



BWY

AT
THE
HEART
OF YOGA

IN THE SOUTH EAST

BEYOND THE MAT

Summer Newsletter 2023

www.bwy.org.uk/southeast

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

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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 those of the editor or the British Wheel of Yoga. Any advertisements are accepted in good faith and no responsibility can be accepted for the contents.

SOUTH EAST NEWS



Hey lovely people I'm afraid I'm hanging up my editors hat, as time is too scarce with kids growing and music to make. I've really enjoyed the role over the last year, meeting lots of folk and doing some truly bad ass yoga trainings through BWY. If you find yourselves in Brighton, come say hello, I teach mantra at Brighton Buddhist centre and other classes at the Float Spa Hove and online for Brighton

Yoga Foundation (they rock) and 360 Mind Body Soul. If you feel like getting in touch please do, via Insta just [_yoga_brighton](#) We are searching for my replacement, so if you're interested, take a look at the advert for the post of SE Editor at the back of this edition.

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WELCOME

BWY SE – Come say hello!

We are committed to spreading the word about our regional events and national training courses. So we will be at the:

KENT WELLNESS FESTIVAL ON 10TH & 11TH JUNE at DETLING

Showground, near Maidstone ME14 3HS,

INTERNATIONAL YOGA DAY Brighton- See below

BRIGHTON YOGA FESTIVAL on 22nd JULY at St George's Church Kemptown BN2 1ED.

Come along, say hello, and drop some flyers off at the BWY table if you want us to share details of your courses or events.

JUST ONE THING – Helping Out – no pressure

We are always on the look-out for more volunteers, as you know, even if you can only commit for a short time. So if you are able to help out perhaps for just one event a year that would really help us and if you know of a local hall, that's big enough to accommodate 30 yoga mats it would widen our geographical range too. Please email Jan Palmer southeast.rto@bwyreions.org.uk for a chat to discuss how you could help out.

Sun, Sea and Yoga

Join us for yoga on the beach to celebrate International Yoga Day and support the Brighton Yoga Foundation.

On June 21st, Brighton yoga studios will come together for a joyful day of outdoor yoga on the beautiful Brighton seafront. Our wonderful teacher Tarik Devish will be leading a class from British Wheel of Yoga. Sessions are free but, if you can, please donate to the Brighton Yoga Foundation who provide free yoga for people who would otherwise be unable to access it. The foundation works with people who have experienced trauma, domestic violence and mental health challenges to bring them the many benefits of the practice. The day will start at 11am with the last class finishing at 9pm and will take place on Kings Road Arches in front of the Rampion Centre and next to the i360.

Check the BYF website for more details and to register. www.brightonyogafoundation.org

South East Sangha Save the Date!!!

Sat 29th June 2024
High Hurstwood Village Hall

BWY Discounts

Check Them Out!
On the BWY website - Under the " Resources Tab"

In these hard pressed times we need to get the best deals and the BWY have negotiated some discounts for members so do take a look.

THE GODDESS LOOM

Mary-Louise Aitken explores the weft and the warp, the gnarly knots of the underbelly and beautiful rich tapestry that weave in tandem as creativity unfolds. The Goddess as creation, embodiment, and dissolution.



Are a tapestry and its loom always in relationship and can we make a link with 'The Goddess' and 'fully formed Awareness' by these means?

Christopher Wallis' translation of a 1,000 year old wisdom text, *The Recognition Sutras*, describes how 'The Goddess' is interwoven with Awareness. He writes that 'all creation takes place within Awareness' and that 'nothing is ever separate from or external to Her/It at any time.' What has this to do with The Goddess and is it 'goddess' or 'Goddess' anyway?

The word 'Goddess' arose in my yoga community about six years ago. At first it caused me to recoil, which seems ironic since we know that Kundalini means "the coiled one" and this is the "power" we know as Shakti. Was the term 'Goddess' merely a form of encouragement, woman to woman, and was it permissible, over coffee, to call myself or my friends by a name that equated us with a female god? Didn't 'Goddess' link to Tantra and if so, whatever next? Once I learnt that tantra relates to the technology of weaving, as presented in the Rig Veda, I felt I had a framework to approach 'The Goddess' and She me.

Alongside this, a friend who is an Egyptologist shared with me a powerful goddess narrative. The Tefnut myth 'The Return of the Goddess' offers a narrative of a journey and homecoming. I began to use the myth in my own practice and felt it connected to my own transformation, growth, courage, and power. Symbolic language created a sense of threads concealed and, in the myth, we witness the Self-realised Tefnut journey to full

sovereignty and a restoration of order in Egypt, upon her return.

Hungry to know more, several myths came my way, some having been translated into English from ancient Egyptian for the first time. Each provided numerous aspects to Goddess which I used in the laboratory of my own practice. The Goddess Loom, with its warp and weft, started to take shape and soon there was texture, form, and a call to create. If Goddess Myth represented the warp, the stronger threads placed first on the loom, the weft was my relationship to Her many aspects. She and I spun yarn, turned things over, created beauty.

But how is She discussed elsewhere in the history of Yoga?: The Devi Mahatmya ('Glorification of the Goddess') is one of the fundamental works in Shaktism. It shows us ultimate divinity as presented in 'the feminine' with a capital 'G.' Then the Vijnana Bhairava Tantra - Jai Deva Singh, holds an emphasis on 'full-body spirituality' where 'every breath, sensual experience, and emotion as doorways to deep and intimate contact with the energies of life'. Here we witness a metaphoric tapestry of knowledge, 'weaving together the threads of yoga technique.'

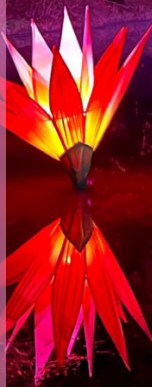
This tapestry might be experienced as multidimensional. Consider the flip side of the tapestry; here are the knots and loose ends. Here is process, corrections, mistakes, growth. In her beautiful book, Radiant Rest, Tracee Stanley describes the state of Yoga Nidra as 'The Goddess.' This creative, liminal, womb-like spaciousness we drop towards, and which approaches us, is a doorway too.

And Goddess and the Loom are one and the same. Her desire to 'become' is latent within us and if we glimpse the Goddess in the tapestry, it is only because the Loom of Awareness holds as well as reveals Her. Can it be then that The Goddess we witness is the personality of a fully expanded Awareness?

*Mary-Louise Aitken, began her yogic journey more than two decades ago. A dedicated mindfulness practice, together with a love for asana work, eventually led Mary-Louise to train as a fully accredited, Yoga Alliance Yoga Teacher. With a particular interest in Hatha and Yin Yoga styles, she has published articles for AMRITA & YOGA Magazine. She teaches in Brighton and Hove and can be contacted via her website:
www.marylouiseyoga.com*

A POEM TO THE GODDESS BHAIRAVI

Last night I dreamt you were in my
room. You lit a fire there and tossed in
Both the sun and moon.
We danced together around the
greedy Flames as if it were a wild
game,
And I understood, as dreamers do,
What would then ensue;
We fed the fire all my things; Trinkets,
books, lucky rings,
An image of a child on a swing,
When the room began to tip and spin
I came upon some magic shoes,
Which you threw upon the pyre too.
Not the shoes I begged (they were
such a red) Although in the dream no
words were said. My limbs grew still,
heavy as lead
So you revived me with a
lightening bolt from your head
I only take so I can give,
These things must die so you can live.
Your voice sank low in pitch and I
knew at Once you were both Goddess
and Witch. And when I awoke in my
old room
I saw you had replaced the sun
And hung back the moon.
Natasha Dhalberg



ME AND MY HIP REPLACEMENT

One yoga teacher's journey from pain to acceptance , and with patience the slow re-emergence of all the asanas unfurling in their own sweet time.



Back in the spring of 2021, as we gradually emerged from the winter lockdown, I discovered that I needed a total hip replacement. The stiffness and restriction in my right hip had been steadily getting worse for a couple of years but when I could no longer put my socks on or cut my toenails without pain, I decided that enough was enough and went to see a physiotherapist. He said, “I think that hip’s worn out”.

The repeated long solitary walks during lockdown had accelerated what I suspected was arthritis and, sure enough, an MRI scan revealed “hip joint effusion and synovitis, degenerative tearing of the anterosuperior labrum with para labral cyst formation, femoral head remodelling with osteophyte formation, loss of

articular cartilage with subchondral oedema-like change and subchondral cyst formation”. (Look it up - basically, the joint was a mess!).

When I told people I needed a hip replacement the usual reaction was – “but you do yoga, you shouldn’t have arthritis”. And the first stage of my recovery was to acknowledge and accept that yes, yoga teachers do get arthritis, perhaps sometimes yoga even exacerbates the condition given that many of the postures involve quite extreme rotation and compression of the hip joint.

In my case, years of ballet, when I was younger and a genetic disposition probably didn’t help. But yoga teachers are ideally placed to know how to rehabilitate after surgery more quickly. They start from a good place. Yoga teaches us to inhabit our bodies, to listen to them and recognise when something is not right. Yoga also informs how we rehabilitate, strengthen and gradually return to our practice.

The first step was to allow time for healing. The second step was to recognise the feeling that my body was working to accept the prosthetic, something that wasn't organically "me". My yoga practice has always been focussed on whole body movements, letting go of tension and learning how to release into postures. I had to rethink this and learn a more atomised approach through my physiotherapy - how to isolate and strengthen specific muscle groups through repeated dynamic movements. It was very hard work. And the third step was putting the two approaches together.

Gradually, the postures returned, like old friends. Some were shy and elusive for quite a while, and some I thought I had relinquished forever - goodbye Gomukhasana, but even she eventually returned, albeit in a modified form. And two years on I am able to do pretty much everything I did before. Some poses are still challenging and feel different, but that is part of the yoga journey, to accept where we are now, not where we used to be, and to have an open mind about where we might go in the future.



Photo courtesy of Jim Tarran

Bridget's approach to yoga teaching is to encourage people to explore being in their body, to develop an awareness of their breathing and to approach asana or posture work from a position of acceptance of where each student is with their own yoga practice. It is important to fit the yoga asana to the individual, not the other way round.

*Bridget Thornborrow will be teaching a workshop for us on 24th September "Yoga and Hip Replacement – Before and After" and can be contacted via her website:
<https://bridgetyoga.co.uk>*

A REVIEW OF BRIGHTON YOGA & WELLBEING FESTIVAL

As the 2023 Brighton Yoga Festival (BYF) draws nearer, we hark back to the gloriously sunny BYF of 2022. Gemma Newton-Smith, our Sussex Deputy Rep brings us a little reminder to whet our appetite for this year's wonderful offerings.



A review of Brighton Yoga & Wellbeing Festival 2022,

St George's Church as a venue is a lovely big open space, cheerfully painted inside. Much of the action happened here, with stalls and a yoga area created in the middle.

There were a couple more areas in the church, downstairs, these were smaller, cosier, but with less atmosphere and a bit too hot for me. There was another hall opposite the church which you needed to cross the road to get

to, I didn't get a peek in there so I'm not sure what it was like. There was a small patch of lawn outside of the church where people sat/ read/ sunbathed, it was really chilled and on a warm day... bliss.

Equipment

Mats were provided, which was nice so you didn't need to haul your mat around with you all day. I did regret forgetting my essential oil mat spray though.

First Come First Served

There was no booking system for classes, it was on a first come first served basis, which did mean you needed to be organised and if you wanted to go to specific a class, to get there about 30 mins ahead of time and wait. I would say at least half the classes I saw were at capacity and not letting anyone else in.

Access

It's quite tricky getting around, the corridors were quite narrow and there were obviously lots of people, there were stairs but access to a lift too.

The timetable was a rich choice of inspiring talks, sleepy warm nidra, workshops, energetic flows, kundalini, yin, family and kids' yoga. There were also unexpected classes - I took a class about tuning into your intuitive movement, and whilst at first, not having solid posture instruction was off putting, by the end it had become a very deep swirling practice of letting go.

The sheer number of offerings on the timetable was staggering. From 10am-7pm the 5 areas held classes roughly of 45 minutes each with breaks for lunch - now I don't want to do the maths on that, but it was a lot of classes!!

When I go next year, I will choose 5 classes at most and then plan to lay on the lawn resting in between, perhaps reading or listening to music.

These were some of the teachers at the festival.

Sharon Ravi Vedyia Kaur
Jim Tarran
Brodie Rowan
Helen Miss
Charlotte Watts
Genevieve Wilcox
Anna Sugarman
Davy Jones

The set up for this festival was based on Dana, so pay what

you can afford. They make you feel very welcome if you were able to pay or not. Obviously the cost of the venue and the amount of teachers would not be insignificant, but looking at their page they were able to cover it and its running again this year.

Snacks

As for food, my main reason for going anywhere! There wasn't a huge choice but what was there, was great. Handmade vegan cakes, veggie sausage rolls, rosemary flat breads, fruit, local smoothies and charcoal water (we tried this and the combination of sea salt, almond milk and charcoal, was not a winner for us!!)

As you would expect, the organisers were helpful and friendly and everyone that I came across had a smile on their face and were happy to interact.

I was surprised there weren't more vendors, it really was focused on classes.

The vendors included: yoga swings, incense (which made the main hall smell warm and resin-y,) jewellery, handmade cushion and bolsters, yoga schools, clothes, etc.

All in all it was a lovely day, with a lot to offer- I'll definitely be there in July 2023.

QIGONG – EAST MEETS EAST

The fusion surges forward, We have another fascinating offering of Qigong as a compliment to yoga with Susan Smith inviting us to gather in. The language and country may be different, but the insights and wisdom are one.



There are 8 classical postures and 84'000 variations in Hatha Yoga and whilst we will never exhaust its possibilities, exploring other ancient practices can only serve to enhance our personal practice and 'offering' as teachers.

It was with this in mind that I undertook Qigong training, with the idea of learning to move in and out of 'Flows' in a comfortable, relaxed, easy manner, being one of its aims. Along with the promise of better co-ordination, balance, flexibility and improvement in strength, cardiovascular and neurological health, it has not disappointed.

What is Qigong? Well, literally Qi means energy and Gong means work or skill, we can think of it as "cultivating vital energy" or "developing skill in working with life force."

Qigong contains an enormous body of knowledge but ultimately it is a holistic practice that can be used to improve health, increase energy, reduce stress and enhance mental clarity and emotional balance.

There are many styles of Qigong, including Medical Qigong, Martial Qigong and Spiritual Qigong, each with its own focus and benefits.

In ancient times and today, a common application of Qigong is one of healing. Its practice develops awareness and concentration in tuning into the flow of energy within the body. Using breath, gentle movement and other means, energy is directed within and around the body as a means of protection and for self-healing.

With both psychological and physical components, Qigong involves the regulation of the mind, breath, posture and movement. As the practitioner develops strength, the necessary skills and a refinement of their own energy, they can direct and balance the energy within others, removing

blockages and re-establishing wellbeing and harmony.

It's interesting to discover that there are of thousands of different flows and although simple at first glance, many of them can be challenging too because we tend to be creatures of habit. Even yoga teachers can lose co-ordination over time and Qigong, challenges our conditioned responses and the habitual patterns in the body. The work encourages a re-organising of the subtle energies within the body, producing deep and profound neurological shifts, as we bring energy to the nerves along the spinal column and throughout the body.

Qigong is inclusive, anyone can practice regardless of age, health, fitness level and physical ability. Qigong is a gentle and low-impact practice that is accessible to everyone. The movements and postures can be modified to accommodate different physical abilities, and the practice can be done either standing or seated.

It is a particularly beneficial practice for people who are looking for a low-impact exercise or a gentle form of meditation. It can be especially helpful for people recovering from an illness or injury, as it can help improve circulation, reduce inflammation and

enhance overall physical and mental wellbeing.

Another appealing aspect of Qigong is the visualisation, there's a tendency to think visualisation came along with the 'New Age' and to discover that it has been used in Qigong for 5'000 years gives its application some gravitas. Meditation and visualisation techniques form an important part of a Qigong practice. By focusing the mind and cultivating a calm, tranquil state, practitioners can improve their mental clarity, emotional balance and overall sense of wellbeing.

The sound healing element of Qigong has been a surprising bonus and one that practitioners can sense benefit from immediately.

Having had a keen interest in Ayurveda since the early 1990's, I find the concept that the vital organs in Qigong i.e. Heart, Lungs, Stomach, Kidneys and Liver relate to the Five Elements of Wood, Fire, Earth, Metal and Water, beyond fascinating. The vital organs are recognised as energetic archetypes, and their cycles affect the flow of energy in the body, this is a central tenet to Traditional Chinese Medicine and Qigong.

After years of practising and teaching yoga I find the notion of getting to know and being able to introduce students to their organ body and its systems, a wonderful prospect for us to take more control of our health, to promote better wellbeing and longevity.

Whilst there are many different styles of Qigong, each with its own unique approach and focus, there is no doubt that Qigong is a powerful practice that can help you improve your health, reduce stress and

enhance the overall quality of your life.

Sue has been a long standing BWY teacher, (trained with Antonia Boyle and Sheri Greenaway) and, also renowned psychotherapist since 1989. As a counsellor and coach, she understands only too well the connection between mind and body. Book on to Sue's training on the 8th October – see events p. 22 to book.



SEYTA – SOUTH EAST YOGA ASSOCIATION

Sangha is increasingly important in these shifting times of uncertainty. And in many ways the life of a yoga teacher can feel quite isolated. Groups like Seyta offer local teachers a way to come together.



SEYTA stands for South East Yoga Teachers Association. It was set up in the early 1980's to bring together local Yoga Teachers in and around Tunbridge Wells. The teachers who organised the group were Mary Easteal, Sue Hill and Maureen Rose. Audrienne Hancock joined as treasurer soon after and for the next 30 years was a key figure in the group.

It originally had about 20 members and then grew to over 50. Mary and Audrienne continued to organize events of a yoga day per year and summer weekly meetings for the summer break, over a period of 30 years. It became a support network for all Yoga teachers from different traditions as well as the BWY.

It also performed a social function whereby teachers and student teachers could meet each other at events.

The overall aim of SEYTA is to encourage a more comprehensive understanding of asana, pranayama and meditation, whereby a deeper insight into the essence of Yoga may be experienced. It also aims to share new ideas and improve teaching skills.

Originally there were 6 summer evening classes provided during August at King Charles the Martyr Hall in Tunbridge Wells. They were taught by local teachers and designed to help teachers work on their own practice and any teaching problems could be aired. In the past a CPD day and a First Aid day was also offered.

With Covid lockdowns the group still managed to function by going on Zoom and offering sessions to support and help teachers by sharing their experience of lockdown and how it was impacting their classes. After lockdown it has

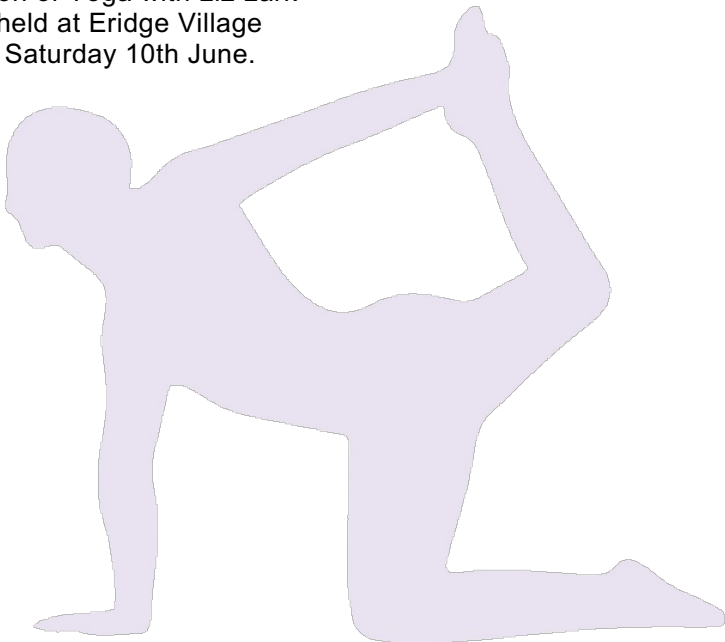
continued to offer support and a set of 4 summer classes were taught in 2022. Interestingly a number of those were on Zoom due to preference from the group when they were consulted – so things have changed.



This year SEYTA will be offering the summer classes and an online Teacher sharing session. Also as a celebration of International Yoga Day an afternoon of Yoga with Liz Lark will be held at Eridge Village Hall on Saturday 10th June.

The group is now run by Liz Adams, Jane Muir and Lina Newstead. The membership fee is still £5 and is just to cover expenses such as hall hire. It is run on a charitable basis and any excess outstanding funds are given to charity. Summer tutors offer their services for free.

Do get in touch if you want to know how to join the group
Liz Adams
lizziebentlegs@hotmail.co.uk
Jane Muir
janemuir@yogawithjane.org
Lina Newstead
linanewstead@gmail.com



BWYT RESTORATIVE YOGA

The Rise of Restorative Yoga, and the increasing need to focus on this aspect of practice which, in many mainstream classes perhaps is forgotten. Carol Trevor explains its profound value and offers a BWY module training course.



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 have had a taste of it and intuit that it will support their health and wellbeing on all levels. They're right.

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

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?



Personally, 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.

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



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

carol@yogacarol.co.uk

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

Salted Cashew Caramel Energy Bites

www.minimalistbaker.com

- 1 cup packed pitted dates (measured after pitting, we prefer medjool)
- 1/3 cup roasted unsalted cashews (if nut-free, sub seed of choice, raw cashews are also fine (if your nuts are salted, add less salt to the mixture)
- 1/4 cup desiccated or shredded unsweetened coconut (or sub half the amount in coconut flour and work your way up for more of a cake bite texture)
- 1/4 tsp sea salt, plus more to taste

Method

- To a food processor add pitted dates, cashews, coconut, and sea salt (adjust amount as needed if nuts are salted). Note: dates can be tough for blenders due to their sticky nature, so use a low speed if possible and pulse rather than blending.
- Pulse until the mixture is blended into a dough and starts to clump together. If it's too dry or crumbly and it doesn't stick together when pressed between two fingers, add more pitted dates (just ensure your dates are sticky and fresh, or it will only further dry out the mixture.) If still dry and crumbly, you could add a bit of cashew butter to help them form (optional).
- Scoop out 1 ½ Tbsp amounts and roll into roughly 9 balls.
- Enjoy immediately or store leftovers covered in the refrigerator up to 1 week, or in the freezer up to 1 month. We prefer these right out of the fridge for best flavour and texture!

DATE	EVENT	LOCATION	TYPE	CONTACT
Saturday 15 th July	Exploring Forward Bends Zoe Knott	Dialpost VH RH13 8NH	CPD 2421	Rachel Claridge
Sunday 17 th September	Postural Stability and Yoga for Falls Prevention Anna Semylen	Online/ Zoom	CPD 2460	Jan Palmer
Sunday 24 th September	Yoga and Hip Replacement – Before and After Bridget Thornborrow	Adastra Hall BN6 8QH	CPD 2458	Rachel Claridge
8 th October	East Meets East – Qi Gung Susan Smith	Sir Mark Collet Pavilion TN15 6NE	GEN	Sabine Smith
Saturday 14 th October	Exploring Backbends Zoe Knott	Bluebell Hill VH ME5 9QR	CPD 2455	Jan Palmer
Saturday 4 th November	Moving From Correction to Freedom Judy Hirsh Sampath	Online/Zoom	CPD 2534	Rachel Claridge
Saturday 4 th November	Inwards & Upwards – The Bandhas Gary Carter	Online/Zoom	CPD 2419	Jan Palmer
Sunday 5 th November	Pelvic Balance Gary Carter	Online/Zoom	CPD 2418	Jan Palmer
Sunday 19 th November	Breath Space Julie Pons	Bluebell Hill VH ME5 9QR	CPD 2476	Jan Palmer

Please note several events are fully booked already – but do contact the organiser to go on the waiting list – often people drop out at the last minute.

EVENT INFO

Date:
15th July 2023
10.00 15.45

Event:
Exploring Forward Bends
Zoe Knott

Location
Dialpost Village Hall
Worthing Road, Dialpost,
RH13 8NH

Type of Event:CPD 2421
Forward bends are the cornerstone of our yoga practice. Loved by many, unloved by others. Which category do you fall in to?
During the workshop we will consider:
• Why we work in Forward Bends
• Preparations
• Stages to allow all abilities to progress safely
• How to move in and out of postures in the safest way
We will prepare for asana with specific techniques to stretch or strengthen relevant muscles. The postures will be broken down and considered stage by stage. This will enable us to give each of our students a stage they can work with and a path on which they can progress on their Forward Bending journey

Zoe is a Diploma Course teacher and served on the training committee for many years as DCT training officer. With over 40 years of yoga practice from a variety of traditions, her approach is to build strength as a cornerstone of practice, and from there all poses become possible.

Contact:
Rachel Claridge
Southeast.sussexrep@bwyregions.org
.uk

Date:
Sunday 17th September 2023
10.00 15.45

Event:
Postural Stability and Falls Prevention
Anna Semylen

Location
Online/Zoom

Type of Event:CPD 2460
Most people have sedentary lifestyles. 37% of British people never exercise. Yet, unless we engage in regular physical activity, we are vulnerable to falls. One in 9 ambulance call outs are to falls. Post menopausal women especially, with dipping oestrogen levels are at greater risk of falling and of complicated fractures with lengthy recovery and rehabilitation. Falls are the most common cause of injury to 65+ year olds and have serious consequences - trauma, pain, impaired function, loss of confidence, loss of independence and even death. Falls are hugely costly, especially if they trigger care needs.

Anna is a Yoga teacher-trainer, author of Yoga for Healthy Lower Backs, who has trained in Falls Prevention – postural stability, flexibility, and strength.
Learn how the proven Otago falls prevention system aligns with asana and breathing techniques; practice and evaluate it for yourselves. It will revolutionise one's ability to stay stable. Stability is core to yoga!

Contact:
Jan Palmer
southeast.rto@bwyregions.org.uk

Date:

Sunday 24th September 2023
10.00 15.45

Event:

Yoga and Hip Replacement – Before and After
Bridget Thornborrow

Location

Adastra Hall,
31 Keymer Rd, Hassocks
BN6 8QH

Type of Event:2458

This workshop will focus on how degeneration in the hip initially manifests in yoga practice, looking at common warning signs and restrictions, and how we can rehabilitate and adapt our yoga practice following hip replacement. The day will be experiential, exploring different approaches to posture work post-surgery and will incorporate some therapeutic exercises drawn from physiotherapy. There will be scope to discuss and evaluate participants' individual experiences.

There will also be an emphasis on the anatomy of the hip joint and related structures, examining how proprioception changes in certain key asana after hip replacement.

Bridget trained with Chloe Freemantle (LYTTC) and has been teaching for 15 years. She has also completed Gary Carter's Myofascial Anatomy and Movement course. She was a tutor on the LYCCT teacher training from 2013 – 2020. Bridget's teaching is rooted in the tradition of Vanda Scaravelli. She had a Total Hip Replacement in 2021

Contact:

Rachel Claridge
Southeast.sussexrep@bwyregions.org
.uk

Date:

Sunday 8th October 2023
10.00 15.45

Event:

East meets East
Sue Smith

Location

Sir Mark Collet Pavilion
Heaverham Road, Kemsing
TN15 6NE

Type of Event:GEN

Join Sue for an Introduction to the dynamic yet simple practice of Qi Gong to enhance both your own Yoga practice and teaching. Qi Gong can be woven into any traditional Hatha Yoga class with ease, which will enable you to plan innovative classes and practices of your own.

You will learn how to:

- Improve vagal tone
- Release energy blocks
- Use your mind to create deep states of relaxation
- Use sound for healing
- Generate more energy.
- Release pent up emotional tension

Sue has been a long standing BWY teacher, (trained with Antonia Boyle and Sheri Greenaway) and, also renowned psychotherapist since 1989. As a counsellor and coach, she understands only too well the connection between mind and body. Recently she has immersed herself in the study of Traditional Chinese Medicine and Qi Gong to compliment her Hatha Yoga teaching. Susan is also an accomplished jazz singer with a wonderful repertoire of songs.

Contact:

Sabine Smith
southeast.nkentdep@bwyregions.org
.uk

EVENT INFO

Date:

Saturday 14th October 2023
10.00 15.45

Event:

Exploring Backbends
Zoe Knott

Location

Bluebell Hill Village Hall,
Robin Hood Lane, Bluebell Hill,
ME5 9QR

Type of Event: CPD 2455

Backbends stretch and open the front of the body while strengthening the back countering our general daily forward bending movements. We will consider why we work in these poses; and how to move in and out of postures safely, how to prepare for backbends with specific techniques to stretch or strengthen relevant muscles, working stage by stage, enabling everyone to access a stage they can work with safely and a path on which they can progress. On an esoteric level back bends are exhilarating and energizing, encouraging the mind to be awake, alert and clear. Some backbends may be challenging but then so is life! We would not know we were alive without challenges. Exhilaration and challenge live side by side in backbends.

Zoe is a DCT and with over 40 years' experience of yoga practice from a variety of traditions. Her approach is to build strength as a cornerstone of practice, and from there all postures become possible.

Contact:

Jan Palmer
southeast.rto@bwyregions.org.uk

Date:

Saturday 4th November 2023
10.00 15.45

Event:

Moving From Correction to Freedom
Judy Hirsh Sampath

Location

Online/Zoom

Type of Event: CPD 2534

Teaching students to celebrate their uniqueness, aliveness, to find greater acceptance, freedom and fun on the mat takes courage, trust and confidence.

Learn ways to guide students to experience the yoga mat as a playground, not a correction centre. Moving from what needs fixing to what is being celebrated is a game changer on and off the mat.

Includes trauma informed language, creating meaningful sequences for class, and how to hold a container for all abilities in one space.

The intention is to leave feeling refreshed, inspired and confident to gather all you know and love and share your authentic gifts.

Judy Hirsh Sampath, yoga therapist and trainer, takes yoga, meditation embodied mindfulness, restorative, yoga nidra, breathwork and yoga therapy magic to a wide range of people from 1-2-1 private clients to asylum seekers. She delivers CPD days, workshops, courses, a yoga therapy diploma, and retreats in UK and India.

Contact:

Rachel Claridge
Southeast.sussexrep@bwyregions.org.uk

Date:

Saturday 4 November 2023
10.00 15.45

Event:

Inwards and Upwards - The Bandhas
Gary Carter

Location

Online/Zoom

Type of Event: CPD 2419

In this fascinating session, Gary will describe and explain the anatomical workings of the Bandhas, relating the effect the bandhas have to postures and the breath. Further-more you will experience the connective tissue's relationship to the Bandhas, and the relationship of the Bandhas to the movement of the body and the breath. This session will deepen your understanding and awareness of the Bandhas.

Gary brings his own unique teaching style together with his 'skeletal' models to give a great insight into how the body moves in yoga postures and the potential problems if we overlook the anatomical aspect of how we work. These sessions are great for both teachers and students who want more in depth knowledge of how to approach postures. He has over 40 years' experience in anatomical study and bodywork practices, and his dissection research has made him one of the current leaders in fascial study.

Contact:

Jan Palmer
southeast.rto@bwyregions.org.uk

Date:

Sunday 05 November 2023
10.00 15.45

Event:

Pelvic Balance
Gary Carter

Location

Online/Zoom

Type of Event: CPD 2418

This is an opportunity to spend a day exploring the anatomy of the pelvis and understand the concept of pelvic balance. Gary will explain the structure and dynamics of the pelvis and the spiralic action of the myofascial network. You will learn how the legs affect the deep pelvic floor muscles and relate the theory to postures. Please note that although there will be some posture work, the emphasis will be on anatomy and fascia.

Gary has over 40 years' experience in movement, physical training, anatomical study and bodywork practices. He has lectured extensively on the anatomy of Yoga in the UK, Europe and America. He is the founder of the Natural Bodies Centre in Brighton, dedicated to the work and approach of Vanda Scaravelli, which was not so much about executing postures but cultivating the conditions that allow the body's natural intelligence to awaken.

Contact:

Jan Palmer
southeast.rto@bwyregions.org.uk

EVENT INFO

Date:

19 November 2023
10.00 15.45

Event:

Breath Spaces
Julie Pons

Location

Bluebell Hill Village Hall
Robin Hood Lane, Bluebell Hill,
ME5 9QR

Type of Event: CPD 2476

Breath is central to Yoga, Pilates and other movement practices. This is an opportunity to spend a day exploring why breath is essentially 'shape change' and we will dive into all those shape changes from an anatomical point of view as well as exploring the aspect of breath and shape change from a Yoga Therapy angle.

During this five hour workshop you will: -

- ~Explore the different mobility's of breath in your body
- ~Apply practical anatomical knowledge to use breath in different postures
- ~Understand breath physiology and neurology
- ~Explore the different Vayus within your body and how they circulate

Julie is a CNHC registered Yoga Therapist and Yoga Elder. Julie began her journey in anatomy with Blandine Calais Germain in 2013. Her other teachers include Leslie Kaminoff (New York), Thomas Myers (Maine), Gil Hedley (Dissection and Fascia - US), Robert Schleip (Fascia research - Germany), Julian Baker (Functional Fascia- UK) and Jaap Van Der Wall (Embryologist - NL).

Contact:

Jan Palmer
southeast.rto@bwyregions.org.uk

Celebrate International Yoga Day

Yoga on the Beach

WED 21st JUNE 11AM - 9PM

Yoga studios across the city are coming together for a joyful day of outdoor yoga on the Brighton seafront.

Join free classes all day and please donate now, also available to do on the day, to support us in continuing to provide for the community.

SATURDAY
22ND JULY
2023

**BRIGHTON
Y*GA
FESTIVAL
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Join us to celebrate Brighton Yoga Festival's tenth anniversary, where we'll be bringing together some of the best teachers from across Brighton to share their love of yoga, wellbeing and meditation at one of the largest yoga events in the UK.

ST GEORGE'S CHURCH
KEMP TOWN



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



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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



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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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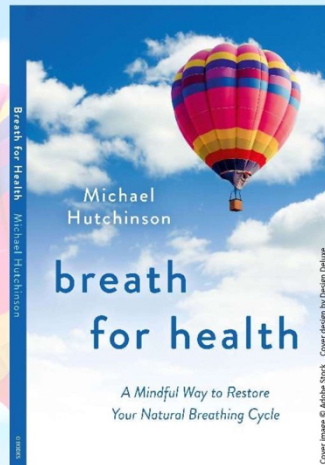
BREATH FOR HEALTH

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



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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
breath4health

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Two exciting vacancies in the South East

"Service in the BWY is a great form of karma yoga and can be a rewarding part of your yoga journey". If you are based in the Southeast we have two vacancies for an editor for the newsletter/magazine which lands on our doorsteps in vibrant colour three times a year. And a social media rep.

SE Editor for "On the Mat"

This role involves editing and liaising with advertisers and the committee in order to weave together an interesting and diverse newsletter, additional tasks can range from sourcing pictures for articles, and embellishing the magazine with anything from book reviews to recipes to poems.

You would need to be versed in Word & have a light knowledge of Excel. Be proactive in managing your time and liaising with the committee to get the magazine out on time. The South East Deputies and Regional Training Officer provide invaluable support in enabling the SE editor to carry out his/her role.

SE Social Media Rep

Are you social media Savvy? We need a new recruit to manage our Facebook and Insta presence - it's mainly posting event details when we still have unsold places close to the event date and tagging BWY training course ads run in our region. If you're interested contact our RO or RTO

Both roles include attending where possible committee meetings (twice a year) and an AGM. Expenses are paid for attendance of meetings. You will also benefit from free BWY trainings that run through the year.

The Southeast Committee is an inclusive group of hard-working, friendly and supportive volunteers, consisting of long-serving and new committee members with a diverse range of skills and expertise. Full support will be provided by the current rep/editor and other members of the Committee.

If you are interested in either of these roles then please contact Declan Wooloughan - Regional Officer

southeast.ro@bwyregions.org.uk

Or Jan Palmer our Regional Training officer

southeast.rto@bwyregions.org.uk for further details.

Emergency First Aid at Work Courses for Yoga Teachers

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

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

Further courses dates in 2023 are shown on our website

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

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

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



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