

Back to basics

BWY

AT
THE
HEART
OF YOGA
IN THE NORTH

BEYOND THE MAT

Summer Newsletter 2023

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

The British Wheel of Yoga is the Sports England recognised National Governing body for Yoga.

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25th Apr 2024	20th / 24th May 2024	31st May 2024	18th Jun 2024

Going back to the basics will strengthen your foundations and enable you to build further



EDITORIAL

Our theme this time is 'Back to Basics' and the importance of having those basics right before building on them.

There are so many 'types' of yoga these days, aren't there, and they can seem so different from each other, but at heart do they not all have the same basics? It is easy to go off along a route, getting deeper and deeper into a particular discipline, maybe losing the basic principles of yoga along the way. We hope that this issue will inspire you to find **your** basics, to reinforce the foundation of **your** yoga and your life and to build stronger on that foundation.

Look out in a couple of months for our request for content for the next edition. Not sure of the theme as yet, but we'll let you know. If you have a theme you'd like us to cover in the magazine, please let us know – we can't guarantee we'd use it, but it's good to have some 'in the bank'.

You'll find information about our remaining workshops and training days for this year. We hope that there's something that interests you.

We also have the regular column by Jacqui Gunnion, who brings her own warm approach to yoga, using instances from her life as illustrations. We hope you enjoy her style as much as we do. Thanks to everyone else who has contributed, it is much appreciated.

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REGIONAL OFFICER

Jacqueline Stevenson



Hello everyone,

Now that the BWY elections have happened, I am officially the Regional Officer for North region. If you have any questions or comments about the region that you'd like to make known to myself or to the committee, please don't hesitate to contact me by email on north.ro@bwyregions.org.uk

It was disappointing to see that only 5 percent of the membership overall voted in the recent elections, even though it was possible to vote online, with no need to attend the AGM. In the North region, ten percent of you voted, so well done for doubling the national turnout!

We have lost several members of our committee following the latest elections, as some Area Reps did not stand for re-election. They are staying on temporarily in order to help with the festival and their own training days, but only until someone else takes their place. If you'd like to take on the role of Cleveland, Northumberland or Cumbria Area rep, please do contact us to discuss that. If you're coming to the festival, it would be lovely to chat with you there about what the roles entail. Just speak to anyone on the committee.

Welcome to our new member, Judith Gibbons, who is taking over from myself as County Durham rep. I am very grateful that Judith agreed to be the Area rep for Durham, and I'm sure that you'll all make her welcome and support her at any events she arranges.

Our next big event is our annual festival, once again at the Linskill Centre in North Shields. At time of writing we have only three places left, which means a higher number of bookings than we normally have this far away from the festival date. Thanks to all of you who have booked onto the day. I'm sure we fill up completely, but if you can't get a ticket, there will be a waiting list in case any places become available

BWY recently held the 'Heart of Yoga' awards, inviting nominations of those that members felt had contributed significantly to the work of the BWY in bringing yoga to our members and others. In this regions, myself and Gillian Gittins were nominated, and we both received a commendation. Thanks to those who nominated us, it's good to know when your efforts are appreciated.

Om Shanti, Jacqueline

REGIONAL TRAINING OFFICER

Jacqui Gunnion



Hello All,

It's great to look through the programme for the coming months and see just how many events we have planned throughout the Region for the rest of the year and into 2024 too! With that in mind I'm going to appeal to the people who come along and support the programme – Festival and CPD days in particular - to please fill out the evaluation forms for them. It is really useful for both the event organisers and the tutors too to have your feedback.

County Reps and Festival organisers can see which topics were well received and which might not have gone down so well and that helps them to plan ahead more effectively for the next 'round'. Bear in mind they are organising these events behind the scenes months before they are actually advertised so just because there is a full programme now doesn't mean that your input isn't valuable and necessary.

Tutors also see anonymised feedback so they can evaluate their own days and see if anything needs to be tweaked so it helps with the whole quality process as well.

Can I also ask that if there are any topics or tutors you'd particularly like to see here in the North then please let me or your County Rep know? Whilst we always plan to have variety in the programme it would be even better if we could have your ideas too!

Kind regards, Jacqui



CLEVELAND AREA REP

There is currently no elected Area Representative for Cleveland as Lesley Wood did not stand for re-election. If you would like to take up the post, please contact the committee to discuss the role. Lesley will be co-opted back onto the committee in the meantime.

Lesley is continuing to run the Cleveland Yoga group. To see what's happening with this group, please follow the links below.

Facebook Group - Cleveland Yoga Group

<https://www.facebook.com/groups/1034176820870287>

Monthly Newsletter - Cleveland Yoga Group

<https://tinyurl.com/mr3jxfca>

CUMBRIA SOUTH AND NORTH AREA REP

There are currently no elected Area Representatives for Cumbria. If you would like to take up either post, please contact the committee to discuss the details of the roles.

Imogen Field, the previous rep for Cumbria South, did not stand for re-election, but will be co-opted onto the committee until the CPD day she has arranged for November has taken place.

DURHAM AREA REP

Judith Gibbons

Hello everyone,

I'm very happy to have been elected the BWY representative for the Durham area. I have just completed my diploma teacher training course and alongside all I learned there, I've learned so much from local BWY events, namely workshops and the monthly Saturday guest teachers.



As well as learning so much, such events have helped me feel part of a community, which is so beneficial when the yoga journey is undoubtedly life-long! I look forward to now being part of the team that organise these wonderful events and I hope to see you all in-person very soon.

Judith.

Jacqueline Stevenson



Hello again, my yogic friends

After many years as Durham County/Area Representative, I have stepped down in order to take on the role of Regional Officer.

Judith Gibbons, one of our latest new teachers has taken on the Area rep responsibility, and I wish her the very best of luck with it. Please support her whenever you can. Those of you who don't know Judith will I am sure get the opportunity to meet her over the next year at one of our events. She'll be teaching at our Festival, so maybe you'll see her there!

Many of you will have attended Andrea Newman's 'Stability 1' training day earlier this year. We now have the follow up day, Stability 2, arranged for next year in April. More details in the next edition.

We have had some great sessions at Durham Yoga Group lately, very varied, challenging and renewing. Steve Sanders came to see us in January with the theme 'Back to Nature' – very apt for someone who spends so much time in the water with seals. Some of you may remember Thor the walrus, who spent some time at Scarborough during his perambulations around our coast. While he was there, Steve spent time with Thor and this inspired this session.

In February, Mark Aspinall taught us, beginning with the Pawanmuktasana Series 1, to get us ready for the hard work! It was one of those classes where you don't realise how much you can and have done until it's over and was definitely a 'back to basic' session.

Laura Ridgeon came in March and taught us how to 'Find inner truth through inner stillness' using a selection of practices to release tension and enable us to reach that stillness: pratyahara, one of Patanjali's eight limbs – withdrawing the senses.

April saw Susan Lodge with her yoga to 'Calm the Psyche' by reducing and calming the prana and the mind, preparation for Dhyana (meditation). The session finished with a lovely instrumental relaxation, so beautiful.

Over the coming months we have a full program of events planned. Check our Facebook page for details. If you would like to teach for us next year, please get in touch.

Namaste, Jacqueline

NORTHUMBERLAND AREA REP

There is no elected Area Representative for Northumberland as Sally Brown did not stand for re-election. If you would like to take up the post, please contact the committee to discuss.

Sally will be co-opted onto the committee for the moment until the workshop she arranged for June and the CPD day she arranged for October have taken place. If you're interested in being a rep I'm sure Sally would love your help with these to ease you into the post. If you take on the rep role, Sally could be your deputy until you've come to grips with the responsibilities.

Sally has been attempting to restart the Northumberland Yoga Group, but feels that she just doesn't have the time to devote to it as she has a very full schedule due to having to deliver her yoga research thesis by the end of the year. If anyone feels that they would like to take on that responsibility, please contact Sally to discuss.

NOTE: The Northumberland Yoga Group, like all of the local groups, is not run by the North Region of the BWY, though traditionally it has been run by people who are members of the BWY, often committee members. You do not have to be a rep or even a BWY member, therefore, in order to take on the group, though we will give as much support as we can to anyone who wants to run it.

TYNE AND WEAR AREA REP

Sue Harding-Smith



Hi Everyone,

Still a bit chilly, but flowers everywhere and lots to do on the allotment.

The Tyne and Wear Yoga Group (TWYG) continue to get great attendances in its Zoom classes, bringing people the gift of yoga in the comfort of their own homes.

In January, stepping in at the last minute when Sally Roach was unable to do the class, was Sandra Corlett, who works hard alongside me and my other co-organiser, Alex Kean to put on the TWYG workshops every month. Her practice centred on the energy of Manipura Chakra, stoking our inner fire to fuel our powerhouse for transformation – just what we needed in the cold of January!

Unfortunately, I was unable to attend our February workshop run by Lesley Wood, who focused on the flow of the Ida and Pingala Nadis and finished with a relaxing Yoga Nidra. However, I know how well it was received – a student of mine was so enthusiastic, she told me how interesting it was to learn more about yoga in depth.

The dreadful earthquake in Turkey and Syria had just happened prior to our February class and so we decided to donate the proceeds to the earthquake appeal, making the amount donated up to £150.

And what could be more appropriate than our session in March from Fiona Marshall who focused on Aparigraha, the beauty of letting go – inhaling the future and exhaling the past and allowing the spring energy into life and soul.

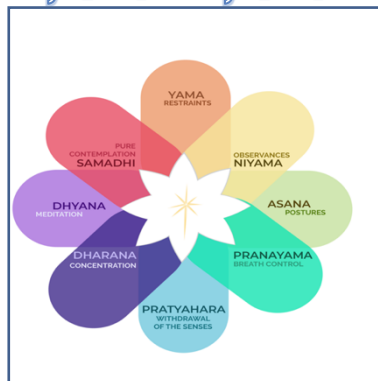
In April we look forward to Roxana Radulescu looking at standing balances practised with a dose of ahimsa. She might tell us about some of the practices she will **not** be doing, tapas or penance practices such as Bat and Five Fire penance.

The theme of this magazine is Back to Basics and it reminded me of our recent CPD Day Phillip Xerri's reminder to get "back to the basics" of conscious breathing – not only for new students, but for all to prepare for pranayama practices.

Our most recent CPD day with Audrey Blow was so much in demand that with Audrey's agreement we increased the numbers – and still ended up with a waiting list. I feel her message was a similar one about getting the basics right in order to build up a successful practice, this time with the emphasis on the importance of the feet for a firm foundation, good posture and alignment.

Tickets for the Festival are going very quickly. It's going to be a great day, so you'll need to book soon if you haven't booked yet.

Om Shanti, shanti, shanti, Sue



THE BASICS OF BREATHING

Contributor	Tara Sellars, leader of Darlington Yoga
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What springs to my mind is the seemingly **basic** act of breathing, when in fact the facets of breathing and the interconnection with many systems of the body are quite complex.

I am continuously committed to learning, or we could say re-learning as knowledge grows and expands. Maybe we notice dysfunctional breathing habits in ourselves, or we witness it in others. For example, a habit of shrugging the shoulders up on an inhale will lift the top ribs bringing tension into the neck and shoulders... Ouch! Have you ever caught yourself or observed others mouth breathing unconsciously? There are opportunities to re-educate ourselves and others and to make the act of breathing more efficient for the body; the systems of the body will thank us hugely, especially the nervous system.

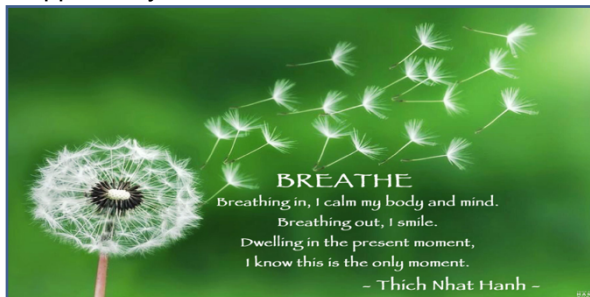
Breath enquiry:

On the inhale can you expand the ribs laterally and seek out the subtle movement of the back ribs?

On the exhale can you close the front door of the ribs, internally rotating the lower ribs?

When we learn to fully exhale with a short pause, we can allow for a relaxed inhale in which the lungs fill, the air pushing out the lungs through 360 degrees. Yes, we do want the breath to reach the upper chest on the inhale but think of filling up from the bottom up. I like to work with the ratio of 80% of the inhale being low and diaphragmatic and the remaining 20% to make its way up to the chest, observing if there is a compensation of extension through the upper back.

Be curious and explore, do you have more movement in the left or right ribs? What other muscle groups do you feel assisting to guide the ribs on the exhale, the transverse abdominis, the obliques? The diaphragm forms part of the CORE and has attachments to other parts of our anatomy therefore when we breathe well, we create a movement opportunity within. Remember: breath nose; slow and low.



WHAT IS ASANA?

Contributor	Jacqueline Stevenson, Regional Officer
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Patanjali's sutra 2.42 – Sthira Sukham Asanam¹ – may be interpreted as:

That posture which is steady and comfortable is āsana.

When we go back to the basics of Patanjali, we can see that the real aim of *āsana* is to be steady and comfortable in our posture or seat. This sutra is sometimes called the 'meditation sutra' as the intention of comfortable posture is to enable and support the practice of meditation while the body is in a seated position, traditionally adept pose or lotus, with an erect back to allow and promote the flow of prana in the principle nadis – sushumna, ida and pingala.

When we are comfortable we often are not steady or erect. Often when we are erect, we are so stiff that we are not comfortable. To achieve *āsana* you need to be erect, steady and, at the same time, comfortable.

Āsana is the part of yoga commonly practiced in the West particularly. This sutra would indicate that the essential asanas are those which strengthen the back and maintain flexibility in the hips, knees and ankles to make cross-legged sitting comfortable and steady.

Equally, if your mind is constantly fluctuating from positive to negative and back you cannot be steady and comfortable in the mind and meditation is not possible. *Āsana* is not just doing exercise, it enables us to maintain equanimity. Whichever posture brings you comfort and stability, that is *āsana*. Of course, what is comfortable and steady can be very different for different people. The more situations in which you can be comfortable, the better.

If you are only comfortable sitting on a chair, then that is your comfort zone. If you practice sitting on the floor, bending your limbs, using every part of your body, then your comfort zone increases.

So, *āsana* can be used to steady us in many ways, and it is not necessary to move to ever more complicated *āsana* to achieve our aims. Investigate your body, identify what is preventing you from achieving that steady, comfortable and erect seat and use your *āsana* work to achieve your best seat for meditation.

¹ *sthira* - steady; *sukham* - comfortable; *asanam* - posture.

TEACHING YOGA WHILST WAITING FOR A HIP REPLACEMENT

Contributor

Cheryl Lee Appleby

I was interested in dance and sport before I was interested in Yoga. When I was 21 I did a regular little morning run with my sister (she was a good runner - I was not) which included doing her warm-ups. At the time she was using Richard Hittleman's 'YOGA 28 Day Exercise Plan'. It was a revelation! Breathing into the postures felt so different from any other physical training I had done. Fast forward sixteen years and I was doing the British Wheel of Yoga Teaching Diploma.

I found Yoga a very good fit — the philosophy and the practices suited me. However, I have always wanted to extend the range of movement in my body so at times I have pushed myself in the physical practice.

Thirty-five years since gaining my BWY Teaching Diploma and now I'm waiting for a hip replacement. I don't blame Yoga! There is a history - my mother told me my right hip was displaced at birth and the right hip joint has always been tighter and the leg longer, with a slight lumbar scoliosis. I have to admit that I was a bit over-ambitious nineteen years ago - doing forward bending in full Lotus at the end of a Yoga class - and the tight, right hip flexors tore. The right hip became an undeniable problem about 18 months ago and an X-ray confirmed severe osteoarthritis (the left hip is fine).

How does one teach Yoga when the right hip won't rotate much or bear weight in flexion (e.g. lunge), feels unstable and aches? I decided I had to go back to basics - going slowly, emphasising the breath, breathing smoothly with movement, using mudras, being mindful of feelings and sensations in the body, using the feet well, using gravity, emphasising freedom in the spine, releasing of tension, relaxation...basically building awareness & integration through Yoga. It seems that more people want that from my Yoga class than they do challenging postures.

I am delighted when students of mixed abilities leave the class more comfortable in their bodies, more relaxed in their minds and feeling happy that they have done Yoga, which they have. I am older, somewhat wiser, and will never do full Lotus again, but while waiting for a hip replacement, my teaching has improved.

It's made me go back to basics.

MY BACK TO BASICS LIST

Contributor	Sue Harding-Smith (Tyne and Wear Rep)
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This magazine's theme of 'Back to Basics' set me thinking about exactly what this might mean. Yoga is a wide-ranging subject and a wonderful tool for health and wellbeing and its basics are similarly wide-ranging. Then I thought that the most basic of basics are those things easily accessible to all, no matter their age or ability; a starting point to which we can return again and again.

As mentioned in my T&W report I feel Phillip Xerri covered wonderfully in recent training the need to return to the basics of **conscious breathing** before attempting to move onto more advanced pranayama practices; also of continuing to return to this basic practice, as a relaxation technique, as a meditation and in asana practice.

I feel **firm foundations** are a basic of yoga practice and what could be more necessary than the foundation of healthy, firmly grounded feet, covered by Audrey Blow in her recent CPD day: look after and strengthen your feet. Shoes can be immobilising, and feet almost never get a break from their effects. Audrey told us that by wearing socks and shoes we lose our connection with the ground and as a result people have flatter arches, weaker feet and knock-on effects on knees, hips and back because of poor posture.

In "Move your DNA", Katy Bowman reminds us

"Since just about birth, your feet have had little opportunity to work their muscles and as a result your lower-leg muscular strength, bone density and nerves have suffered."

Barefoot walking is a practice that can counteract this – though socks are often a must for cold-footed people like me! Socks with sticky dots are the next best thing to bare feet.

This leads to the next thing on my list - **good alignment/ posture:**

Standing – in Tadasana to improve posture from the feet up.

Seated – in Dandasana. Locate your sitting bones, make sure the back can be held easily erect before moving to other seated postures. Use blocks or other aids where necessary.

Semi-supine – or "constructive rest position" (Liz Koch). This posture enables the unravelling of tension patterns and is an excellent way to re-align the spine. It is a good preparation for savasana until the back muscles have relaxed enough to enable the legs to be extended.

Finally, the **Pawanmuktasana** series from the Bihar School of Yoga – essential for laying a firm foundation in yogic life. Pawan means wind and mukta release and the aim is to

“remove blockages which prevent the free flow of energy in the body and mind”

as

“sometimes due to bad posture or emotional problems or an imbalanced lifestyle, energy becomes blocked.”

The practices are gentle and comfortable to do and should not be ignored in favour of more challenging physical practices.

These are my basics? What are yours?

Swami Satyananda Saraswati, *Asana Pranayama Mudra Banda*.

Liz Koch, *Core Awareness: Enhancing Yoga, Pilates, Exercise and Dance*

Katy Bowman, *Move Your DNA: Restore your health through movement*

STAINED GLASS VIEW

Author	Robert Longley
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It's not as we would see it

But maybe in our mind

Brings appreciation

To insight we might find

The colours and the patterns

We normally might not see

Give us all permission

To set imagination free

How will we be different

When we see in other ways

All part of the journey

As we reach another phase

So much we take for granted

In what we see and do

But all of that can change us

When we have a stained-glass view

Yoga can give us that changed view of the ordinary around us when we calm our mind and look a little differently. Ed.

BACK TO BASICS

Contributor	Sally SJ Brown
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I recently had to go back to basics. After a pretty nasty knee strain, and a pulled shoulder, ankle and lower back, I had to totally rethink my movement practice. I was bumped all the way back down to only being able to do tiny stomach crunches and knee dips. When it was only a few years ago that I was super fit and did literally hundreds of Vinyasas and press-ups without thinking.

But what it taught me was invaluable. I've always been quite alignment-focused but my rehabilitation months have really reinforced this. I've spent hours in front of the mirror perfecting keeping my heel behind my toes when I drop my knee in a lunge – and keeping a Warrior 2 front knee from falling in - all to help strengthen what turned out to be my weak ankles and adductors. The pain, relief and strengthening effects of getting these and other tiny adjustments right, or not, spoke volumes about their importance.

As a consequence, I have been cueing even more than usual for my students to check their alignment. Something I know is a little out of fashion these days with the emphasis being more on how a posture feels rather than looks. But I know that this focus has benefitted others in the same way it has helped me. A student came up to me the other week and said she'd been doing bridge for years but the way I'd taught it had given her something new. Focusing at the small muscle and joint level of a position I find also makes each one a multi-faceted thing of fascination and enjoyment. I love breaking down a seated twist into isolated spine sections and watching the difference it makes to how students move. And I do know that the classes of teachers who also teach this way are those I enjoy the most too.

I'm pretty much pain-free now and have switched to more strength-based exercise to help keep my aging body working as well as it can. But my 'back to basics' approach to alignment and small adjustments is firmly embedded in my yoga teaching and practice. I still like the occasional sweaty Vinyasa class (I tried Hot Pod the other week, but that's another story!) but I'm still the one going slightly more carefully and checking my alignment as well as throwing myself around the mat.

This link, <https://amp.smh.com.au/lifestyle/health-and-wellness/the-secret-to-living-longer-is-already-known-and-it-s-not-expensive-20230418-p5d1af.html> shared with me by another yoga teacher, puts it very well, I think. It's about how keeping moving and breathing in a good way is so important for our bodies, our wellbeing - and our longevity.

THE UNLOVED THINGS

Contributor	Danielle Stevenson
Author	Nicolette Sowder

*May we raise children who love the unloved things**May we raise children**who love the unloved things -**the dandelion, the worms and spiderlings.**Children who sense**the rose needs the thorn**and run into rainswept days**the same way they turn towards sun...**And when they're grown & someone**has to speak for those who have no voice**may they draw upon that wilder bond,**those days of tending tender things**and be the ones.*

Just a reminder and a gentle request to allow for wildlife in your garden, embodying the basic principle of ahimsa to not only do no harm, but to actively do good. Support the basics of life and the rest will follow.

Don't mow the lawn too often and leave at least an edge of wildness for the insects and the other small things.

Make sure your fences are not impassable – cut doorways for hedgehogs and other small migrators into the bottom of the fence – they will find them.

Feed and water the birds, even in the summer when food is not as plentiful as it used to be.

Use barrier methods not chemicals to protect your vegetables from insects.

Don't spray the dandelions, a vital food source for bees early in the season.

Don't kill the wasps – they are more prolific pollinators than bees.

Namaste, Danielle

RESTORATIVE YOGA

Contributor	Carol Trevor
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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 well known. It brings about regulation and optimal functioning of our breathing, heart rate, blood pressure, digestion, sleep, menstruation, immune system, mood and natural cellular recovery to name but a few, together with greatly reducing stress. The sheer relief, freedom and nourishment of the practice are palpable too.

So, what happens when our body is skilfully supported by various props and we actually allow ourselves to do nothing for a period of time, to *be*, as the yoga teachings describe? How does restorative yoga feel, and does it work if we find it hard to slow down? Is it a practice for our harried times?

Restorative yoga initially supported me as a practitioner and teacher in busy London. Having come to yoga 'backwards' from meditation, I recognised the subtle effects of the practice through all our layers too. Later, living in Hertfordshire, I came to appreciate the true potency of this wise and gentle practice. Following a number of unexpected bereavements, an active yoga practice didn't feel possible, and restorative yoga was a steady and comforting companion through grief.

The residue of restorative yoga is beyond value. On exiting 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. 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.

The BWY offers a 30-hour module on teaching Restorative yoga to any yoga teacher with a minimum 200-hour qualification. Details can be found on the website.

It also becomes apparent pretty early on that for most of the participants the clutter isn't just about the physical. They hold on to possessions for all sorts of reasons and often the process of letting go involves a painful recognition of deep-seated psychological anxieties and concerns. Patanjali would call this "Satya" or "truthfulness" and Swadhyaya (self study) - bringing all of those emotional connections to the fore and starting to recognise, examine and deal with them openly and honestly. This process allows new insights and opens up the possibility for transformation, although that still requires immense self-discipline or 'Tapas'.

The end result is 'Santoshā' - a new sense of contentment for the participants, both in terms of their environment and for their mental and emotional well-being too.

So, for me, watching TV turned out to be a win-win this week! I got to feel better about my less than perfect home and also came across some useful ideas and resources for dealing with my own physical and emotional 'baggage' around collecting and holding on to books. More importantly, it gave me the opportunity to watch Patanjali's Yoga sutras, written down around two thousand years ago, playing out so clearly in what is very much a 21st century scenario - the problem of owning too much!



WORKSHOPS PAST AND FUTURE

Our first workshop of the year, with Tara Sellars, was a great success. We had our best turnout for an in-person workshop since we started them. The venue was a lovely space, which was most appreciated by everyone. The only issue we had was that, although we had use of the kitchen so that we could have refreshments at our interval, there were no spoons! Luckily most people had tea, and those who didn't managed to successfully shake coffee and sugar into their cup ☺

Tara's teaching was wonderful and we found out many things about ourselves, body, breath and mind, that we maybe hadn't considered for a while, or at all. Our theme was inspired by Tara's word of the year - *'Thrive' - flourishing and seeking inspiration despite the circumstances*. I hope that everyone felt more inspired to embrace this principle after the workshop.

On the 24th June, Nadia Gilani, a champion of 'Making yoga more inclusive' will be leading us at the Linskill Centre in North Shields. This workshop has been organised by Sally Brown, our Northumberland Area rep. There are still places available on this day, and it promises to be an interesting yoga session and discussion of inclusivity. For more details, see the website:

<https://www.bwy.org.uk/north/event/2573/>

The third workshop will be on 10th September, led by Colin Harding-Smith, whose past workshops have been very well received. This will be at Newton and Bywell, one of our favourite venues, hopefully on a beautiful day, given the views along the valley from there. The topic has not yet been decided, but check the website for details later.

The final workshop will be on the 4th November. This will be online, led by Zoe Knott, and featuring her take on the Warrior postures. Zoe's teaching is always inspiring and challenging and I'm sure that this will be very popular, both within the region and without.

We hope to see you at one of our workshops during the year.

Can you help?

We will be continuing the workshops next year, and if you have any suggestions on teachers, venues or topics that might interest you please get in touch.

Maybe you'd like to volunteer to teach for us? We're always looking for volunteers either for the workshops or for the festival.

Please contact us on north.ro@bwyregions.org.uk with any of suggestions.

WEBSITE ACTIONS

Regional emails

At the end of 2022 we started to send out a regular newsletter email to keep you up to date with what's happening in the region. Hopefully you will have already seen them.

If you haven't, and you wish to receive these emails, you must specify that on your BWY website profile. It's also worth checking that the BWY has an email address for you – several people in the regional list have indicated that they would be happy to receive emails but haven't got an email address online.

To be sure that the emails don't land in junk, please add the email address north.ro@bwyregions.org.uk to your contacts.

Members discounts

A number of discounts have been arranged by the BWY and are available to members. To see the discounts available and how to use them, login to the website and go to

<https://www.bwy.org.uk/members/resources/36/>

There are a wide variety of discounts on yoga equipment and clothing, courses, aromatherapy oils and products and gongs to name just a few!

First Aid qualification registration for teachers

A Current, one day, Emergency First Aid at Work Qualification (EFAW) is regarded as best practice for insurance purposes. The BWY website allows you to register your First Aid certificate. We can then use that information to determine when would be a good time to run a first aid course that would reach as many people as possible.

To register your certificate, login to the website, and go to your homepage. Click on the First Aid tab, then on 'Submit your First Aid Certificate' in the list on the left.

For more detailed information please read the First Aid update, which can be found on the BWY website:

<https://www.bwy.org.uk/members/first-aid/>

LOCAL EVENTS AND TRAINING

Charity Yoga Day



A day of Yoga and friendship

Suitable for all, including beginners.

Saturday October 14th, 10am-4pm at St Cuthbert Centre, Crook, DL15 9DN

£40 - includes hot drinks and biscuits all day. Shared lunch

All proceeds to **Refugee Action**

Contact Sarah Giles

07709 451596, sarahgiles@hotmail.com,

sarahgilesyoga.jimdofree.com

Yoga Festival –

23rd July 2023 at the Linskill Centre, North Shields

Theme: *Physical and Mental Vitality*

For more details of the festival, see the festival website:

<https://sites.google.com/view/yogafestival23July23>

PRICING

CPD DAY

£35 FOR BWY MEMBERS

£45 FOR NON-MEMBERS

WORKSHOP

£15 FOR BWY MEMBERS

£20 FOR NON-MEMBERS

FESTIVAL

£55 FOR BWY MEMBER (FULL PRICE)

£65 FOR NON-MEMBERS.

TRAUMA SENSITIVE YOGA

Tutor:	Natasha Picôt
Level:	Teacher or General Practitioner
Date:	1st October 2023
Time:	10am – 4pm
Venue:	Zoom
Website:	https://www.bwy.org.uk/north
Organiser:	Sally Brown north.nrep@bwyregions.org.uk

A growing body of research demonstrates the effectiveness of yoga for facilitating post-traumatic recovery and growth. We learn key aspects of trauma sensitive yoga and the importance of trauma sensitive-language for universal application of the practice of self-care as well as more inclusive classes. We learn trauma sensitive skills through mindful body-aware techniques for orientation, anchoring, stabilisation and ahimsa throughout the koshas.

Aims of the Day

An introduction to the components of Trauma Sensitive Yoga

1. Explain the key features of trauma including types, spectrum, neurophysiology, Poly-vagal theory.
2. Introduction to Poly-vagal mapping as a tool for tracking the nervous system in yoga practice
3. Presentation of a range of trauma sensitive yoga practices for: orientation, stabilisation, tracking and self-regulation.

Topics

- Introduction to the key aspects of trauma neurophysiology
- Outline of little t and big T trauma and the trauma spectrum
- Svādhyāya (self-study) and being aware of our triggers
- Polyvagal theory, the gunas and tracking our nervous system
- Integrating trauma sensitive language into our practice
- Anchoring and Grounding, tracking and self-regulation
- Building embodied ahimsa into our relationship with the nervous system
- Trauma Sensitive Relaxation/Meditation

INTRODUCING NLP TECHNIQUES INTO YOGA TEACHING

Tutor:	Jacqui Gunnion
Level:	Teacher or Student Teacher
Date:	15th October 2023
Time:	10am – 4pm
Venue:	St Paul’s Church Hall, Winlaton, NE21 6PL
Website:	https://www.bwy.org.uk/north/event/2663
Organiser:	Sue Harding-Smith north.tynerep@bwyregions.org.uk

This day introduces concepts and techniques from Neuro Linguistic Programming (NLP) and explores how they can help with effective communication, improve teaching skills and aid class management. It will also look at processes that teachers can use to make decisions about their personal and professional development using a mixture of theory, group work and practice.

Learning Outcomes

By the end of the day teachers will be able to:

- Recall the pre-suppositions of NLP.
- State the meaning of VAKOG with examples.
- Teach an asana using rapport and VAKOG techniques
- Describe the PACER model for a well-formed outcome.

Timetable of the day

1. Presentation - What is NLP.
2. The pre-suppositions of NLP and how they relate to Yoga
3. The communication model (VAKOG)
4. Who do we as Yoga teachers communicate with?
5. Creating Rapport – Discussion and practical pair work
6. Breaking Rapport - when why and how? Discussion and practical pair work
7. Positive Language for Yoga Teachers - "The meaning of your communication is the response you get."
8. Preparing your own state before teaching. Balanced breathing "Walking with Grace and Power"
9. Bringing it into practice. VAKOG and rapport in a range of asana.
10. Group work - use NLP techniques to teach a single asana
11. Where do YOU want to go next?
12. Well- formed outcomes and the PACER model, discussion and in pairs.
13. "Circle of Excellence"
14. Pacing and Leading into final relaxation.

AYURVEDA, THE GUNAS AND MENTAL HARMONY

Tutor:	Anna Semleyen
Level:	Teacher or General Practitioner
Date:	18th November 2023
Time:	10am – 4pm
Venue:	Zoom
Website:	https://www.bwy.org.uk/north/event/2537/
Organiser:	Imogen Field north.cumbriasrep@bwyregions.org.uk

Aims of the Day

Present and discuss three translations of Patanjali's sutra 2.18 2.

Expand upon the ayurvedic mental health Gunas (states of mind) and how the mental Gunas and the physical Doshas interact.

For Rajas, Tamas and Sattva brainstorm on what yoga tools (such as asana, pranayama, mudra, bandha, meditation, affirmation, relaxation) could help move towards or maintain a sattvic state.

Taking each Guna at a time, follow a practical lesson with appropriate hatha yoga practices to mitigate the Gunas of Tamas and Rajas and sustain Sattva

Learning Outcomes

Compare three translations of Patanjali's sutra 2.18 on the Gunas

Consider the balance of the Gunas in their lives and which Guna most often affects them

Consider and practice hatha yoga postures, breathing, meditation and relaxation practices to overcome Rajas/Tamas/ and move towards Sattva, or to maintain Sattva.

Consider the effects that the practices have on themselves and whether they work

Learn lifestyle/life coaching advice to help students recognise and overcome the Gunas of Tamas and Rajas

How to apply knowledge of the Gunas to teaching yoga classes
have experienced an enjoyable and re-energising day.

TEACHER TRAINING – BWYQ CERTIFICATE COURSE

Tutor:	Jane Cluley, janecluley@gmail.com
Level:	Trainee teacher
Date:	Intro day 22nd July 2023, Starting 30th September
Venue:	Husthwaite Village Hall, York YO61 4PF
Website:	www.moonriseyoga.co.uk

A 300-hour, 18-month, Level 4, quality course covering all areas of teaching yoga with a non-dogmatic approach empowering you to develop your own unique yoga voice and feel confident in a wide range of yoga classes and circumstances.

You will build on knowledge and experience from your own practice emphasising a 'staged approach'. There is support and encouragement throughout your journey both from an experienced tutor and from your peers.

The course is non-graded with emphasis on competence to teach yoga. The units are:

- A1 Professional Role and Responsibilities of a Yoga Teacher
- A2 Teaching Breathing and Relaxation
- A3 Teaching Asana with understanding of safety and anatomy
- B Role of Yoga in combatting stress
- C Effective planning for teaching yoga and competency in teaching classes

You will gain self-confidence and a wide range of transferable skills that will help you in life as well as the joy of sharing your passion with others.

There will be monthly meetings, Saturdays in-person and Sunday mornings on Zoom

TEACHER TRAINING – DIPLOMA COURSE

Tutor:	Jacqui Gunnion, jacquigunnionyoga@gmail.com
Level:	Trainee teacher
Date:	2024
Venue:	Castleside Village Hall, Consett
Website:	Not yet listed on BWY website

In 2024 Jacqui will be offering the 500-hour British Wheel of Yoga Teaching Diploma course here in the North East! The Diploma is a recognised qualification on the National Framework and sits at level 4. It covers the wide range of knowledge and skills required to become a safe and effective Yoga teacher including:

1. Roles and responsibilities of a Yoga teacher
2. Lesson planning and teaching skills
3. Anatomy and Physiology
4. Asana, breathing and relaxation

It also allows for personal as well as professional development with modules on Meditation, Pranayama and Philosophy. The course is a mix of theory and practice involving attendance at course days, formally assessed work and private study.

The course is still very much in the planning stage with the final costs to be confirmed. There will be an initial deposit followed by a monthly payment option and the sessions will be a combination of face to face days and Zoom meetings over 24 - 36 months.

Face to face sessions will be held in Castleside Village Hall, just off the A68, with free parking and central for the Region as a whole.

To be considered for a place you will need to attend an Introductory day and have been practising Yoga for at least 2 years by the time the course starts. Completion of Foundation course 1 or 2 is also desirable but not essential.

So, if teacher training is a step you are considering on your Yoga journey please get in touch with Jacqui and she'll keep you updated with progress over the coming months.

CLEVELAND YOGA GROUP

Venue	CH – Ingleby Barwick Community Hall, TS17 0YL YSP - Earthbeat, Marske Road, Saltburn, TS12 1QA		
Time	10am – 12 noon, third Saturday of the month		
Price	BWY members £7.50, non-members £10		
Contact	lesleykwood@hotmail.com		
CH 17 th June	Ellen Tipple	YSP 15 th July	Anne Wilkinson
YSP 19 th Aug	Jean Sullivan	CH 16 th Sep	Suzanne Calvert
CH 21 st Oct	Ruth Nichol	YSP 18 th Nov	Anji Pacitto
CH 16 th Dec	Fiona Duke	Colin Harding-Smith	10am -3pm

DARLINGTON YOGA

Venue	The Millennium Centre, Darlington, DL3 8DT,		
Time	10am - 12 noon, second Saturday of the month		
Contact	Tara Sellars e: bespoke.yoga@icloud.com , t: 07974677693, w: www.dyg.org.uk		
Website	www.dyg.org.uk		
Places must be booked in advance. Please contact Tara to book.			
10 th Jun	Gillian Gittins	July	No session
9 th Sep	TBC	14 th Oct	Anna Kemp
11 th Nov	Julian Cosmo Kemp	9 th Dec	Tara Sellars

DURHAM YOGA GROUP

Venue	Belmont Parish Hall, Broomside Lane, DH1 2QR		
Time	10am – noon, third Saturday of the month		
Price	£6 for members, £8 for non-members		
Contact	Noel Sharpe and Jacqueline Stevenson e: duyg@btinternet.com		
Website	www.yoga-durham.co.uk/?page_id=272		
17 th Jun	Mike Brennan	15 th July	Susan Davis
12 th Aug	Jacqueline Stevenson	16 th Sep	Stewart Jones
28 th Oct	Helen Beeson	18 th Nov	Judith Gibbons
16 th Dec	Roy and Lynn Moor	10-1pm	Christmas Event

NORTHUMBERLAND YOGA GROUP

Venue	Zoom or Longhorsley Village Hall, NE65 8UR		
Time	10am – 12 noon, fourth Saturday of the month		
Price	Pay as you feel – suggested £5 for BWY members and £6 for non-members.		
Contact	Sally Brown, sallybrownsjb@gmail.com		
Aug 26 th	Zoom	Nov	TBC

TEESDALE YOGA GROUP

Venue	Cotherstone Village Hall, DH12 9PU		
Time	10.30am - 12.30pm, last Saturday of the month		
Price	£10 per session, limited to 18 places, which must be booked in advance with Angela Griffiths		
Contact	Angela Griffiths 07702 316704, angelagriffiths5@icloud.com		
24 th Jun	Lesley Wood	29 th Jul	Mick Brennan
19 th Aug	Gill Gittins	30 th Sep	Mark Aspinall
28 th Oct	Fiona Johnston	25 th Nov	Susan Lodge

TYNE AND WEAR YOGA GROUP

Venue	Mostly via Zoom. Face to face sessions as detailed. Venue TBA		
Time	10.15am - 12.15pm		
Price	BWY members £5, non-members £6		
Contact	Sue – 07970098028, Alex – 07702011887 Sandra – 07847486651		
Tyne and Wear Yoga group are still having mainly Zoom workshops with some in person. Please contact the organiser to book a place.			
10 th Jun	Sally Brown	8 th July	Alex Jean
9 th Sep	Jacqueline Stevenson – in person		
14 th Oct	Ritu Katakya	11 th Nov	Saquifa Seraj
9 th Dec	Noel Sharpe – in person – Christmas event		

Advertisements are accepted at the committee's discretion and included as space allows.

Placing an ad

Please email the editor to request to place an ad and send your copy to the editor by email at north.editor@bwyregions.org.uk

Advertisement copy

Word or Pages documents with images as separate jpeg files, print-quality pdfs or jpegs are acceptable.

Layout: Please note the new advertisement sizes. The magazine layout has been changed to allow for larger advertisement space than in the previous two issues.

Payment – no advertisement will be put into the magazine until payment is received.

Payment by bank transfer to the regional bank account:

sort code: 20-58-17; *account no:* 00977411;

Account name: British Wheel of Yoga Northern Region;

Reference: BTM-yourinitials.

Once payment has been made, email the editor and treasurer (north.treasurer@bwyregions.org.uk) with details.

Advertising rates (incl. VAT)

Size	<i>BWY/ Accredited price</i>	<i>Full Price</i>	<i>Format (width*height)</i>
½ page	£15.00	£30.00	14.8*10.8
Full page	£25.00	£35.00	14.8*21.0
Back cover	£40.00	£75.00	14.8*21.0

Just Be – Yoga Weekends

27-29 October @Cober Hill Hotel, Scarborough

2-4 February 2024 @Raven Hall Hotel, Ravenscar

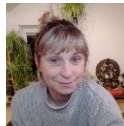
Relax, refresh, restore, take time for yourself in beautiful surroundings and explore yoga practices whilst I guide you and hold the space to Just Be.



Coniston Yoga and Walking Holiday

17 – 22 March 2024 – Helena Turner, Debbie Farrar, Philippa Wade

A holiday to nourish and bring joy in the stunning surroundings of the Lake District. Comfortable ensuite single, twin, double rooms, 3* HF Holiday Hotel, freshly cooked food. Choice of over 40 hours of yoga workshops from guest tutors, plus Jayadhara, Minker Chang, Cheryl Lee-Appleby and two guided walks daily led by experienced guides.



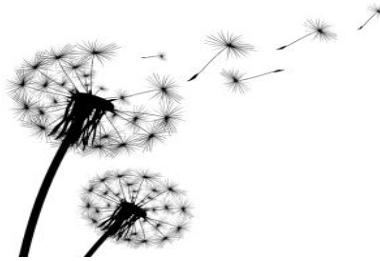
in-person, online classes, Zoom library

janecluley@gmail.com

07906 652669

moonriseyoga.co.uk

Releasing the Breath



Bill Wood

23rd & 24th March 2024

Sheffield £140

Somewhere in our yoga practice we arrive at a place where the ways we control our breath can start to let go; by nurturing this release, we invite a deeper, more complete relaxation, for body and mind.
Scaravelli inspired Yoga practice.

www.sheffieldyogaschool.co.uk

FIRST AID TRAINING



**Emergency 1st Aid at Work
3 year certificate**

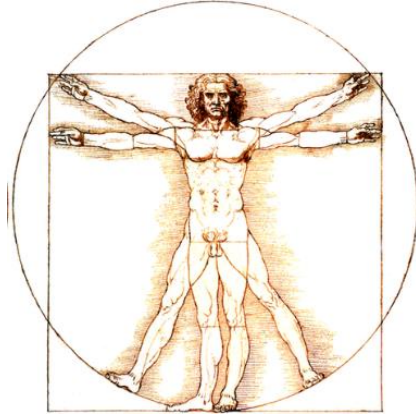
18th November 2023
& 19th November 2023

Sheffield Yoga School, Sheffield, S6 3TA

OFQUAL regulated. Days are 10.00 – 5.00pm. The cost is £65
for the day (includes certificate & 1st Aid manual)

www.sheffieldyogaschool.co.uk

Pete Blackaby Teacher Training



January - June 2024
Sheffield, £690

What do we teach and how do we teach it?
An approach to teaching yoga with Peter Blackaby

- 8 full days in person training
- Online sessions
- Full Course outline on our website

A brand new course, for teachers & student teachers who know Pete's work and want to integrate his ideas into their own practice and teaching.

Pete Blackaby has been one of the most influential figures in the development & understanding of movement & asana in Yoga in recent years. This course is an opportunity to explore his ideas & approach from a teaching perspective.

www.sheffieldyogaschool.co.uk

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07968 154525
www.gilliancawteyoga.co.uk

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**Comprehensive
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Certification**

**Total cost: £695
Early Bird Discount
Available**

2023

6 Saturdays

**9th and 30th Sept
14th and 21st Oct
4th and 18th Nov**

ONLINE VIA ZOOM



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

calm
for kids

Sangha – North – Marketplace

We've made sure there will be plenty of time at the festival to do some shopping in our marketplace. As in previous years, we'll have a leaflet stall for teachers to advertise their classes, a BWY information stall, a second-hand book stall to raise money for charity and some crafty activities.



Stallholders

We're still recruiting stallholders but here are some of those that are already in place.

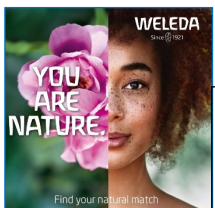


Tyne and Wear Yoga Group - back with yoga equipment and other nice things.

Isle hand-crafted candles – created using 100% pure essential oils, centred around an ethos of purity, simplicity and pleasure.



Twenty nine Degrees – bespoke chocolates from a local artisan chocolatier.



Weleda, using the power of nature to keep the body in healthy balance – for skin-care, health care and body care.



Therapies



Andy's Destress Massage.

Book a half hour slot for Andy's always popular chair-based massage.



Crooked Halo Crafts

Mandala based artwork, hand-drawn and individual designs.

Be part of creating a mindful, communal mandala and have a chance of winning it in the raffle!

Yoga Therapy Tasters

Two local teachers, Alex Kean and Gillian Dodd, are completing training to become yoga therapists. The aim of Yoga therapy is described by the British Council of Yoga Therapy as:

"To promote good health for the person as a whole - the emphasis of this work may be towards the body, the mind, the emotions or a combination of these."

It is where:

"Therapist and client are jointly involved in a therapeutic process." (BWY)

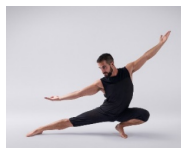
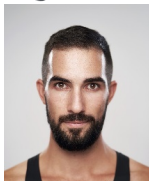
Alex and Gillian have kindly offered to give people attending the festival free 15-to-20-minute tasters. There'll be private spaces set aside where you can get a feel for what happens in a yoga therapy session, in which, through "deep listening and sensitivity" the client is empowered "into their own healing within the broad frame of yoga." (BWY)

So, festival-goers, watch out for how to book one of Alex or Gillian's sessions.

Sangha - North Yoga Festival

23 July 23 at the Linskill Centre, North Shields

Featuring James Rafael



There will be a choice of classes run by local teachers throughout the day, a marketplace, and, included in the price, refreshments, and a vegetarian buffet lunch.



Venue : Linskill Centre, North Shields,
NE30 2EY

To book visit <https://www.bwy.org.uk/north/>



For more information check out the festival website <https://sites.google.com/view/yogafestival23July23> or our Facebook page BWY in the North Yoga Festival