



# WITH THE FLOW

Summer Newsletter 2023

BWY

AT  
THE  
HEART  
OF YOGA

IN THE SOUTH WEST

## Regional Officer

Keith Hart 07970 764 920  
[southwest.ro@bwyregions.org.uk](mailto:southwest.ro@bwyregions.org.uk)

## Regional Treasurer

Ann Bradley 07884 188037  
[southwest.treasurer@bwyregions.org.uk](mailto:southwest.treasurer@bwyregions.org.uk)

## Regional Training Officer

Tina Bosley 01985 301074  
[southwest.rto@bwyregions.org.uk](mailto:southwest.rto@bwyregions.org.uk)

## Regional Secretary

Sue Grierson 07783 061063  
[southwest.secretary@bwyregions.org.uk](mailto:southwest.secretary@bwyregions.org.uk)

## Newsletter Editor

Keith Hart 07970 764920  
[southwest.editor@bwyregions.org.uk](mailto:southwest.editor@bwyregions.org.uk)

## Cornwall Area Rep

Currently Vacant

## Devon Area Rep

Currently Vacant

## Dorset Area Rep

Hayley Giles  
[Southwest.dorsetrep@bwyregions.org.uk](mailto:Southwest.dorsetrep@bwyregions.org.uk)  
 07778 065659

## Gloucs Area Rep

Currently Vacant

## Somerset Area Rep

Jo Webb 07730 397396  
[southwest.somersetrep@bwyregions.org.uk](mailto:southwest.somersetrep@bwyregions.org.uk)

## Wiltshire Area Rep

Currently Vacant

## Central Office

25 Jermyn Street Sleaford Lincolnshire  
 NG34 7RU  
 01529 306851 [office@bwy.org.uk](mailto:office@bwy.org.uk)  
<http://www.bwy.org.uk>

## PUBLISHING POLICY

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

### Advertising Rates (inc VAT)

Half Page  
 Full Page  
 Back Page (Colour)

### BWY / Accredited Price

£15.00  
 £25.00  
 £40.00

### Full Price

£30.00  
 £35.00  
 £75.00

### Issue

Edition 3 – 2023  
 Edition 1 – 2024  
 Edition 2 – 2024

### Date Sent Out

24 October  
 9 January  
 7 May

### Copy Deadline

(Adverts and Editorial)  
 11 September  
 13 February  
 27 June

Please note: goods or services advertised are not necessarily BWY accredited. Views expressed are not necessarily those of the editor or the committee. Advertisements are accepted at the discretion of the committee, and are included on a first-come, first-served basis as space allows. Advertising of courses that offer 'yoga teacher training' will only be accepted if the course is BWY or accredited to the BWY. The British Wheel of Yoga is the Sports England recognised National Governing Body for Yoga. Disclaimer: Please note that the views expressed in this newsletter are not necessarily the views of the editor nor the British Wheel of Yoga. Any advertisements are accepted in good faith and no responsibility can be accepted for the contents.

## WELCOME

It's been a busy time at the BWY since your last newsletter, both regionally and nationally so we have tried to include everything in the following pages.

The highlight is probably the South West Regional Sangha taking place on 24 June – see pages 16-21 for details.

This is your opportunity to experience the magic of Sangha without having to travel too far or spend much money, either in-person or online, so don't miss it!

Another highlight has definitely been the AGM (and you can't often say that about AGMs) because the event ended on the upbeat topic of the Heart of Yoga Awards which recognised just a few of the amazing volunteers we have and the achievements they have made.

See page 10 for details of how one of our own volunteers received her Award.

If you missed it, and didn't watch it online you can still see the presentation and/or the recording here – the links are at the bottom of the page: <https://www.bwy.org.uk/members/reports/24/>

## CONTENTS

<b>CONTACTS</b>	<b>2</b>
<b>COMMITTEE REPORTS</b>	<b>4</b>
<b>ARTICLES</b>	<b>11</b>
<b>EVENTS PLANNER</b>	<b>17</b>
<b>BOOKING INFO</b>	<b>18</b>
<b>EVENTS</b>	<b>19</b>
<b>ADVERTISEMENTS</b>	<b>29</b>

## REGIONAL OFFICER'S REPORT



You will probably know that around the time you receive this newsletter you should have a brand new BWY website which will improve the way you can book events and make changes to your bookings.

I would however like to point out that no matter how good the website is, there are some basic things we can all do to ensure our experience of booking events is as good as possible.

One way is to ensure that your contact details are correct on your Member Record and of course that you regularly check whichever email address you have provided, especially when you have events booked. Sometimes the event organiser needs to contact delegates quickly and they cannot do that if we have an incorrect address or one that isn't being monitored!

You will not be surprised to hear me say that the cost of halls has increased significantly since the pandemic, as well as fuel costs for teachers and volunteers, but we have managed to keep our prices down.

Occasionally we do not get enough bookings for an event to meet those costs so we have to make the decision whether to subsidise the event or to cancel.

We will have to cancel fewer events if you can book sooner rather than later. If you wait till the last minute you run the risk of being too late, either because it is already full, or because we have had to cancel the venue a few weeks beforehand to avoid incurring cancellation costs.

Thanks everyone,

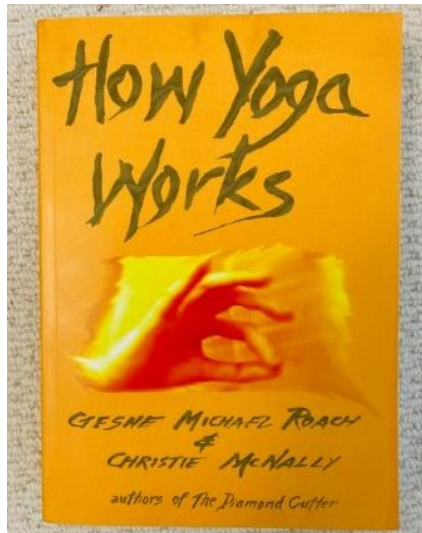
Keith

## REGIONAL TRAINING OFFICER'S REPORT



Hi folks, I think our summer is finally on its way, with that in mind, plus planning a variety of 'get-aways' I thought I'd include an entertaining and easy read yoga book that you may wish to pack to read on holiday!

How Yoga Works by Geshe Michael Roach and Christie McNally.



We're all very familiar with the Yoga Sutras, but what we may not realise is it contains many secrets about how to heal our bodies and our hearts enabling us to reach a place of health, strength, and peace. The delightful story told in this book is based upon how these teachings reached Tibet from their home in India over a thousand years ago. I hope you enjoy it as much as I did.  
(Diamond Cutter Press ISBN SEN 0-9765469-0-6)

A huge 'thank you' to all of our South West members who attended the BWY AGM 2023 in London whether in person or via Zoom. I can honestly say I found it incredibly interesting and inspiring and look forward to what the future holds for all our membership.

A very proud moment for all of us here in the South West when Somerset Area Rep Jo received the Event volunteer of the Year award from our new CEO Peter Tyldesley





## DORSET REPORT



As the weather finally brightens, our spirits lift with the shift of the seasons. It has been a long time coming, which has been hard in many ways, especially during this difficult time. The darkness has felt never ending and I have definitely needed my practice more than ever to find that light within and maintain the delicate balance of things. As always though, the wait has made this warmth, this light, this colour that we now share together all the more beautiful. I am feeling so very grateful.

Here in the now sunny South West, we have been busy organising and creating new offerings for our members. After some time without a representative in the region, it feels wonderful to be able to bring such offerings and to come together as a community to share in learning, laughing and growth together. Pure joy.

A huge thank you to those who attended my Breath CPD session last month. It was wonderful to see so many of you, from all over the region coming together and sharing in yoga...and what a day it was! We relished in the breath, understanding the science behind it, how it affects the nervous system and most importantly, how impactful it can be to regulate, to calm, to centre, to ground. I do so hope that you have been able to bring some of these teachings into your classes and that we continue to share our knowledge and support our students with the power of the breath.

Coming up on 25th June, we have the fabulous Ade Beecham coming to the region to give a fascinating workshop on the power

of skilful touch. This promises to bring a much needed refresher in utilising touch to guide our students and in turn keep them safe. After so long on Zoom, or keeping our distance from each other, it has felt as if this part of the practice has lost its way. It will be wonderful to be able to relish in this part of the teaching process again and give our students very practical and useful support during their physical practice.

In October, we welcome Zoe Knott, as she takes us on a journey through Asana. Zoe's practice encompasses strength and power with a focus on safety. She nourishes and supports you to delve deep within the heart, to discover your Tapas and find the very edge of you. During this session she will guide you through a deep tour of the body, finding refined teaching points for sharper shapes.

*'her fundamental approach is to build strength as the cornerstone of practice and from there all poses become possible.'*

Do reach out if there is a passion or a need in the area that you feel could be fulfilled, I am here to support in any way that I can. The power of community is as strong as ever, may we always feel it and do whatever we can to strengthen that feeling in support of each other.

**You have been given the wisdom of yoga...listen to it...act on it and you can break through the bonds that hold you.**

**On this path, no effort made is wasted or lost and there are no adverse effects.**

**Even a little can remove the fear that binds you.**

**If your mind is chattering all the time and unsteady, there are too many choices and thoughts**

**But when your mind is clear and one-pointed...there is only one way to go.**

(ADAPTED FROM THE BHAGAVAD GITA)

With love, as always.

Hayley & Emma x



## SOMERSET REPORT



In response to your requests we have Wendy Teasdill Integrating HYP into Yoga classes in July and a return of the popular Sarena Mason with Chant and Asana in October . Online we have Catherine Annis and Anna Semlyen.

### **AYURVEDA & THE SEASONS: SUMMER**

#### **DIET**

Favour sweet, astringent & bitter tastes.

Summertime is the perfect time to introduce fresh greens into the diet. Select a fresh kale & spinach salad to help purify & cool the body. Favour sweet juicy fruits like fresh strawberries & peaches over sour fruits. (Sour fruits have a tendency to increase the heat in the body). Also, take advantage of the hydrating fruits that are abundant like watermelon, honeydew melon & cantaloupes.

If you eat meat, Ayurveda recommends chicken & freshwater fish over the more heat inducing saltwater fish.

#### **HERBAL ALLIES**

Look to seasonally appropriate culinary herbs.

Summer is an ideal season to replace your hot spices like cayenne, mustard seeds, black pepper & cinnamon with more cooling herbs like peppermint, cumin, cardamom, calendula, lavender & fennel. These cooling, soothing herbs can help aid against inflammation, smelly gas & indigestion in the digestive tract.

## EXERCISE

Avoid heat increasing exercise from 10am-2pm.

According to Ayurveda, the fire element is the strongest from 10am-2pm; thus, it is suggested to exercise during the cooler morning hours. Any endurance like exercise you plan to do, do in the morning & avoid physical labour in the late morning & afternoon.

If you must perform physical labour between 10am-2pm, drink plenty of water or water infused with mint & breathe evenly through the nose to keep the mind & body cool.

## YOGA ASANA

Focus on a gentle, forward folding practice.

If you have been aching to get into that mid-afternoon heated power flow yoga class, this might not be the season to start! Instead, focus more on a gentle, restorative practice that includes forward folding postures that can help soothe the mind & nourish the nervous system.

If you still feel the need for a hot, sweaty, vinyasa practice, try one in the morning hours & commit to an overall more gentle practice throughout your week.



In Yoga

Jo

## HEART OF YOGA AWARDS



**Congratulations to our Somerset Area Rep, Jo Webb, who received a Heart of Yoga Award at this year's AGM in London!**

Jo won the Event Volunteer of the Year Award for her work organising CPD days, workshops, Open Days, First Aid Certification days and of course festivals and our Regional Sangha event

Our typically modest Jo said:

“Having not attended an AGM in person before, it was lovely to meet everybody and put faces to names. I was surprised to win the award for event volunteer, as it isn't really about receiving awards but sharing the wellbeing benefits of yoga within our community. I enjoy meeting a variety of students from across the region and further afield to discover the nuances of practice with a wonderful range of inspiring teachers. Facilitating access to practice for both members and teachers and exploring a wealth of experience is very rewarding.”

## LETTER TO THE EDITOR



***From an anonymous member.***

I noticed that only about 5% of the BWY membership voted at the AGM in both the national elections for trustees and the regional committee positions. Is that normal? It seems very low to me?

***Dear Anonymous Member,***

Yes, you are quite correct - it was about 5% that voted and this was reflected across all regions of the UK. In the previous two years the turnout was around 10%, and I have no definitive answer for why so few members voted.

The BWY made the online voting as easy as possible, although some members may not be monitoring the address on their membership profile.

Apathy is bound to be a factor and there are opposing views on this. On the one hand it does seem a very low number given the number of teachers and students attending the many events organised by our volunteers.

On the other hand, maybe it's a sign that normal times are returning to the Wheel and members see that the organisation has become more stable again, and they feel there is no need to voice their opinion.

Either way, we are a member-led organisation so it is a great shame that more members do not use their right to vote.

If any of the members reading this have any opinions or views on this topic I would be very pleased to hear them. They would be treated in confidence and with anonymity. Just email [southwest.editor@bwyregions.org.uk](mailto:southwest.editor@bwyregions.org.uk)

CONGRATULATIONS TO YOGA TEACHERS  
COMPLETING A TRAINING COURSE OR  
MODULE

- Jackie Dyble – Mental Health First Aid
- Daisy George – L4 Teaching
- Marianne Love – L4 Teaching
- Anna Lubliner – Menopause Yoga Module
- Jacqui Purdy – Menopause Yoga Module
- Diane Steele – Ayurveda Module

## BWYT RESTORATIVE YOGA TEACHER TRAINING MODULE, OCTOBER-NOVEMBER 2023, WITH CAROL TREVOR



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

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

So what happens when our body is skilfully supported by various props and we actually allow ourselves to do nothing and 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?

To explore this and more, all yoga teachers (with a minimum 200-hour qualification) are welcome to take part in this BWYT 30-hour

Module.

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 notice something about us that creates connection on a deeper level and makes life lighter. There is a presence that reflects our true nature, with 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.

For a taste of this practice: join Carol for a Restorative Yoga CPD Day in Kenton, Exeter on 1 October.

For Module details: [carol@yogacarol.co.uk](mailto:carol@yogacarol.co.uk) or [www.yogacarol.co.uk](http://www.yogacarol.co.uk)





## MEMBERS' ONLINE SESSIONS 2023



Are you up to speed with the Member Sessions happening this year?

There's a fantastic line up of events – all online and free to BWY members. It's a wide range of subjects, taught by leading experts in their field, and is set to become a regular feature on the BWY calendar.

Coming soon:

Tuesday 4 July, 14:30 - 16:00, Graham Burns on Brahmins, the Beatles and Bikram: A Potted (and Updated) History of Yoga. Booking opens: 23 May.

Thursday 14 September, 13:00 - 14:30, Donna Noble on Body Positive Yoga. Booking opens: 3 August.

Saturday 18 November, 10:00 - 12:00, Bill Wood on Moving from Within. Booking opens: 6 October.

Keep an eye on the BWY social media pages for more details about the individual sessions @britishwheelofyoga. Spaces are limited, so make a note in your diary, not just for the event, but for booking deadline too.

See you there!.

## BOOKING PROCEDURES AND INFORMATION

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

The easiest way to view events as a BWY Member is as follows:

- Login using the Member Login button on the homepage
- Hover over the Events tab and enter your postcode
- A table of events from all regions close to you will appear
- Browse events, click on each one for more details and to book

### TO BOOK AN EVENT:

- Click on the title of the event
- Scroll to the bottom of the page to Ticket Types
- If you are logged in, but can't see any ticket types it means you are not eligible to book onto this event, ie; teacher only events
- Select type & number of tickets you want & complete the form
- Click submit

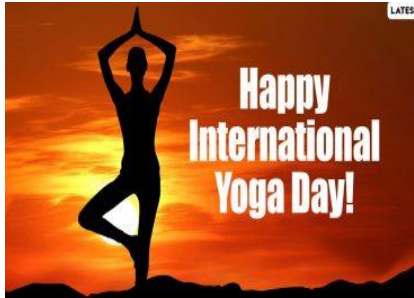
Please email queries to the organizer of that particular event as listed opposite or contact head office for technical issues.

### REFUND AND TRANSFER OPTIONS:

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

DATE	EVENT	LOCATION	TYPE	CONTACT
24 June	South West Sangha In-Person	Trowbridge, Wiltshire.	Sangha	Jo Webb
24 June	Wake Up and Empower for the day ahead, Zoe Knott	ONLINE	Sangha	Jo Webb
24 June	Side Lines, Tara Fraser	ONLINE	Sangha	Jo Webb
24 June	Meditative Seated Practice with Sound, Sarah Ryan	ONLINE	Sangha	Jo Webb
24 June	Om – From Sound to Silence, Rajesh David	ONLINE	Sangha	Jo Webb
24 June	Dharma Stories With Reflections, Bram Williams	ONLINE.	Sangha	Jo Webb
25 June	Body Reading and Skilful Touch for Yoga Teachers, Ade Belcham	Blandford, Dorset	CPD 23/62	Hayley Giles
4 July	Integrating HYP into Yoga Classes, Wendy Teasdill	Ansford, Somerset	CPD 23/58	Jo Webb
1 October	Discovering Restorative Yoga, Carol Trevor	Exeter, Devon	CPD 22/63	Jo Webb
28 October	Yoga for Mental Health Conditions, Nikki Jackson	Down Hetherley, Gloucs.	CPD: 23/55	Jo Webb

## SOUTH WEST SANGHA IN-PERSON



This year brings the magic of Sangha to the Regions . . . . .

Experience classes from these experienced and renowned teachers:

- **Hayley Giles**
- **Debby Wilkinson**
- **Catherine Annis**
- **Kym Mitchell**

Date:

24 June 2023

10 a.m. – 4.30 p.m.

Location:

Holt Village Hall  
The Street  
Trowbridge  
Wiltshire  
BA14 6QH  
And Online

Cost:

Membership/Accredited

Discount: £25

Non-Member: £30

For further details and booking information, see

<https://www.bwy.org.uk/southwest/event/2594/>

## SOUTH WEST SANGHA ONLINE: ZOE KNOTT



Date:

24 June 2023

8.30 – 9.30 a.m.

Online

Cost:

Membership/Accredited  
Discount: £7

Non-Member: £10

With over 40 years of yoga practice with many different teachers from a variety of traditions, her fundamental approach is to build strength as the cornerstone of practice and from there all poses become possible.

Zoe has taken the additional BWY modules in Pranayama and Pregnancy. As well as running regular yoga classes, the Foundation Course, Teacher Training and travelling round the country giving Workshops and taking In Service Training, Zoe runs regular yoga holidays in warm sunny countries.

**Wake Up and Empower for  
the Day Ahead:**

For further details and booking information, see <https://www.bwy.org.uk/southwest/event/2597/>

## SOUTH WEST SANGHA ONLINE: TARA FRASER



Date:

24 June 2023

10 – 11 a.m.

Online

Cost:

Membership/Accredited

Discount: £7

Non-Member: £10

Address the balance between the front and back of the body through exploring how tensions and freedoms in the sides of the body influence our patterns of movement and resting posture. We will use both classical yoga asana and some methods and concepts from Rolfing (structural Integration) to help us re-calibrate the entire body from the outer edge of the foot to the temples and ears.

This session is suitable for everybody, all the material is adaptable and those with restricted mobility may find it of particular benefit in finding more ease. There will be enough challenges for the very able bodied to work with too, sensory re-balancing as important as fascial release in all of the work.

For further details and booking information, see <https://www.bwy.org.uk/southwest/event/2598/>

## SOUTH WEST SANGHA ONLINE: SARAH RYAN



### **A meditative seated practice with sound**

Yoga comprises practices involving the body and the mind, as well as lifestyle changes. It can do many different things, whether people's needs are physical, mental or spiritual, because it sees us in a holistic way, as complex creatures made up of body, breath and life-force, mind, personality, emotions and spirit. It has therefore evolved practices to help us in a multi-layered way. It has many 'tools', not just asana (bodily postures) and breathing practices, but also many different meditative techniques including mantra, the use of special phrases, for different purposes. All the practices are meditative. By that I mean that they bring us to a feeling of one-ness with our self and encourage us to live a more harmonious life. As well as practices 'on the mat', yoga gives us many ideas for that larger part of our life which is 'off the mat'. It gives great importance to the underlying attitudes that we have to life.

Date:

24 June 2023

11.15 – 12.15 a.m.

Online

Cost:

Membership/Accredited  
Discount: £7

Non-Member: £10

For further details and booking information, see

<https://www.bwy.org.uk/southwest/event/2599//>



## SOUTH WEST SANGHA ONLINE: RAJESH DAVID



### **Om – From Sound to Silence**

This session will be a reflection of the mantra Om viewing it through the lens of Pratyahara, Dharana and Dhyana

Date:

24 June 2023

1.15 – 2.15 p.m.

Online

Cost:

Membership/Accredited  
Discount: £7

Non-Member: £10

Rajesh David trained at The Yoga Institute, Mumbai, India. He is also a singer and composer, with a background in Indian classical music. As a professional singer he was an graded artist for All India Radio & Television..

For further details and booking information, see <https://www.bwy.org.uk/southwest/event/2600/>

## SOUTH WEST SANGHA ONLINE: BRAM WILLIAMS



Date:

24 June 2023

2.45 – 3.45 p.m.

Online

Cost:

Membership/Accredited

Discount: £7

Non-Member: £10

**Dharma stories with reflections and a story led meditation**

**'Sit with me'**

Bodhi Yoga was set up by yoga teacher Bram Williams in 2004 to present yoga classes, courses and workshops - with the aim to explore not just the physical aspects of yoga but practical applications of yoga practice on all aspects of our being, and of our lives.

For further details and booking information, see

<https://www.bwy.org.uk/southwest/event/2601/>

## CPD (23/62) BODY READING AND SKILFUL TOUCH FOR YOGA TEACHERS WITH ADE BELCHAM



This workshop is aimed at developing the skills required to assess and evaluate the physical and psycho-emotional state of yoga students in a class situation, and to use physical contact in asana to communicate skilfully in a way that supports verbal skills in the yoga teaching context

Date:

25 June 2023

10 a.m. – 4 p.m.

Location:

Durweston Village Hall  
Church Road  
Durweston  
Blandford Forum  
Dorset  
DT11 0QA .

This workshop is for people who: are teaching or learning to teach asana, and/or are interested in the body-mind concept and wish to deepen their exploration of the inter-relationships between the physical, mental and emotional aspects of our being

Please bring a packed lunch.

Cost:

Refreshments will be provided.

Membership/Accredited  
Discount: £40

Non-Member: £50

Online Cost £50

For further details and booking information, see <https://www.bwy.org.uk/southwest/event/2590/>

## CPD (23/58). INTEGRATING HYP INTO YOGA CLASSES- WITH WENDY TEASDILL



Date:

4 July 2023

10 a.m. – 4 p.m.

Location:

Caryford Hall  
Maggs Lane  
Ansford  
Somerset  
BA7 7JJ.

Cost:

Membership/Accredited  
Discount: £40

Non-Member: £50

This is a broad-spectrum day which aims to enhance the practice and understanding of both practitioners and teachers. The practices of the Hatha Yoga Pradipika are surprisingly accessible and a practical understanding need not be beyond anyone's capabilities: we all need to increase our space, both inner and outer; we all seek peace; and we can all benefit from the physical and metaphysical gifts of yoga as outlined in the Hatha Yoga Pradipika.

Wendy Teasdill breathed her way into Yoga in the late seventies, following an overland trip to India ... She has studied in Pune, India, with Mr. Iyengar and his family on several occasions since 1989, and their influence underpins her practice to this day. Wendy integrates Pranayama, Philosophy, Mudras, Bandhas, chanting and humour into her teaching. She is a DCT, manages three BWY distance learning courses on the pelvic floor, teaches the Pregnancy Yoga Module and a variety of CPD days..

For further details and booking information, see <https://www.bwy.org.uk/southwest/event/2487/>

## CPD (23/63) DISCOVERING RESTORATIVE YOGA WITH CAROL TREVOR



Date:

1 October 2023

10 a.m. – 4 p.m.

Location:

Kenton Victory Hall  
Kenton  
Exeter  
Devon  
EX6 8NB

Cost:

Membership/Accredited  
Discount: £40

Non-Member: £50

Aims of the Day

- To provide an overview of restorative yoga: its origin, purpose and principles (including its relationship with the autonomic nervous system, pratyahara and the relaxation response, and how it is distinct from yin yoga)
- To facilitate practice of key restorative poses and absorption of their effects
- To support a process of enquiry, based on practice, observation, reflection and discussion

Carol Trevor began practising yoga in 1991. Qualified with the BWY in London, she has contributed to teacher training programmes in Cambridge, Hertfordshire and London since 2008 and offers CPD workshops and trainings.

Please join us for this relaxing and nourishing day to discover the practice, principles and gentle power of restorative yoga. A practice for our time and a gift to our communities.

For further details and booking information, see <https://www.bwy.org.uk/southwest/event/2591/>

## CPD (23/55) YOGA FOR MENTAL HEALTH CONDITIONS-WITH NIKKI JACKSON



Date:

28 October 2023

10 a.m. – 4 p.m.

Location:

Down Hatherly Village Hall  
Down Hatherley Lane  
Down Hatherley  
Gloucestershire  
GL2 9LQ.

Cost:

Membership/Accredited  
Discount: £40

Non-Member: £50

Mental health conditions are presenting in alarming numbers in society today. This day explores case studies that highlight more common mental health illnesses such as major depression, anxiety disorders, eating disorders, personality disorders, psychosis and trauma.

You will learn a variety of safe self compassion practises whilst learning those that are contraindicated. The day encourages a 'person centred' 'no one cure fits all' approach. Led by Nikki Jackson of Yoga Focus, who runs 550 hour Professional training in Yoga Therapy via BWY. She has worked in NHS as occupational therapist and yoga therapist since 1991 specialising in forensic psychiatry and adult mental health.

For further details and booking information, see <https://www.bwy.org.uk/southwest/event/2457/>

**50-HOURS  
YIN YOGA TEACHER  
TRAINING**

**LEVEL 1 –  
FUNCTIONAL  
ANATOMY  
LOWER BODY**

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

**INTAKE 7**



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

**BONES, MUSCLES,  
POSES, MERIDIANS  
AND MINDFULNESS  
MEDITATION**

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

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

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

**ONLINE VIA ZOOM**







## Yoga weekends at Ashley Court, Devon

Daily yoga with Tara Fraser ([www.tarafraser.co.uk](http://www.tarafraser.co.uk))  
Organic vegetarian food from our walled kitchen  
garden. Wonderfully atmospheric and comfortable  
Georgian country house.

Time to relax and slow down, enjoy 19 acres of woods,  
gardens and fields, overlooking the River Exe.

Easily accessible by car or train.

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

Prices from £375 per person

Ashley Court, Devon, EX16 5PD  
For more detailed information or to book contact  
[hello@ashleycourtdevon.co.uk](mailto:hello@ashleycourtdevon.co.uk) 07725950683

### **TSYP 700-hour Yoga Therapy (YT) Diploma**

A comprehensive British Council of Yoga Therapy accredited qualification, leading to registration as a Yoga Therapist with the Complementary and Natural Healthcare Council. Based on principles developed by Professor Krishnamacharya and TKV Desikachar, the course teaches a systematic approach to yoga therapy and how to adapt therapeutic strategies to the needs of each individual. Students learn to integrate traditional and contemporary perspectives on health and healing to work holistically with body, mind and spirit in the modern context. **A blend of in-person days and weekly online lectures: 30 months from September 2023.**

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

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

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

##### **In-person short courses: Four-day (Friday to Monday) weekends**

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

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

*BWY Meditation and  
The Energy System  
module*

**A Certificated course  
7 Saturdays over 7 months  
Starting in September 2023**

**With Kay Baxter  
at  
14 Tyndalls Park road, Clifton, Bristol**

**This course is for people who would like to work deeply with meditation and mindfulness towards increasing awareness, sensitivity and understanding of themselves.**

**The practices help us to slow down and connect to ourselves in a deeper and more meaningful way.**

**The course will include working with the chakras and energy system and assist in the establishing of a regular practice.**

**For details and to book your place contact**

**Kay Baxter  
07815 726918  
[Kay\\_baxter3@outlook.com](mailto:Kay_baxter3@outlook.com)**

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



BWY  
*Foundation Yoga Course*

Join me on this accredited 60-hour course, certified by the BWY, covering all aspects of yoga. The course covers practices and topics that aren't usually included in a general yoga class and is suitable for anyone who has had a regular yoga practice (in any style or tradition) for a minimum of 2 years.

This course is designed to explore yoga in more depth.

*For more details, dates and costs contact:*  
 kim@kimpierpoint.co.uk

Starting 1st July  
 2023

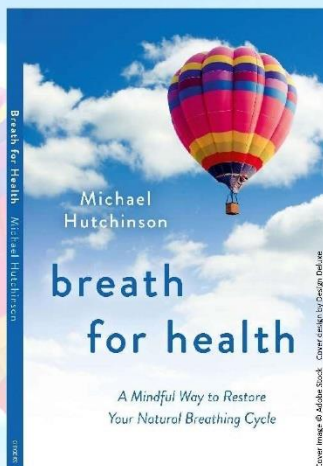
## BREATH FOR HEALTH

by Michael Hutchinson

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

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

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



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

ISBN 978-1-80341-440-9 Pre-order from major online booksellers £11.99

For a signed pre-release print copy visit <https://two-birds-yoga.sumupstore.com>

Or visit my stall at the World Yoga Festival 4-7 August [www.yogafestivalworld](http://www.yogafestivalworld)



heartfirstbreath



breath4health

Cover image © Adlibar Stock. Cover design by Design Institute

# Yoga with Ruth White

**Weekend in Yoga at Hawkwood, GL6 7QW  
Friday 22<sup>nd</sup> – Sunday 24<sup>th</sup> September 2023**



A full programme of asana, pranayama, and meditation.

This 19<sup>th</sup> Century manor set in wooded gardens overlooks the Stroud Valley.

Outstanding all organic cuisine.

To enrol on this weekend please contact Hawkwood directly on 01453 759034 or <https://www.hawkwoodcollege.co.uk/how-to-book/>

## **A Different Day In Yoga**

Held in a Cotswold Village OX7 5BQ

**One Wednesday a month 9.45am – 3pm**

Take a further step into the peace and quiet of the mind through the practice of pranayama, meditation, and acceptance.

Days & weekends count towards CPD

For programme and directions please see

[www.yogawithruthwhite.com](http://www.yogawithruthwhite.com)

info@yogawithruthwhite.com 07587 140032

## 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





# Become a mindfulness teacher with MindfulnessUK



We offer a variety of mindfulness and compassion courses, online, face-to-face or as an e-Course, using different learning materials and methods to give you the tools that you need, and our friendly team will support you throughout your chosen training pathway.



## Our courses

Mindfulness-Based Stress Reduction Teacher Training (MBSRTT)

Integrating Mindfulness and Compassion Qualification (IMC)

Compassionate Mindful Resilience Teacher Training (CMRTT)

Continuous Professional Development (CPD)

Mindfulness-Based Stress Reduction (MBSR)

Compassionate Mindful Resilience (CMR)

Silent Meditation Retreats



For more information and to book our courses visit our website [www.mindfulnessuk.com](http://www.mindfulnessuk.com)

Or email [info@mindfulnessuk.com](mailto:info@mindfulnessuk.com)



MindfulnessUK®