



BWY

AT
THE
HEART
OF YOGA
IN WALES

BEYOND THE MAT

Summer Newsletter 2023

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

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

Regional Officer

Joanna Bogacz

wales.ro@bwyregions.org.uk

Regional Secretary

Clare Strange

07540 825196

wales.secretary@bwyregions.org.uk

Regional Treasurer

Suzanne Williams

07771 604029

wales.treasurer@bwyregions.org.uk

Regional Training Officer

Tori Lang

07816 154850

wales.rto@bwyregions.org.uk

Regional Editor

Sue Evans

07572 553629

wales.editor@bwyregions.org.uk

Regional Social Media

Co-ordinator

Josephine Roberts

wales.socialmedia@bwyregions.org.uk

Regional Web Admin

Clare Strange

07540 825196

wales.web@bwyregions.org.uk

Festival Organisers

Dave Fowler

07736 934909

wales.festival@bwyregions.org.uk

Eloise Dirienzo

wales.depfestival@bwyregions.org.uk

Mid Wales Representative

Position Vacant

South West Wales Representative

Position Vacant

South Central Wales Representative

Dave Fowler

07736 934909

wales.screp@bwyregions.org.uk

South Central Wales

Deputy Representative

Allie John

wales.scderep@bwyregions.org.uk

South East Wales Representative

Kate Holly

07866 455060

wales.serep@bwyregions.org.uk

BWY Head Office, 25 Jermyn Street, Sleaford, Lincolnshire, NG34 7RU

01529 306851, e: office@bwy.org.uk, w: www.bwy.org.uk

Website Enquiries

Vicki Holman-Brown, vicki@bwy.org.uk

Safeguarding & Diversity/Child Protection Officer

safeguarding@bwy.org.uk

Disclaimer: Please note that the views expressed in this newsletter are not necessarily the views of the editor nor the British Wheel of Yoga. Any advertisements are accepted in good faith and no responsibility can be accepted for the contents. Goods or services advertised are not necessarily BWY accredited. Advertising of courses that offer 'yoga teacher training' will only be accepted if the course is BWY or accredited to the BWY.

WALES NEWS

Hello everyone and welcome to the summer edition of 'Beyond the Mat'!



WELCOME

I want to make sure the three editions each year are as interesting as possible for you to read. Please email me with your stories, words of inspiration, poems or book reviews or anything else you think other members will enjoy. Do get in touch. It would be lovely to include you and share your enthusiasm. My email is wales.editor@bwyreions.org.uk

Thank you to everyone who has contributed to this magazine with their reports and articles, and to our advertisers for their support.

See you on the mat soon.

Allie, Clare, Dave, Eloise, Jo, Joanna, Kate, Sue, Suzanne & Tori



Front Cover Photograph Credit: Summer Solstice, Amanda Clark

CONTENTS

| | |
|--|------------------|
| CONTACTS | 02 |
| COMMITTEE NEWS & AREA | 04-13 |
| REPRESENTATIVES REPORTS | |
| NOTICEBOARD | 13 |
| FEATURE | 14-19 |
| RECIPE – MEXICAN CHOCOLATE SNICKERDOODLES | 20 |
| FEATURES | 21-27 |
| PUBLISHING POLICY | 28 |
| EVENTS PLANNER | 29 |
| TRAINING & ADVERTS | 30-35 |
| BWY Wales Sangha Festival | Back Page |

REGIONAL REPRESENTATIVE REPORT

Joanna Bogacz



With no mind, flowers lure the butterfly;
With no mind, the butterfly visits the blossoms.
Yet when flowers bloom, the butterfly comes;
When the butterfly comes, the flowers bloom.

Haiku/poem by Taigu Ryokan

Summertime is unfolding and BWY elections are now past. We have a newly elected and enthusiastic volunteer committee in post. We are looking forward to the year ahead.

A big welcome to those new in post:

- Regional Training Officer, Tori Lang
- Area Representative for Cardiff, the Vale and surrounding areas, Dave Fowler
- Secretary, Clare Strange

We are saying goodbye to outgoing committee members Caroline McGurgan, Charlotte Swann, and Kelly Thomas. Thank you for all of your support.

As a committee we are focused on connectivity and ways to reach into our local communities here in Wales. As the year unfolds, we look forward to welcoming you at one of our upcoming online and/or in-person events, including our joyful Sangha celebration in South Wales on Sunday 25th June. As a reminder, information about events, the committee and committee contact details, etc. is available on the Wales section of the BWY website. There is also current news on our social media pages, including our **Facebook page “BWY in Wales”**. There’s something for everyone coming up over the next few months and throughout the rest of 2023, and we hope you’ll be able to join us. If you have good ideas for teachers to invite to your local area to support enhancing and developing the knowledge base of our Wales based yoga practitioners, please get in touch.

The Yoga Sangha here in Wales is an ever widening, diverse and vibrant community. Sangha as shared community helps to foster our learning process, break down boundaries and provide support for our spiritual practice. We are very lucky to have a range of ashrams and beautiful retreat centres here in Wales where the idea of Sangha as part of our yogic path can be explored. As our yoga practice deepens and we centre ourselves as individuals, we have plenty of opportunity through Yoga Sangha to become more inclusive and accepting through shared community experience within broader settings.

Having recently completed a British Council of Yoga Therapy accredited Level 4 Yoga Therapy Diploma over a period of 2 years with Yoga Focus, I am very aware that, rather than a one size fits all approach, many of the clients and students I work with need a more person-centred and individualised application of yoga techniques to meet their individual needs and interests.

“To teach in a manner that respects and cares for the souls of our students is essential if we are to provide the necessary conditions where learning can most deeply and intimately begin”.
(Bell Hooks)

With deepening our understanding and sensitively working with others in mind, I am pleased to be encouraging an authentic and special teacher, Sophia Ansari, to share her work with the BWY. Sophia is a Wales based Yoga Movement Therapist and Psychosomatic Counsellor who works with dignity, intimacy, and beauty to restore feminine balance.

In the future, Sophie will be offering specialised women’s therapeutic training to a very small group of teachers, therapists, and those with an interest in female wellbeing/therapeutic yoga in Cardiff.

Always keen to celebrate the diversity and wide range of homegrown Welsh expertise, please could those who currently offer CPD days in Wales come forward and get in touch with either local area representatives or myself to see where we can add you into our developing events programme. To encourage the further building of expertise in Wales, I would ask that those who have been teaching for some time get in touch if you are interested in developing a CPD day to share with the wider Yoga Sangha. It’s great news that Carol Young will be offering a pilot BWY CPD day in Cardiff on Sunday 3rd September and we would like to really

encourage the creation of more specialist CPD courses here in Wales. There is such a wide range of beautiful yoga practice being offered throughout Wales, developing CPD days to share with our wider community could bring so much benefit and depth of yoga knowledge for everyone.

For those interested in joining the BWY Wales Committee there are volunteering opportunities available. The benefits of volunteering include developing personal skills, team-working and building collaborations, but there is also a Karma Yoga aspect to volunteering and the concept of Seva runs throughout our work as a Committee. If you have time and are interested in serving as a volunteer, we are especially looking for area representatives in West Wales and Mid Wales and for those who are able to help with advertising and communications.

Looking forward to seeing you soon, with my best wishes as always,

Jo Bogacz

(Welsh Regional Officer on behalf of the Welsh Committee)



SOUTH WEST WALES

This volunteer role has become vacant. If you think you might be interested in hearing more about being an area representative, please do reach out to one of the committee members (contact details on p.2).

SOUTH CENTRAL WALES

Dave Fowler
Area Representative



Namaste, dear Yogi's and Yogini's

It is with great pleasure that I introduce myself as the new area representative for this beloved yoga community. My name is Dave, and I am honoured to join you all on this journey of self-discovery and wellbeing.

I know that change can be daunting, and I understand if some of you may be feeling uncertain or hesitant about my arrival. That's why I wanted to take this opportunity to share a little bit about myself and my vision for our community.

I have practised Yoga for many years, also attended many classes within the area with wonderful teachers (we have the best in Wales!) and also teach my own class in the Vale of Glam. I am deeply committed to sharing the teachings of yoga with others and helping to create a space where all bodies feel welcome and supported.

As your new area representative, I am excited to bring fresh ideas and perspectives to our community. I am passionate about creating opportunities for growth and learning, and I believe that we can all benefit from exploring new styles of yoga, attending workshops, and connecting with one another in meaningful ways. Anything you would like to bring to your area please get in touch as we want to explore more events and opportunities.

However, I also understand that change must be approached with sensitivity and respect for the existing community. I am committed to listening to your needs and concerns and working collaboratively with you to ensure that our community continues to thrive and be the best it can be.

Whether you are new to yoga or a seasoned practitioner, I welcome you with open arms and look forward to getting to know you. Hopefully I will be able to meet up with you at some of the exciting events coming soon. Check the website for details.

With loving thoughts
With loving words
With love in our hearts



Namaste my friends Namaste,

Dave

SOUTH CENTRAL WALES

Allie John
Deputy Representative



I hope this finds you well.

June has arrived and heralds the beginning of Summer and it's a great time to get outdoors, feel the warmth of the sun on your skin and move your body in a way that brings joy. I've been enjoying the long days outside, getting out for walks, always accompanied by my little grey whippet Bobbi Dog who has been enjoying the new sniffs of the season.

Lots of exciting things have happened over the last few months.

At the end of April, South Central hosted a BWY Teachers Gathering held at The Grange Pavilion in Grangetown. This was the first teachers gathering to take place in person since the

pandemic, so it was lovely to see everyone and be in the same space. I completed my teacher training with BWY in April 2022 and beyond the people that were on my course, I know very few teachers, so it was great to meet lots of wonderful people teaching in Cardiff and surrounding areas.

We discussed what people wanted from the teachers gatherings moving forward and what was evident was the importance of community and providing a space where people can be supported by peers. As well as providing a space to share knowledge, ideas, and experiences. The session closed with a beautiful meditation practice led by Eloise Dirienzo that explored the theme of connection.

The next teachers meeting will be taking place on the 24 September so if you are a teacher or student teacher and you haven't been to a Teachers Gathering, we would love to see you there. More information and booking details can be found on the BWY website.

The beginning of June was packed with some great events in the Cardiff and Vale region. Including a wonderful Members Benefit session with Audrey Blow which explored the theme of trust. Audrey is an incredible teacher with so much knowledge and experience and she led a beautiful session that nurtured stability and an open-hearted connection with life through asana and pranayama.

But there's still more coming up **Wales Sangha will be taking place on Sunday 25th June at Morganstown Village Hall.** And we are VERY excited. This will be a day of joyful movement with a line-up of 5 incredible teachers and is an event not to be missed. Sangha is an opportunity to gather together and practice together. It is a chance to meet fellow yogis in the area and devote a whole day to your practice. Tickets are limited so make sure you book soon at <https://www.bwy.org.uk/wales/event/2624/>

We have two CPD days coming up later on in the year including Carol Young's pilot CPD day Exploring Stress, Resilience, and the Vagus Nerve on 3rd September at Morganstown Village Hall and Asana And Connective Tissue with Gary Carter on 21st October at Llanishen Baptist Church.

We are also in the middle of planning events for 2024 so if you have any suggestions for the types of events you would like to attend or teachers you would recommend, please drop me an email at wales.scdeprep@bwyregions.org.uk

For now, enjoy the summer.

*there is
nothing left
to worry about
the sun and her flowers are here*

Rupi Kaur

Om shanti, Allie

SOUTH EAST WALES REPRESENTATIVE

Kate Holly



Here we are with another lovely edition of Beyond the Mat. I hope you have a cuppa and some time to enjoy!

It only feels like yesterday that we were preparing for the Spring edition...A beautiful reminder of the seasons and cycles, how quickly we pass from one to the next and the importance of appreciating the beauty and treasure in each moment because, before we know it, we are into a new phase!

Being a sun loving Leo, this season is definitely my favourite! A time when I also get to indulge in the stunning environment of Llandegfedd Reservoir where I am blessed to teach Stand Up



Paddleboard (SUP) Yoga during the summer months. It offers a fantastic opportunity to practice dharana, balance, awareness, and mindfulness. I highly recommend it if you enjoy being outdoors in nature 😊

It's been a fairly busy time in the South East Wales Region.

Back in April we welcomed Ade Belcham for his fascinating CPD session, Body Reading & Skillful Touch for Teachers. It was a full house, and we were privileged to be the first teachers to receive this session. I am certain we will be the first of many as it was very enjoyable!

As well as Ade's excellent teaching and knowledge of the subject, it was, as always, wonderful to catch up with others and indulge ourselves in yoga goodness all day!!

Here are some of the comments about the day:

"It was a great day where we really learned a lot about when, why and how to use touch in class and all of the important considerations around it."

"It was wonderful to discuss this topic amongst peers and I really enjoyed the opportunity to try out some of the practices with each other. I am looking forward to taking the knowledge back to my classes and implementing some of the aspects with my students."

We had a small but mighty teacher gathering at the end of April which really was fruitful.



I was reminded of the fantastic free member sessions available to all members on the BWY site and inspired to listen to a few. So far, I

have very much enjoyed 'Decoding the Gita' with Bhaskarji Ramachandran, 'Menopause Awareness' with Petra Coveney and 'Tantric Meditations' with Gregor Maehle. It's so easy to tune in... simply log in to the website, pick which one you want to enjoy and press play! There is a wealth of sessions and knowledge to explore. There are some interesting ones coming up too and if you want to tune in live, bookings are released about six weeks beforehand so get your diary lined up!

To find out more about the member sessions please see p. 23.

This autumn I am delighted to be welcoming Natasha Harvey of Gaia Lifestyle to the region. She will be delivering her superb Partner Yoga Workshop 'Touching Life', so this is a great one to attend with a friend (early Christmas present maybe?) or make a new friend! I first met Natasha back in 2017 when she delivered a similar session at the BWY Margam Park event. It has stayed with me ever since and I am thrilled to be able to invite her to share the same magic with us in South East Wales.

Saturday 18th November, 10.00 – 13.00, The Gallery, Llanfoist Village Hall, near Abergavenny

Join Natasha for a Yoga and Ayurvedic workshop exploring the innate healing power of positive touch. Explore the sensing body through the structures of anatomy and physiology and the viewpoint of the energetic body through Ayurveda.

In this workshop Natasha will share with us Ayurvedic techniques for self-massage and how you can optimise your wellbeing with Marma point massage for self-care.

Together we will enjoy creative Partner Yoga exercises and experience how being guided and supported in pairs and group practices can develop new insights into the benefits of Yoga.

Let's journey together, from the starting point of individual self, through the holistic and unifying force that is Yoga, to touch life with kindness and compassion.

For full details and to book your spot, please visit the BWY website Wales region events

I hope that I get to see you in person at one of the fabulous events taking place over the next few months. In the meantime, I am, as always, excited to hear from you whether you have a question, concern, or suggestion. Feel free to get in touch at wales.serep@bwyregions.org.uk or call/WhatsApp on 07866 455060.

N 🙌 maste,

Kate x

NOTICEBOARD

Committee Vacancy

We have vacancies on the BWY Wales Committee for Area Reps for Mid Wales and the South West Wales areas. If you feel this is something you would be interested in, please contact one of the team to find out more.

(Contact details on p.2)

DIPLOMA & MODULE PASSERS

Congratulations to Elizabeth Barnard who completed the Mental Health First Aid module with Cathy-Mae Karelse in April this year.

Would you like to advertise your classes, courses, workshops & retreats in this magazine? Why not check our advertising rates on p. 28. We offer competitive prices, and the newsletter reaches the whole of the BWY community in Wales.

Ayur Yoga Eco Ashram, nr Mysore, India

<https://ayuryoga-ashram.com/>

Written by Heather Murray as a journal during and after her trip to India in May 2022

I'm taking the opportunity while listening to stories from the Bhagavad-Gita to describe some aspects of this experience. In amongst sadness of recent years, my Dad died and left me some money. Home life is settled, cottage renovations completed; work situation is now balanced between NHS days and private practice from home; nothing to prove anymore. I turned 60 in March and decided to fulfil a lifelong dream of travelling to India.

Going alone, I looked for an advanced yoga teacher training course where I would both practice lots of yoga and learn at the same time, bringing back gifts of knowledge to share with local class of students. After some research and investigations, the Ayur Yoga Eco Ashram was the choice. An ashram near Mysore, Karnataka, in southern India, set in 18 acres of countryside, by the River Kabini.



It's an Ayurvedic centre (the traditional system of healthcare - I knew nothing about it and was keen to learn) which offers yoga retreats, Ayurvedic treatments and Yoga teacher training courses (200 and 300 hours) certified by the Yoga Alliance. The style is Hatha yoga, Sivananda-based, with chanting, sun salutations, pranayama (breathing practices) and asana (poses) work.

So, in May last year I made enquiries, which were promptly answered, and booked my place. The information for foreign

visitors is very clear with a step-by-step list of what is needed and what to expect. Emails are responded to by Lillie, who I later found out to be an American woman, married to the Ashram director, and one of the senior teachers on the course. Her email signature is 'Smile Always'.

This list set out clearly what I needed to do. Firstly, sort out the Visa. UK residents couldn't get visas online for India and there was a prospect of having to go to an Indian consulate for an interview. I asked for advice from the Facebook Yoga community and followed the recommendation to use an agency (Yoga Genie). It cost £95 but was all done and dusted efficiently in two weeks, without having to make any journeys at all. Happily, none of that is necessary now the e-visa process is back in place.

With Visa in passport, it was time to book a flight which would make this trip feel real. The flight was direct from Heathrow to Bangalore (9 1/2 hours); then a four-hour taxi journey from the airport to the ashram (£50 each way, but you can opt to share a taxi with another student, which I did, so we split the fare.) The ashram books local taxi drivers who wait at the airport arrivals with a sign saying 'Ayur Yoga Eco Ashram' – I couldn't quite believe that this would happen! Instructions reassuringly give three phone numbers just in case, throughout the process I had the sense they are experienced in dealing with foreign visitors.

As the departure date approached, my levels of excitement and apprehension grew. My partner dropped me in Chepstow to catch the Heathrow coach and I was on my way.

The flight passed without incident, the taxi driver was there as promised, and that first taxi journey traversed the city of Bangalore before heading to the countryside. Everything was new and remarkable, bright colours on saris, women riding sidesaddle on scooters, the organised chaos of traffic, lots of horns, lots of rubbish in the city, freely wondering/wandering cows, surprising temples...

I imagined that once at the ashram, I'd start to relax. It took a few more days than that to settle into my little wooden house, find my way around the beautiful grounds and for the schedule to fall into place.

Our group was made up of 18 lively Yoga teacher souls, from Brazil, France, Canada, US, Belgium, Spain, Argentina, Wales,

England, Tel Aviv, India, Switzerland. We had a welcoming puja, an opening ceremony where 2 swamis (holy men) recited 1008 names of god while casting shredded petals on a mandala made of flowers.

The orientation included instruction into neti. This is a cleansing of the sinuses by flushing saline into one nostril, with the head tipped to one side and the mouth open so the water comes out of the other nostril. A neti pot is used for this, it looks like a ceramic Aladdin's lamp. Not unpleasant.

The food is delicious and it's interesting that the students are not involved with the food or the kitchen. We eat what is prepared, there are no tea making facilities in the rooms, no dairy or sugar.



The sattvic (healthy) diet was ameliorated on the day off and a trip to Mysore for a rich breakfast and some delicious sweets, in particular the local speciality called Mysore Pak, with flavours of condensed milk.

I grappled with wildlife in my room (a couple of slugs and a little mouse on more than one occasion) and various flying bugs. I came to move all items out of the bathroom so I could put the light on and have a good look in to see what was there before entering. However, that soon eased too and, with the intense routine in place, the days off were a special treat.



The schedule for six days a week is:

5 am Wake (and shower) and dress (optional in white clothes saved for meditation)

5:30 am Meditation (led by swami)

6 am Neti and hot lemon and ginger drink

6:30 am Yoga

9 am Brunch; the most substantial meal of the day

10:30 am Yoga philosophy

1pm Lunch
2 pm Yoga philosophy/Yoga therapy
3:30 pm Chai, milk tea
4 pm Yoga; taught class and workshops
7 pm Supper
Silence between 10 pm and 10 am
Day seven is a free day, to rest or take an excursion.

Some of my reflections on the experience are ... noticing thoughts arising and letting them go with an om.

Magical early morning meditation as the light brightens the mist on the river. Initially, the warning of a crocodile in the river sounded like a local myth to dissuade swimmers, but it has been sighted a couple of times and made a magical appearance at our closing ceremony.



I enjoyed trips to a Tibetan Buddhist monastery nearby; the community has located there since the Chinese invasion of Tibet. It's known as the golden temple, Namcholing Monastery, and was filled with colourful artwork, the

sound of chanting and smells of incense.



An early morning Safari brought sightings of deer, bison, a tiger, elephants, monkeys, and snowy herons.



Noticing judgements rising and falling. We were advised not to use phones during mealtimes, and I tutted internally to see a student on the phone before catching a swami busily scrolling away. Noticing that my friends at home are mostly my age. I'm the oldest in the group by about 10 years. When one student heard I'd celebrated my 60th birthday this year, he said, "Wow, and you keep up with us all, that's amazing!" He was mortified the rest of the day in case he had caused offence, despite my assurances. The technically brilliant morning Yoga teacher, Sateesh, also said words to that effect. It's made me question how I feel about aging.

My consultation with the ayurveda doctor (for a bad cough that has now miraculously disappeared) resulted in a description of having a vata dosha. In the system we are loosely categorised as having a vata dosha (air, movement), pitta dosha (fire), kapha dosha (earth, fluid). The philosophy classes included an introduction into the Ayurvedic method. The doctor explained I'm in a period of degeneration. Not sure what I make of that either.

How does that square with a sense of now having nothing to prove; certainly not wanting to be assessed? I'm in a different stage of life, not at the start of a career or job as a yoga teacher; perhaps now learning to relax and let go of restlessness. No rush.

I'm now picking this account up again as the course ends with mounting excitement as we prepare for departure tomorrow. During the last two weeks, we were divided into smaller groups so an afternoon session alternated workshops with teaching practice. We've been treated to thoughtful classes and additional delights; a sound bath, a workshop on trauma sensitive, trauma centred yoga by an enthusiastic dance movement therapist; yoga for kids, pre-natal – while yoga philosophy and yoga therapy classes took us into anatomy and physiology and the Vedanta system.

Finishing this now at Bangalore airport. This morning we chanted the Gayatri mantra 108 times and wove a mandala with 108 Surya Namaskars, Sun Salutations.

Things that got on my nerves: music being played through the night from a neighbouring village's festivities; mosquitos; being in a group (I'm not sociable by nature); recognising the lingering presence of grief in my heart and the wellspring of the miracle of life; not much down time...

Things I loved: flowering trees; giant butterflies; hand washing my clothes; being surprised by a peacock strolling past my porch; the soundscape of unknown birdsong/squawk; delicious veggie food; the friendly and helpful staff; finally being in India...

I'd make some practical suggestions, like take your own mug (we are asked not to remove crockery and cutlery from the dining area) and perhaps a flask to fill with hot water and some of your favourite teabags for an early (very early) morning cup of tea/chai.

Thank you, Ayur Yoga Eco Ashram. The director Krish Varma explained that he had lived as a monk in a Shivananda and other ashrams for 12 years before deciding to establish an independent ashram. It has been running for over 10 years, a testament to a clear intention (sankalpa) to cultivate those key aspects of yoga – prana, equanimity, and awareness. I can freely recommend the experience and would gladly chat more if anyone is considering making a trip.



MEXICAN CHOCOLATE SNICKERDOODLES

From 'Vegan Cookies Invade Your Cookie Jar'

By Isa Chandra Moskowitz And Terry Hope Romero

Ingredients:



For the topping:

1/3 cup sugar (I don't use quite this much - 1/4 cup is fine)
1 teaspoon of ground cinnamon

For the cookies:

1/2 cup canola oil (This is rapeseed oil, but I use ricebran oil)
1 cup sugar
1/4 cup pure maple syrup
1/2 teaspoon cinnamon
1/2 teaspoon cayenne

This is a beautiful crackle-topped chocolate cookie recipe with a spicy cayenne kick and a sugary cinnamon coating. Sold!

(Note: English ingredients in italics)

Tori Lang

3 tablespoons nondairy milk
1 teaspoon vanilla extract
1 teaspoon chocolate extract (or more vanilla extract if you have no chocolate)
1 2/3 cups all-purpose flour
1/2 cup unsweetened cocoa powder (regular not Dutch)
1 teaspoon of baking soda (*Bicarbonate of soda*)
1/4 teaspoon *fine* salt

1. Preheat the oven to 350' F or 180°C. Line two large baking sheets with parchment paper.
2. Mix the topping ingredients together on a plate. Set aside.
3. In a medium sized bowl, use a fork to vigorously mix together the oil, sugar, syrup, and milk. Mix in the extracts.
4. Sift in the remaining ingredients, stirring as you add them. Once all the ingredients are added, mix until you've got a pliable dough.
5. Roll the dough into walnut-sized balls. Pat the dough balls into the sugar topping to flatten into roughly 2inch discs. Transfer the discs to a baking sheet, sugar side up, at least 2 inches apart (they do spread). This should be easy as the bottom of the cookies should just stick to your fingers so you can just flip them over onto the baking sheet. Bake for 10-12 minutes; they should be a bit spread and crackly on top. Remove the cookies from the oven and let them cool for 5 minutes, then transfer them to wire racks to cool completely.

Pran Mudra (Life Mudra) To enhance immunity & increase vitality

Article supplied by Sue Baynham-Evans, BWY Teacher and YFHLB Teacher

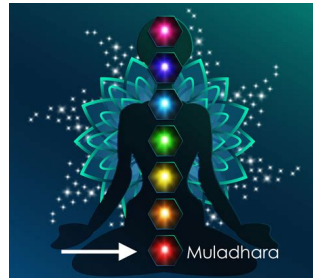
Picture and extracts taken from “Yoga in your Hands” by Gertrude Hirschi



With each hand: place the tips of the thumb, ring finger and little finger together. The other fingers remain extended.

As needed, use for 5 to 30 minutes. Or, as a course of treatment, practice three times a day for 15 minutes.

The Pran Mudra activates the root chakra or Muladhara, located at the base of the spine, where the elemental force of a human being is found. This finger position stimulates the nourishing energy in the pelvic floor.



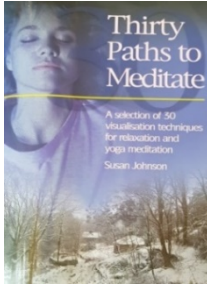
This mudra increases vitality, reduces fatigue and nervousness, and improves vision. It is also used against eye diseases. It increases our staying power and self-confidence, and the strength to see things through. When practicing the mudra, putting the thumb onto the fingernails of the other two fingers, instead of their tips, will increase its effectiveness. Combining this with a slow and gentle breath will bring a stabilising and calming sensation.

You can repeat the affirmation below as what you think, whilst you are in this position, is also important.

Affirmation

I have a healthy appetite for the small and large adventures of life. I digest the challenges with great pleasure and joy.

Meditation: A Path to Stillness



*Taken from 'Thirty Paths to Meditate'
A selection of visualisation techniques
for relaxation & yoga meditation
By Susan Johnson*

Article supplied by Sue Baynham-Evans
BWY Teacher and YFHLB Teacher

Imagine you are walking along a sandy pathway, towards the beach. The sand dunes are high, hiding the seashore. The path meanders in and out; wild flowers are in abundance, sand snails cling to the long grass. Up and down the path goes until you come to a clearing, now you are able to see the sea. The tide is out, the rock pools are visible, and the sand is clean and golden in the sunshine. The beach is empty. You find a sheltered place among the sand dunes where you can sit and watch the changing sea. The grassy bank behind you shelters you from the breeze. This is a quiet, still spot to sit back and relax.

The colour of the sand is golden, and as you allow your fingers to glide through the coarse texture you are mindful of relaxation gently flowing through you. A lone seagull hovers overhead, the movement of the tide gently stirs the rock pools, the steady sound of the waves is comforting. The regular movement of the waves brings a steady rhythm to your own breathing, and you find yourself drifting, melting into a dream. Gliding and drifting you let go and surrender.

In this dream you can run, dance and skip. You are full of energy, health and free from pain. At the water's edge your bare feet are soothed by the warm water. You allow your ankles and legs to be bathed. You walk along feeling carefree, no-one is here to watch you skipping along, jumping over a small wave. A smile and then a giggle, turns into laughter. How long ago it was since you felt like this, how easy it feels to just be.

Dancing along now you dare the waves to brush your knees. The sand is soft beneath your feet, connecting to the ocean, you feel the energy and the laughter awakens your inner childlike innocence and you celebrate the fact you are alive and well. How well you feel, no aches or pains, just a warm glow of happiness sweeping over you like a wave.

The gentle breeze awakens you and you stir and look around. All is quiet, all is still, all is well. You feel lighter, uplifted, and at peace with the world.

Submitted by Sue Baynham-Evans

MEMBER SESSIONS 2023

<https://www.bwy.org.uk/members/resources/37/>



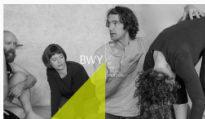


Are you up to speed with the Member Sessions happening throughout this year? There's a fantastic line up of events – all online and free to BWY members. It's a wide range of subjects, taught by leading experts in their field, and is set to become a regular feature on the BWY calendar.

Previous sessions include a hugely informative talk on Equity, Diversity, and Inclusion by Joesetta. An area we all need guidance on. If you missed it, or want to watch any of the events again, you can catch up via the recording, in your member's dashboard, under resources.

As each event takes place, you'll find the recording at the bottom of the page. Already listed alongside Joesetta are last year's talks on Marketing for Yoga Teachers by Lucy Edge and Menopause Awareness with Petra Coveney. CPD points are accrued one per hour.

COMING SOON:

| | | |
|---|---|--|
| Tuesday 4 July 14:30 - 16:00 |  | Graham Burns 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 Body Positive Yoga Booking opens: 3 August |
| Saturday 18 November 10:00 - 12:00 |  | Bill Wood Moving From Within Booking opens: 6 October |

Keep an eye on our 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.

**BWY JOINS
YOGA, AYURVEDA, AND WELLBEING EXPERTS
FOR CONFERENCE
AT LAMPETER UNIVERSITY**

BWY is thrilled to be part of an amazing line-up at a summer conference hosted at Lampeter University in Wales by the Harmony Institute Health Initiative in partnership with the College of Medicine and Integrated Health. The event entitled: Yoga, Ayurveda and the Cultivation of Harmony will take place on Friday 30 June to Sunday 2 July.

The event will bring together senior members of the College of Medicine and Integrated Health, the Oxford Centre for Hindu Studies, the National Institute of Herbal Medicine, and the British Wheel of Yoga to explore how yoga and ayurveda can be used as preventative tools for improved health and wellbeing.

BWY Chair Di O'Reilly will lead an interactive talk on how yoga can empower wellbeing on the Saturday morning.

"I was thrilled to be invited to present at Lampeter University's Yoga and Ayurveda conference", said Di O'Reilly, BWY Chair. "It is a great opportunity to explore how ancient Asian traditions are becoming more integrated into holistic Western medicine. I am looking forward to connecting with scholars and medics from around the UK to see how we can work synergistically together in the future."

Also taking part in the conference is BWY tutor, Rajesh David, who kicks off the event with a musical overture.

BWY members are welcome to attend the event. Early bird tickets are £65 for the weekend and are only available until noon on Monday 15 May. BWY teachers can claim CPD points for this event at one per hour, provided they reflect on what they have gained and how their teaching may have benefited.

For more information about the event, as well as tickets, please visit: <https://harmonyinstitutehealth.com/>

Weekend, June 30th - July 2nd, 2023

Yoga, Ayurveda, and the Cultivation of Harmony

Lampeter University Campus

*A Summer's Weekend of Presentations,
Discussions, Workshops, and Music*

Confirmed contributors so far include:

Diana O'Reilly, Chair of the British Wheel of Yoga

Catrin Finch, virtuoso harpist, performing her new compositions exploring the power of music to heal and sustain us

Dr Michael Dixon, Chair of the College of Medicine and Integrated Health and of the National Social Prescribing Network

Rajesh David, musician, composer, and Nada Yoga teacher

Gavin Flood, Oxford University's Professor of Hinduism, author of *The Tantric Body*

Anne McIntyre, herbalist in both the Western and the Ayurvedic traditions and author

Dr Graeme Tobyn, academic, herbalist, and authority on the holistic medical system of Nicholas Culpepper

Daniel Simpson, lecturer in the history and philosophy of Yoga at the Oxford Centre for Hindu Studies and at Triyoga, London



Y Sefydliad Cytgord
The Harmony Institute

Please see our website for detail. There is an early booking discount

[HarmonyInstituteHealth.com](https://www.harmonyinstitutehealth.com)



Restorative Yoga

By Tutor, 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 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 and on the advertisement on p. 32.

carol@yogacarol.co.uk

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

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

YOUR IMPACT ON OTHER PEOPLE

is bigger than you think. Someone still giggles when they think of that funny thing you said. Someone still smiles when they think of the compliment you gave them. Someone silently admires you. The advice you give has made a difference for people. The support and love you've offered others has made someone's day. Your input and opinions have made someone think twice. You're not insignificant and forgotten. Your existence makes a positive difference, whether you see it or not.

Compassionate Reminders



PUBLISHING POLICY

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

Please send adverts, course listings and articles to the editor at wales.editor@bwyregions.org.uk. Word documents are preferred, but jpeg's also accepted. If you wish to take advantage of members' rates, please provide your BWY membership number. Foundation, teaching, and module courses are free for the events listings section but are payable if advertised.

| Advertising Rate (inc VAT) | BWY / Accredited Price | Full Price | Format |
|-----------------------------------|-------------------------------|-------------------|----------------|
| Half Page | £15.00 | £30.00 | 10.8 x 9.03cm |
| Full Page (A5) | £25.00 | £35.00 | 10.8 x 18.46cm |
| Back Page | £40.00 | £75.00 | 10.8 x 18.46cm |

Advertising & Publishing Deadlines:

| Issue | Copy Deadline | Copy to Head Office | Delivery Date |
|--------------------|----------------------|----------------------------|----------------------|
| Autumn/Winter 2023 | 13 August | 21 September | 23 October |
| Spring 2024 | 4 December | 5 January 2024 | 3 February 2024 |

Please note goods or services are not necessarily BWY accredited. Advertisements are accepted at the discretion of the committee, and are included on a first come, first served basis space allowing., Teacher training courses are accepted on the basis they are BWY accredited

| DATE | EVENT | LOCATION | TYPE | CONTACT |
|---|--|--|------------------------------|-------------------------------------|
| 25 June | Wales Sangha Gathering: Joyful June | Morganstown Village Hall Cardiff CF15 8LE | Festival 10.00 – 17.30 | Dave Fowler |
| https://www.bwy.org.uk/wales/event/2624/ | | | | |
| 3 September | Exploring Stress, Resilience, and the Vagus Nerve Tutor: <i>Carol Young</i> | Morganstown Village Hall Cardiff CF15 8LE | Pilot CPD Day | Allie John (see detail on p. 30) |
| https://www.bwy.org.uk/wales/event/2664/ | | | | |
| 21 October | Asana & Connective Tissue Tutor: <i>Gary Carter</i> | Llanishen Baptist Church Fidlas Road Cardiff CF14 5LZ | CPD Workshop | Allie John |
| https://www.bwy.org.uk/wales/event/2626/ | | | | |
| 18 November | Partner Yoga Workshop: Touching Life Tutor: <i>Natasha Harvey</i> | Llanfoist Village Hall, Abergavenny NP7 9LP | Open event | Kate Holly |
| https://www.bwy.org.uk/wales/event/2676/ | | | | |
| Sept 23 – Mar 2024 | Foundation Course 1 | Penarth CF64 1EU | BWY Training | Tutor: Tori Lang (see p. 31) |
| https://www.bwy.org.uk/national/event/2651/ | | | | |
| From Sept 23 | The Foundations of Yoga | Swansea Wellbeing Centre SA1 5PQ | BWY Training | Tutor: Diana O'Reilly (see p. 32) |
| https://www.bwy.org.uk/wales/event/2425/ | | | | |
| Oct – Nov | BWYT Restorative Yoga Module | Live Online | BWY CPD Module | Tutor: Carol Trevor (see p. 33) |
| https://www.bwy.org.uk/national/event/2553/ | | | | |
| 6 Sat's from 9 Sept | 50hr Yin Yoga Teacher Training | Online via Zoom | BWY Certified Training | Tutor: Gillian Cawte (see p. 34) |
| From 9 Sept | Teaching Yoga to Children & Teens | Online via Zoom | BWY Accredited Training | Tutor: Christiane Kerr (see p. 35) |

A BWY CPD PILOT DAY

(This day will be assessed and if deemed to be of the right standard and beneficial it will become a CPD Day)

With: Carol Young

Description: **Exploring Stress, Resilience, and the Vagus Nerve.** The theory and practice of reducing stress and building resilience

Course Dates: Sunday 3 September 2023

Venue Address: Morganstown Village Hall, Cardiff

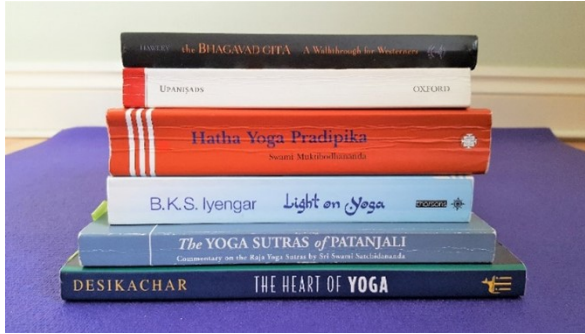
Stress and stress management are huge topics. The damaging effects of stress can be seen in many modern physical and mental health problems. We all react to stressful situations in different ways. When we learn to recognise everyday stressors and notice our mental and physical reactions to situations, we can learn ways to manage and reduce the effects of stress on the mind and body. Many of the stress reducing techniques have been known by yogis for millennia. As our modern scientists discover more about our complex nervous system, it leads us to understand our yoga practices in more depth. As yoga teachers we can incorporate this knowledge into our own lives and teaching. Helping students reduce their stress and become more resilient.

We will explore how stress can be recognised, measured, and reduced personally and introduce these concepts in our teaching. We will investigate the anatomy and physiology of the stress response. Introduce the poly vagal theory and the role of the vagus nerve. You will have the opportunity to experience different yoga practices and evaluate their effectiveness. We will look at the concepts of safety, stress, distress, hormesis, healthy vagal tone and resilience.

Also, learning about co-regulation, how do we arrive at our classes? How can we arrive relatively stress free? Adding a calm, positive, expansive energy to the class and our teaching.

This will be a mixed day of practice, talks and discussion.

This day will run from 10 to 4.30 with half an hour for lunch and a few quick comfort breaks.



BWY Foundation Course

BWY Foundation course (1) is for students who wish to take their own yoga journey further for their own personal joy and love of yoga, for those considering teacher training (but unsure) and those keen to continue to teacher training and beyond. It is a wonderful course of self-discovery and development. It develops learning and awareness beyond what is typically covered in general classes and encourages a deeper personal practice.

Applications are welcome from students from all backgrounds, with a minimum of 2 years consistent practice with a teacher.

Introductory workshops will run July/August 2023.

The course runs **1 weekend a month** from **September 2023** – **March 2024**, in Penarth, Cardiff.

To express your interest and find out more, please contact **Tori Lang**: info@yogawithtori.co.uk

Reviews from previous students:
<https://www.yogawithtori.co.uk/foundation-course/>

THE FOUNDATIONS OF YOGA

with Diana O'Reilly

'I found the course
instructive and very
enjoyable, laughs a
plenty. Good food and
good company.'
Dave Fowler



'Each month I grew a little more
in confidence and I met some
great like minded people who
I'm still friends with today.'
Mark McCluskie

Beginning September 2023
Swansea Wellbeing Centre, SA1 5PQ

For more information, please contact Diana O'Reilly at
www.dianaoreillyyoga.com or Facebook page: Diana O'Reilly Yoga



Credit: Om Shanti Namaste, Limited Edition Digital Print.
www.lizpicton.com

BWYT RESTORATIVE YOGA MODULE

TEACHER TRAINING OCT-NOV 2023



30-Hour Online CPD
Open to all qualified yoga teachers

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

BWY Certification and Yoga Alliance CEUs

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

For details and to apply:

carol@yoqacarol.co.uk

07949 743 942

www.yoqacarol.co.uk

**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

07968 154525

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

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

BRITISH WHEEL OF YOGA WALES
PRESENTS

BWY

AT
THE
HEART
OF YOGA
IN WALES



Sangha

A FESTIVAL OF YOGA

SUNDAY JUNE 25TH

5 TEACHERS AND TRADE STALLS

MORGANSTOWN VILLAGE HALL

10am to 5:30pm

FOR TICKETS & MORE INFO VISIT

www.bwy.org.uk/wales/event/2624/

