4) embodied awareness; 5) balancing truth and non-harming in everyday life. It's a unique opportunity for a small group to study with Daniel in person, in London.

We have been so busy with the planning and curating of our major event, BWY LONDON SANGHA, a one-day yoga festival. We wanted to celebrate uniqueness in a space that uplifts and enquires with open ended conversations filled with support and share thoughts and ideas that are rooted in the ethics of our yoga practice. Heartfelt thanks to all the tutors, all the volunteers and all the supporters: Cathy Mae, Donna, Astra, Bonnie, Amy, Deepti, Amanda, Michele, Joey, Dan, Alex, Alex, Anna, Wengyee, Mummyji, Viv, Judy, Norman, Charlie, Sul, Charlotte, Kim, and YOU. 🙏❤️

Please look out for emails regarding more CPD in the autumn. In the meantime, wishing you the happiest of summer days.

Laura 🍀

NEW COMMITTEE MEMBER REPORT



Hello London Members,

I am delighted to be a part of the BWY London committee. Having been a member ever since I took my Foundation 1 in 2017, I have admired the work that BWY does in making the philosophical aspects of yoga more accessible. When it was advertised that London was looking for more volunteers, I thought “Why not? This will be a good way to give back to the yoga community”.

I have come onto the committee as Secretary/Social Media Rep, which means that I get to keep notes, write minutes, and keep our socials updated. If you’ve seen the uptick in activity on Instagram and/or Facebook, that’s me! As some of our events (like the upcoming Sangha) are open to non-BWY members, having social media exposure is a great way of letting people know about us. Every like/share you can give us helps.

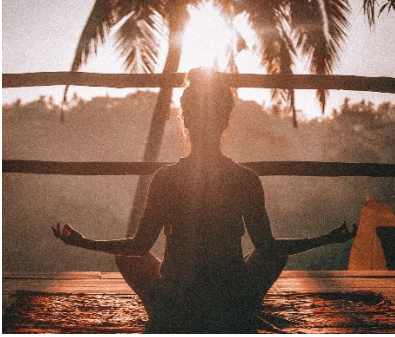
From the autumn I will also be taking on newsletter duties, so perhaps you’d like to step up and take on the secretarial role as an easy entry point to the team.

The main thing I’ve learnt in my time within the committee so far: You’d be surprised at the amount of effort put in behind the scenes to keeping a region running. If you have any suggestion of events that you would like to see us run, please let me know!

Instagram: @bwy london
 Facebook: BWY in London

Thank you, Wengyee

WEARING YOUR CROWN



By Judy Hirsh Sampath

May your backbend be an expression of your courageous heart, may your forward bend be a reverential bow and your lunge be a deep curtsy with the greatest respect for all beings.

At the end of your practice, when you step off your yoga mat and back into your day, what do you take with you? What did you learn on your mat about yourself, the state of your body, mind, emotions - this integration process is the key to greater awareness, compassion, and understanding – ahimsa in action, how you are in relationships to yourself and with others.

Let's rewind back to the starting point – when you step onto your mat or meditation cushion, notice what you are bringing in with you - how does your body feel, what are your energy levels, what's happening in life and in the

world that is on your mind and affecting your mood? This is a rich source of truth, how life is impacting your wellbeing. This is important to know.

Our yoga practice is not separate. It has meaning when we acknowledge where we start and how we transition from the mat and back out into life, a transformational process.

As a yoga teacher and therapist, there is always inspiration in what's happening in the world, endless resources for theming yoga classes, a reminder that life is moving through us in real time.

The King's Coronation is such an instance which got me thinking about community. Yoga teachers refer to the crown chakra, the higher self, vinyanamaya kosha (your royal Highness), service as love in action, working for the common good (the commonwealth), devotion, sustaining an unshakeably strong spirit to find perfect freedom, joy and hope that endures, a transformational process - something about becoming a sovereign in service sounded familiar - it brought me closer to home with a feeling of being part of a glorious yoga community that holds great importance in my life. A sovereign has the power to

rule with autonomy, beyond the interference of others. Your Higher self is sovereign of your own domain, the trillions of cells that make up your body, your inner land to the east and west, north and the south.

PRACTICE AS YOU READ

As you read this, sit comfortably as if you are seated on your throne. Imagine your very own crown and what it would look like - gold encrusted with gems, a light daisy chain or simple tiara?

Reach your arms up beyond your crown chakra and place your precious crown ceremoniously onto your head. Anoint yourself through a rotation of consciousness, body scan or find words to breathe in as a vow of self-care, in service to the common good of your inner community.

Press softly down into your seat, lengthen up through your spine, lift from the occipital bone at the back ridge of your skull and the tip of your breast bone in the front - hold your head up high, soften your eyes, jaw, tongue, throat, even a wise smile.

Sit majestically a little taller and find a place to stay, be still and hold your attention here. You can use your imagination to travel through your own inner land as sovereign, down pathways, into palaces, cities,

hills, waters.

Stay for some time, breathing into the magnificence, celebration and majesty of what you find and who you are.

ASK YOURSELF

Ask your higher self (your highness) this question: how am I serving myself and others? Do my actions serve to the highest good?

To complete your practice. Stand up and take a few steps forward wearing your crown. Meet and greet other people - as Sovereigns of their own domains. How will you live together in harmony, be neighbours, allies and friends, hold clear boundaries, show respect and understanding for the 11 billion humans who live on this planet, and the great Orb Earth?

Moving forward into life, you can choose to wear your crown any time, especially when you feel a little down on yourself, critical and judgmental of others, alone, or out of control.

May we all be free, may we all be autonomous and live together in harmony through love in action.

I hope to see your Highnesses at the London Sangha Palace in July. Find me at the Yoga United stand and join my class, Celebrating Your Uniqueness.

MAKING SOUND FINDING HARMONY – BRINGING NADA YOGA AND BONES FOR LIFE TOGETHER



By Marye Wyvill and Rajesh David

Siamang gibbons, who mate for life, jointly defend their territory. Every morning they sing together, building ever more spectacular, complex sequences. The couple's song reflects the strength of their bond. Other siamangs pay close attention. The more harmonious their duet, the stronger will be their defence. If their vocalisation is discordant, neighbours sense an opportunity to move in. In this context, harmony is a matter of survival.

And harmony is what links the seemingly separate disciplines of Nada Yoga and Bones for Life. Nada Yoga encompasses a philosophy, and a series of techniques which utilise sound with the aims of developing inner harmony, and deepening spiritual practice. Bones for Life consists of simple

movement processes designed to strengthen bones through a harmonious coordination of all the parts of the body. By combining sound work, reflections on philosophical texts and physical movement, both left and right sides of the brain are drawn on, enabling participants to experience the texts' meaning at a level far deeper than that of intellectual discourse.

Both Nada Yoga and Bones for Life focus on refining perception and heightening awareness, for without awareness there is no possibility of meaningful change. We train and discipline body and mind through a variety of practices, but ultimately change occurs spontaneously. In Nada Yoga, the intention to be open to a divine inner presence is cultivated through the gradual withdrawal of the senses as the practitioner moves from sound to silence, passing through the portal to inner realms. In Bones for Life, we are invited to follow our sensations, and realise how some of the movement habits we have accumulated over a lifetime are less than helpful. We awaken the body's innate intelligence and ability to choose better ways of sitting, standing and walking.

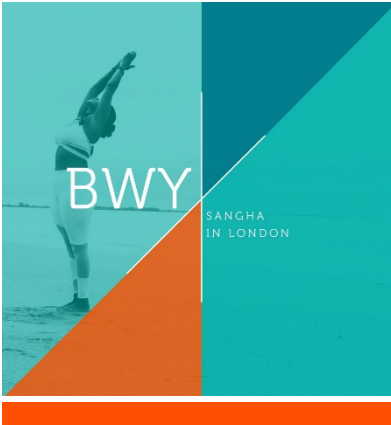
While Bones for Life is a safe and effective stand-alone movement therapy, it also enriches yoga practice and teaching. The programme, consisting of 90 movement processes, focuses on the enhancement of natural movement in order to develop the postural integrity, flexibility and stability that support strong bones. Movement reinforces whatever posture we adopt, and can therefore either heal or harm. For example, bouncing on the heels, used extensively in Bones for Life, powerfully directs bone-building pressure upwards through the skeletal system. However, if the vulnerable curves of neck and lumbar are misaligned, that pressure is dissipated, and the misalignment is reinforced. So first we learn how to secure those often weak links in the spine's chain.

The same attention to detail, and the ability to differentiate parts within a whole, is brought to the practices of Nada Yoga. For example, within a structure of Indian music scales, the practitioner focuses on chakra points, each chakra location reflecting a different aspect of

harmony, whether it be a strategy for survival, as in the case of the siamang, or a deep sensing of the interconnectedness of all life. This is the first step towards developing a practice of meditation with sound.

One of the best ways of experiencing the complementarity of Nada Yoga and Bones for Life is in the spacious schedule of a retreat framework. Marye and Rajesh run a regular Making Sound Finding Harmony retreat in different locations. Their next retreat is in August this year, at Shepherds Dene Retreat Centre in Northumberland.

For more information about Rajesh, see www.rajeshdavid.com
For more information about Marye and Bones for Life, see www.movementintelligence.co.uk



LONDON SANGHA 23

Saturday 1 July

Sangha has a meaning of community and to be in each other's company is human nature. The BWY London Sangha event is a welcoming space for us to celebrate our beautiful uniqueness and unite in the practices of yoga, music and food.

Venue:

Colet House
151 Talgarth Road
London
W14 9DA

Cost:

Whole Event
9am – 8pm
BWY members £65
Non members £85

Kirtan /Gong

6-8pm

BWY members and non-members £25

When drawing thoughts together of how the day could be, we imagined a place that would hold a sense of generosity for our different views and expressions, with an energy that is respectful of who we are and the right to express this individuality in all its fullness.

We were inspired to celebrate uniqueness in a space that uplifts and enquires with open ended conversations amongst equals. We wanted this space to be supportive and nurturing for us to share these thoughts and ideas that are rooted in the ethics of our yoga practice

We wish to promote strength in unity, supporting all beings, all shapes and stages of life, creating a platform to celebrate and express who we are by bringing our voices together in a place that is safe and an inclusive space of belonging for all.



SANGHA SESSIONS

The day is full with wonderful tutors and beings.



Dr Cathy-Mae Karelse - Opening Message and Meditation Class

Cathy-Mae Karelse PhD is a Yoga Teacher Trainer, Mindfulness Teacher Trainer, an Ayurvedic Practitioner, and currently works as the DEI Lead at Mindfulness Initiative. She has over 20 years

expertise in systems change and is a leader in equity, diversity and belonging. Her work as an architect, coach, and facilitator includes a focus on anti-discrimination, and forging linkages between leadership, values, and wellbeing. She has recently published a book - *Disrupting White Mindfulness: Race and Racism in the Wellbeing Industry*, MUP.

Donna Noble - Body Positive Yoga Class

A slow flow Body Positive Vinyasa Flow. This class is suitable for everyone, all shapes, sizes, ethnicity, abilities and genders. This will be a safe judgement-free space where you will be able to use props to help make the postures more accessible.



Donna is an Author, Yoga Educator, Yoga Educator, Wellbeing Coach, body positive and social justice advocate and is also the Founder of Curvesomeyoga. Donna is passionate about making yoga and well-being spaces more inclusive and diverse so that everybody can experience the transformational benefits of yoga.

She has been practising yoga since the last 1990s and became a certified teacher in 2010. Her first book *Teaching Body Positive Yoga* was published in August 2022.



Norman Blair - The Magic of Yin

Yin yoga is a meditative practice. The emphasis is on staying in 'shapes' for significant periods of time. Stillness and attention are prioritised above 'achieving' a pose.

The Yin yoga workshop is a precious chance to slow down and to soften. This practice of mindfully bending and gently moving can be remarkably rejuvenating for our body-mind-heart. Yin yoga gives us the space to slow down and stay with our experiences rather than always rushing and striving to achieve. The floor-based postures are held for several minutes.

Norman Blair is one of the most experienced Yin teachers in UK and he has been teaching these workshops since 2003. He began practising yoga in the early 1990s and has been teaching since 2001. His practice and teaching embrace both Ashtanga yoga and Yin yoga as well as mindfulness meditation.

His own experience has taught him that yoga is an enjoyable way to release and make available energetic potential to enhance our lives. Yoga can help us to become more flexible, physically stronger and improve our stamina, focus and awareness.

Judy Hirsh Sampath – Celebrating your Uniqueness

You may not realise that you know your body better than anyone else - let's celebrate our individual body's uniqueness and aliveness to find greater acceptance, freedom and joy on the mat.



Moving from what needs correcting to what can be celebrated is a game changer for self-acceptance on and off the mat. Learn ways to shift from what's wrong, what needs fixing to giving ourselves and our students permission to use the yoga mat as somewhere to find liberation: to play, be creative, a playground instead of a prison. Yoga can often be intimidating – if we leave

feeling not good enough, flexible enough, strong enough, perfect enough, where is the spirit of yoga, and how are we doing as facilitators?

During a difficult time of life, Judy came to an insight through yoga "if I focused on what is right with me instead of trying to fix what is wrong with me, what would change?" Founder of Yogaunited, yoga therapist (C-IAYT), yoga teacher (BWY) and mentor, Judy empowers health seekers in becoming experts in themselves and celebrating their wholeness.



Amanda Lutchford – Finding your space and your “sweet spot” in yoga

A trauma sensitive, inclusive class - suitable for teens and anyone with anxiety, depression, PTSD. Also inclusive and suitable for students with neurodiversity.

We will explore the yoga concept of Space. Students will be invited to experience inner space of mind and body and our relationship with the external space around us and how the two types of space are different and how they interact. Or to simply practice a gentle, self-nurturing class.

Amanda is a BWY trained teacher, with over 15 years teaching experience. She teaches yoga to all ages with an emphasis on relaxation, self care and inclusivity. Over the past five years she has specialised in yoga for teens and young people – working in culturally diverse schools and teaching yoga in a secular way to students with a wide range of mental health and physical conditions. She is passionate about addressing trauma sensitivity in the yoga space. Her yoga work is rooted in providing a safe, nurturing space for all students, particularly young people and women and girls who have experienced abuse.

She began her yoga journey with meditation following a back accident and subsequently decided to train as a teacher, with the aim of focusing on accessible yoga. She is very influenced by the Viniyoga tradition and the teachings of T.K.V Desikachar.

Kim Sheehan – Voice Work and Emotional Freedom Tapping

Do you feel that your voice lets you down when talking, teaching or chanting? Perhaps you think it's too high, too low, too weak or too loud or maybe you lack vocal confidence, projection, you use too much filler, you stumble over your words or you find Sanskrit words a challenge?



This taster class will teach you the fundamentals of vocal projection and confidence in speech and chant, in a fun and curious way, to give you the freedom to communicate both through speech and chant, with ease and fluency, which in turn enhances a sense of safety, trust, and enjoyment around others.

Emotional Freedom Technique is fast becoming the most popular modality in clearing the path to clarity and finding relief from anxiety, with an emphasis of safety at its core. When we tap on the primo vascular system of the body, whilst concurrently looking at our stress, fear or anxiety, we send signals of safety and wellness to the amygdala (the fight or flight response centre) which in turn brings our pre-frontal cortex back online, giving us physical and mental clarity and confidence.

In this session you'll learn the tapping points and then take part in a deep, yet fun group tapping session that will help you to acknowledge and release stuck emotions that may be holding you back in your self-practice or teaching.

Having been a professional opera singer for the past 23 years performing all over Europe in high stress situations, I naturally looked to yoga to heal my nervous system from an adrenaline and cortisol overload. Through this, I developed a deep passion for spiritual healing both physically and mentally and as a result became a Yoga Teacher with BWY, an accredited and certified EFT practitioner, a Kirtan Leader, all whilst maintaining my opera career.



Michele Misgalla – Pregnancy Yoga

Move, stretch, breathe and relax. Experience the benefits of pregnancy yoga through this special session, whether you're expecting a baby or are a yoga teacher looking to find out more.

The class will feature a gentle flow of yoga postures, pranayama practices and relaxation techniques, along with variations to accommodate common pregnancy aches and pains, designed to bring comfort in pregnancy and ease through labour and birth. We will briefly discuss common pregnancy ailments and coping strategies, simple props that can help make yoga practice more accessible through the trimesters and how yoga can help with overall wellbeing through this special time.

Michele is a BWYQ diploma holder with 12 years experience, eight years teaching pregnancy and postnatal yoga. She is an experienced Doula UK recognised birth doula and mentor, Side By Side Doula trainer, KGH Hypnobirthing teacher, Spinning Babies® Certified Parent Educator and Vice Chair of King's College Hospital's Maternity Voices Partnership (MVP). A mother of three, first baby born at King's and the next two at home. Michele's wish is for every pregnant person to have the birth they wish for, and feel supported, empowered and listened to throughout their maternity care.

Astra Farquharson – Using Mindful Yoga as an Antidote to Stress



Astra is a BWY Teacher and mindful yoga coach. She believes yoga practice is most beneficial when leaning into 'feeling' over 'form', especially for balancing physical and mental health. Astra is a self proclaimed 'stiff yogi' due to managing chronic pain. As a result she believes yoga should be

accessible to all bodies and abilities. She will be sharing in her workshop the benefits of gentle mindful movement, breath awareness and relaxation in countering the stress response in the body.

Amy, Bonnie and Deepti Yoga – Embracing Self-love



The class is about cultivating free-flowing energy at the heart centre, Anahata. The heart chakra is associated with love, compassion and self-acceptance. The practice will use pranayama to draw awareness to the energetic movement at the heart space, the physical to open and expand our bodies. We'll finish with a loving kindness meditation that dives deeper within, to truly connect and see the beauty of ourselves and in everything we encounter, before resting to absorb in yoga nidra.

Amy, Bonnie and Deepti are three BWY yoga teachers, offering classes in Teddington and Hertfordshire. Together they bring experience in teaching meditation, hatha, gentle chair and pregnancy yoga, as well as knowledge and expertise in menopause and Ayurveda nutrition. Amy and Deepti are also mothers to three children. Their common aim is to make yoga accessible to everyone.

Charlie Merton and special guest Sul Ruparell - Kirtan, Gong Bath and Drumming

Sound is vibration and vibration is energy, so we will begin by uniting our voices with the community as Charlie will lead you through a Kirtan supported by the exceptional tabla player and UK based Indian classical musician, Sulekh Ruparell.

This will move into a gong bath and sacred sound symphony to invoke and honour the rising moon just ahead of the Capricorn

full moon (Buck moon) on Monday 3rd July. Charlie uses several planetary gongs alongside a special gongland gong and other instruments with voice to create a sonic field that can help bring about deep states of meditation and enter a place beyond time and space which can tap into deep and healing vibrations. The sounds and vibrations can bring to the surface a range of feelings and sensations, when this happens, you are invited to observe, accept and let go.

Charlie had been working with sound fields for most of her life, training as a trumpet player and pianist initially. As an experienced sound therapist and gong master she has been leading ceremonies across London's top studios for many years.



Sulekh Ruparell is a UK based Indian classical musician with over 20 years of experience specialising in Vocal, Harmonium and Tabla. He is the creator of Tabla Works which provides downloadable video lesson courses to students wanting to learn Indian music anywhere in the world.

Market Place

The Market Place will host a selection of products and services from London based crafters and curators including:

Singing Dragon Books, Yoga United, ceramics, jewellery and crystals, and Mummyji's Original Chai.



Chai Workshop

Some of you may have tried Chai (Indian Tea), but have you ever tried Masala Chai (Spice Milk Tea), Masala Chai is an Indian tea made from a combination of spices, tea and milk.

Drinking Masala Chai is an everyday ritual in India. Every household has its own unique blend, which is what makes it so diverse and one-of-a-kind. If you are intrigued to know the secret recipe (I got it from my mom-in-law) for a fresh and authentic cup of Masala Chai,

then come and join me in Mummyji's kitchen for a live workshop involving:

- Discussion of the spices – What they are and their benefits.
- The rich history of Masala Chai.
- Summer vs Winter Chai
- A Live Demo – You might even want to have a go at the Pestle & Mortar to crush whole spices.
- Last but certainly not least, sipping hot, fresh and aromatic Masala Chai to wake up and stimulate your senses.

A little note from Mummyji.....

Heartfelt gratitude for giving us this opportunity to share our recipe which is passed on from generation to generation. I started making chai when I was seven years old along with my mum. I am so fond of it that I can have it at any time of the day. I am so proud that this recipe from Delhi is now reaching to London. We just pray to God that everyone enjoys chai and feels rejuvenated the way we feel it.

Session	Top Studio	East Studio	Meditation Room	Blue Room
	9.30 Opening Greeting with Cathy-Mae			
1	9.45 – 11.00 Donna Noble Body positivity	10.00 – 11.25 Bonnie/ Amy / Deepti Embracing Self Love	10.30 – 11.15 Meditation Class Cathy-Mae Karelse	
2	11.30 – 12.45 Donna Noble Body positivity	11.30 – 12.30 The Voice Workshop and EFT Kim Sheehan	12.15 – 1.30 Mummyji Chai Workshop	11.30 – 12.30 Amanda Lutchford Finding your Space and Sweet Spot
LUNCH	12.30 – 1.45		KITCHEN	
3	1.30 – 2.45 Norman Blair Magic of Yin	1.30 – 2.30 Voice Work & EFT Kim Sheehan	2.00 – 2.45 Meditation with Laura Le Feuvre	1.30 – 2.30 Pregnancy Class Michele Misgalla
4	3.00 – 4.15 Judy Hirsh Sampath Celebrating your Uniqueness	2.45 – 3.50 Astra Farquharson Using Mindful Yoga as an Antidote to Stress		3.00 – 4.00 Relaxation Zone
5	4.30 – 5.00 Closing Circle Collective Chant			
6	6.30 – 8.00 Evening Kirtan/Gong			



EMERGENCY FIRST AID AT WORK FOR YOGA TEACHERS

Sunday 11 June
 Sunday 17 September

The course covers Emergency First Aid at Work with emphasis on situations that may arise in a yoga class, workshop or retreat. EFA training now counts as part of your CPD.

Venue:

The Light Centre, Belgravia, 7-9 Eccleston Street, SW1W 9LX

Cost:

£95 BWY / Accredited members

CPD Information

6 points

Organiser:

Anna

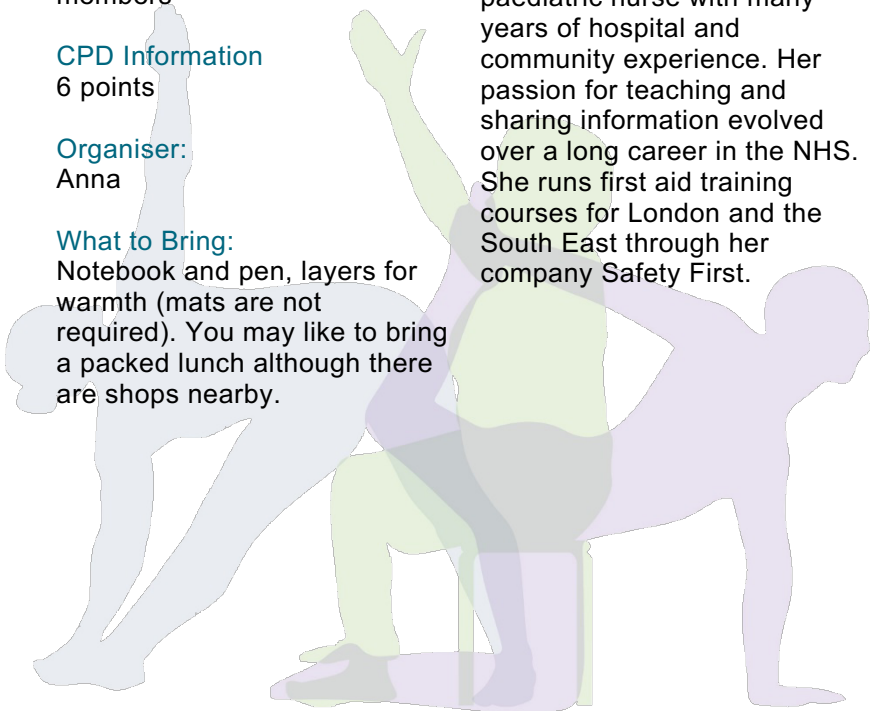
What to Bring:

Notebook and pen, layers for warmth (mats are not required). You may like to bring a packed lunch although there are shops nearby.

EFA days are limited to 12 people + host.

Keri Hartwright

Keri Hartwright is a qualified paediatric nurse with many years of hospital and community experience. Her passion for teaching and sharing information evolved over a long career in the NHS. She runs first aid training courses for London and the South East through her company Safety First.



DATE	EVENT	LOCATION	TYPE	CONTACT
11 June	Emergency First Aid at Work with Keri Hartwright	The Light Centre, Belgravia	EFA	
1 July	London Sangha	Colet House	Festival	Laura
17 Sept	Emergency First Aid at Work with Keri Hartwright	The Light Centre, Belgravia	EFA	
4 Nov	Day of Nurture	Colet House	Open Day	Alex

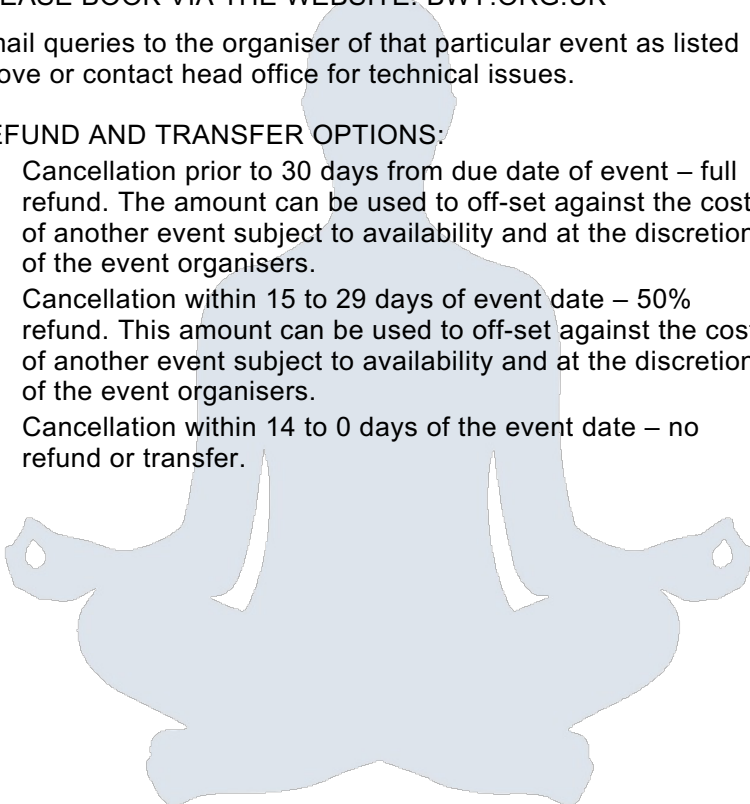
BOOKING PROCEDURES AND INFORMATION

PLEASE BOOK VIA THE WEBSITE: BWY.ORG.UK

Email queries to the organiser of that particular event as listed above 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 transfer.



BWY FOUNDATION COURSE

LEVEL 1

With Michele Misgalla and Anna Ferla

Whether you are looking to extend your knowledge of yoga philosophy and practice to enrich your personal yoga journey or to take a step towards BWY teacher training, this is the course for you. The course comprises 60 hours of teaching over 7 months and is a 'deep dive' into aspects of yoga not usually covered in a weekly yoga class including: yoga philosophy, pranayama, concentration and mediation, asana, anatomy and physiology, and developing a home practice.

In Person Course Dates 2023-2024: 17 September, 15 October, 12 November, 3 December, 14 January, 25 February, 24 March, 21 April, 19 May, 9 June.

Venue: South East London

Contact: foundation1.michele.anna@gmail.com

BWY YOGA THERAPY: THE ESSENTIALS

LEVEL MODULE

With Judy Hirsh Sampath

Through body-centred experiential learning, gain new skills to empower people seeking physical, mental and emotional health. This way of being starts with YOU!

This 50-hour course focuses on the foundations of yoga therapy and your own self-care and professional development. Meet and greet your Self in readiness to inspire others on their healing journey. This can be a stand-alone course for those interested in yoga as therapy for personal development, and is a pre-requisite to continue onto the 550 hour professional yoga therapy training.

In-Person Course Dates:

Saturdays & Sundays - 21-22 Oct, 11-12 Nov, 2-3 Dec

Venue:

North London

Making Sound Finding Harmony

Nada Yoga/Bones for Life retreat
with Rajesh David & Marye Wyvill
at Shepherds Dene Retreat Centre, Riding Mill,
Northumberland NE44 6AF



18-20 August 2023



Using harmony as a tool to improve posture, walking & bone resilience, and as a pathway to deeper spiritual awareness.

Focusing on mantra, chakra sensitisation through sound, heart-opening practices, and the gentle movement processes of Bones for Life.

Contact: maryewyvill@hotmail.com The cost of £395 includes accommodation (single room) & full board in the welcoming, tranquil atmosphere of this Arts & Crafts country house.

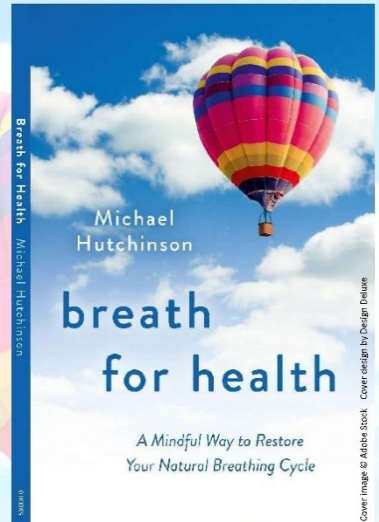
BREATH FOR HEALTH

by Michael Hutchinson

a new book, based on the teachings of Sri T Krishnamacharya and TKV Desikachar and supported by modern physiology that will explain to beginner and teacher alike how it is we are meant to breathe and how, step-by-step, our natural, healthy breathing can be fully restored.

“This is the guide that every yoga practitioner, teacher and therapist needs to have. I will be using it for all of my yoga and yoga therapy trainings going forward.”

Dr Amy Wheeler, PhD, former president of the Board of the International Association of Yoga Therapists



Published in the UK
and US by O Books,
Winchester and Washington

ISBN 978-1-80341-440-9 Pre-order from major online booksellers £11.99
For a signed pre-release print copy visit <https://two-birds-yoga.sumupstore.com>
Or visit my stall at the World Yoga Festival 4-7 August www.yogafestival.world

[heartfirstbreath](https://www.instagram.com/heartfirstbreath)
 [breath4health](https://www.facebook.com/breath4health)

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 weekends at Ashley Court, Devon

Daily yoga with Tara Fraser (www.tarafraser.co.uk) Organic vegetarian food from our walled kitchen garden. Wonderfully atmospheric and comfortable Georgian country house. Time to relax and slow down, enjoy 19 acres of woods, gardens and fields, overlooking the River Exe. Easily accessible by car or train. 2 hours from London Paddington to Tiverton Parkway

August 18th – 20th
September 15th – 17th
November 17th – 19th
December 8th – 10th

Prices from £375 per person

Ashley Court, Devon, EX16 5PD
For more detailed information or to book contact
hello@ashleycourtdevon.co.uk 07725950683

Adjustment and teaching techniques weekend

with Nigel Jones

Learn and practice hands on adjustments and teaching techniques, including modifying and adapting postures, teaching classes of very mixed ability, and different teaching methods to suit all. The weekend will involve a mixture of short talks, discussions, demonstrations and lots of practical work.

Saturday

Theory and practice of hands-on assistance – general principles
Is it ok to adjust? – weight of touch – breath-observation
Practical – assisting in a range of postures
Feedback and discussion

Sunday

How to teach a sun salutation to any level of student.
Modifications and adaptations - essential components of a posture
How to keep a very mixed ability class flowing
Keeping all your instructions positive and keeping everyone happy.



Saturday July 1st and Sunday July 2nd 10.00-5.00pm
£80 per day. £140 for both days. Lunch included on both days
Bed and breakfast available.

Ashley Court, Devon, EX165PD

For more detailed information contact –
hello@ashleycourtdevon.co.uk 07725950683

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
info@calmforkids.com
07973953812



Emergency First Aid at Work Courses for Yoga Teachers

MGM Training Ltd is holding a regular schedule of Emergency First Aid at Work courses for Yoga Teachers and Student Yoga Teachers. 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 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)

Further courses dates in 2023 are shown on our website

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

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

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.

MGM Training Ltd 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 twelve students anywhere in or outside the UK. In-house courses are charged on an competitive course price.





700-hour Yoga Therapy (YT) Diploma

A 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 TKV Desikachar, the course teaches a systematic approach to yoga therapy and how to adapt therapeutic strategies to the needs of each individual. Students learn to integrate traditional and contemporary perspectives on health and healing to work holistically with body, mind and spirit in the modern context. A blend of in-person days and weekly online lectures: 30 months from September 2023.

We are offering the YT Diploma modules as standalone CPD courses.

Online short courses on yoga therapy : Weekly 2-hour lecture

Health & healing in the yoga tradition; yoga models for therapy. 14 hours.

Oct 2023.

Contemporary perspectives on health & illness; YT in wider healthcare. 6 hrs. 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: 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 can be found in the prospectus and application form at:

www.tsyp.yoga or by contacting Annemarie Visser, TSYP's Head of

Yoga Therapy at: yogatherapy@tsyp.yoga

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YIN YOGA TEACHER
TRAINING**

**LEVEL 1 – FUNCTIONAL
ANATOMY
LOWER BODY**

**A HIGHLY EXPERIENCED YIN
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**Total cost: £695
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**2023
6 Saturdays
9th and 30th Sept
14th and 21st Oct
4th and 18th Nov**

ONLINE VIA ZOOM





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made in the spirit of yoga

South India Retreats Winter 2024



WWW.YOGAUNITED.COM/HOLIDAYS

The banner features a sunset background with palm trees and a temple silhouette. The Yoga United logo is in the top right, and the website URL is at the bottom. A QR code is on the left side.

