



BWY

AT
THE
HEART
OF YOGA
IN YORKSHIRE

BEYOND THE MAT

Litha 2023

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

Regional Officer

Lucy Croucher
07740 803663
yorks.ro@bwyregions.org.uk

Regional Treasurer

Peter Graves
yorks.treasurer@bwyregions.org.uk

Regional Secretary

Sarah Taylor
yorks.secretary@bwyregions.org.uk

Regional Training Officer

Catherine Eastwood
07814 019379
yorks.rto@bwyregions.org.uk

Newsletter Editor

Lucy Croucher
07740 803663
yorks.editor@bwyregions.org.uk

North Yorkshire Area Rep

Clare Walker
17 West End
Osmotherley DL6 3AG
07595 873221
yorks.nyorksrep@bwyregions.org.uk

West Yorkshire Area Rep

Claire Hall
14 Barfield Avenue
Yeadon LS19 7SH
07722 241676
yorks.wyorksrep@bwyregions.org.uk

East & South Yorkshire Area Rep

VACANCY

Safeguarding, Diversity and Child Protection Officer

safeguarding@bwy.org.uk

Central Office

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

PUBLISHING POLICY

Please send adverts to the Editor via email in MS Word and pdf format. Please ensure pdfs are of a reasonable quality and the correct size. Adverts will only be published if full payment is received before the deadline. The Editor will provide payment details on receipt of your advert. A receipt will be sent to you by the Treasurer following the posting out of the newsletter. **Listings for all adverts, BWY foundations courses, modules and teaching diploma courses are charged as follows:**

Advertising Rates (inc VAT)	BWY / Accredited Price	Full Price
Half Page	£15.00	£30.00
Full Page	£25.00	£35.00
Back Page (Colour)	£40.00	£75.00

Issue	Date Sent Out	Copy Deadline (Adverts and Editorial)
Samhain – Winter	23 October 2023	14 September 2023

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

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

CONTENTS

CONTACTS	2
EDITORIAL	4
WELCOME	5
BWY CPD EVENTS	6
CONGRATULATIONS / FIRST AID TRAINING	9
BWY YORKSHIRE EVENTS	10
FEDERATION LISTINGS / SUMMER SCHOOLS	11
WORKSHOPS & EVENTS	13
ARTICLES	24
BOOKING INFO	31

Self-Catering Yoga holiday retreat cottage in Whitby, North Yorkshire

Offers the sole and unlimited use of a Fully Equipped
Yoga Studio overlooking Whitby Harbour

Walk the sands, climb the moors and pursue your own
Yoga or fitness practice.

From £50 per day. Sleeps 2

Contact:- lauraemeszaros@yahoo.co.uk

Tel:- 07787 131674

Front & Back cover: Statues in Garden, Bangkok, Thailand
Photos by Lucy Croucher

EDITORIAL

Following the AGM, I'm delighted to confirm that Peter, Catherine, Clare, Claire, Jayne and I have been re-elected into post. We were very sad to lose Sarah Taylor shortly before the election; thank you Sarah for your long-standing support of the Regional Committee as Web Admin and more recently as Secretary – we'll miss you. We are also sad to lose Juliet, who decided not to stand for election.

Please welcome Jayne who joined us just before the AGM and has now been fully elected as Regional Secretary; you can find out more about Jayne on page 5.

This newsletter has plenty to spark your interest, from details about the Yorkshire Regional Sangha on 15 July, a host of other events and some fantastic articles about topics as diverse as Vedic chanting, Queer Yoga and bringing together Nada Yoga & Bones for Life.

Hope to see you somewhere very soon on or off the mat.

Enjoy!

Love Lucy / DharmaKirti



Teachers' Discussion Group

Next get together is on 01 July via Zoom. The theme is Yoga and the LGBTQIA+ Community. It would be lovely to see you whether you are a long-standing teacher, recently qualified or a student teacher.

WELCOME TO OUR NEW COMMITTEE MEMBER

Jayne Pennock, Regional Secretary



I live in Doncaster with my partner Lee, daughter Ellie and our dog Poppy (who is an expert in relaxation!) I currently teach three classes each week, two gentle Hatha classes and a Chair based class, at Hatfield Community Library which is a lovely space to practice Yoga.

My yoga journey began around 20 years ago when I attended classes with a lovely teacher called Sally Mandon. Life then got busy – running a business and raising our daughter so yoga was put on the back burner. I returned to classes around nine years ago and the yoga spark was re-ignited, this time by BWY Teachers - Teri Adams and Judy Grindle.

I have been a member of the BWY for several years now and completed the BWY Foundation Course in 2015, followed by the BWY Level 4 Diploma Course with Carolyn Clarke and Gillian Gee at Jasmine Trust in Babworth, qualifying in December 2018.

I am passionate about the benefits that Yoga has for our health and well-being and am keen to share this with everyone who comes to my classes. I truly believe that Yoga is for Every *Body* – if you can breathe, you can do yoga!

I would like to thank Lucy and the Yorkshire Regional committee members for welcoming me and to Sarah the previous Secretary for her help and advice about the role. I am looking forward to working with the committee and getting more involved with the regional yoga community.

WELCOME

BWY CPD EVENTS

CPD Ref: 23/04
 Date: Saturday 23 September 2023
 Tutor: Rajesh David
 Subject: Song of the Heart - Heart Centring Practices
 Venue: Trinity Church Hall, New Road Side, Rawdon, LS19 6AS
 Organiser: Claire Hall, West Yorkshire Area Rep



Tutor:
 Rajesh David trained at The Yoga Institute, Mumbai, India. He is also a composer and singer, trained in Indian classical music. As a professional singer he was a graded artist for All India Radio & Television. Whilst living as a resident of Mandala Yoga Ashram in Wales for four years, he conducted kirtan and chanting sessions, gave concerts and taught regular Nada Yoga courses.

CPD Information

Love and compassion are innate; they only need to be given the opportunity for expression. Song of the Heart focuses on the Heart Centre as a way of deepening our meditation practice. The course explores the symbolism and meaning of Anahata Chakra. Through visualization, mantra chanting, drawing, colouring and meditation practice, we will deepen our understanding and open our heart to intuition and insight. Practices will be suggested for awakening the joy and wisdom of the heart, and exploring our emotional landscapes, including feelings such as appreciation, kindness and forgiveness. Such practices have the potential to heal the heart and transform negative emotions such as fear and resentment into friendliness and free-flowing love. A practice of meditation will be developed based on the concepts and the techniques covered during the day, opening the heart and focusing on the Inner Witness. Working on heart-centred practices has the potential to lead one to a state of deep relaxation, expanded awareness and inner stability.

BWY CPD EVENTS

CPD Ref: 23/05
Date: Saturday 07 October 2023
Tutor: Swami Krishnapremananda
Subject: Introduction to the Chakras
Venue: Zoom
Organiser: Juliet Bloom, East & South Yorkshire Area Rep



Tutor:

Swami Krishnapremananda has been living, practising, serving and teaching in the Mandala Yoga Ashram (www.mandalayogaashram.com) in Wales for many years. He is a senior teacher within the Ashram and directs its Yoga Teacher Training Course. His experiential understanding has continued to mature over the years through ongoing contact with inspirational teachers, combined with sustained and dedicated practice. Whilst

living in the Ashram, he has trained in many aspects of yogic study and practice, gradually deepening his capacities to deliver the teachings to others in a clear and accessible way and endeavouring to imbibe and live the spirit of Yoga in and through daily life. During 2007, he furthered his understanding and experience by participating in a 12 month Vedanta training course in India.

He regularly teaches both within the Ashram and further afield on many aspects of yoga, for example, Mudra, Bandha, Chakras, Koshas, Meditation, Pranayama and the yogic texts such as the Bhagavad Gita, Katha Upanishad and Vigyana Bhairava Tantra.

CPD Information

During this event, you will be introduced to the chakras, the subtle energy centres of the body – their functioning, inter-relationship and associated symbols. You will gain a better appreciation of how the chakras impact on our daily lives and the value of integrating the chakras for a balanced yogic lifestyle.

The day will include talks and guided asana, pranayama, meditation, mantra and yoga nidra practices to bring the chakras alive through experience.

BWY CPD EVENTS

CPD Ref: 23/06
Date: Saturday 11 November 2023
Tutor: Rosemary Bennett
Subject: Swara Yoga
Venue: Well House Yoga Space, Harrogate HG3 2LN
Organiser: Clare Walker, North Yorkshire Area Rep



Tutor:

Rosemary has been practicing yoga for over 40 years, been teaching for 35 and has been training teachers since 1991. Rosemary has studied a wide range of styles of yoga including Iyengar, Viniyoga, Ashtanga Vinyasa, Sivananda, Bikram, Kundalini and traditional Hatha Yoga. She has been strongly influenced by her own teacher Swami Satchidanana Ma who mixes Integral Yoga with the Alexander Technique; Phil Jones a pranayama and breath work expert; Meg Trainor an Authentic Movement facilitator; Dr Robin Collen a Professor at SUNY Potsdam teaching Pilates and ballet; Swami Omkarananda's teachings of mantra; and last but by no means least, Dr Kumar of Traditional Yoga. Rosemary leads with a disciplined yet flowing style which blends precision in alignment with her love of movement and the power of meditation, mantra and pranayama.

CPD Information

The day will include a short talk about Swara Yoga, a balanced hatha yoga practice, two meditation practices of Prana Samyama, a guided trataka practice and shanmukhi mudra and a yoga nidra.

CONGRATULATIONS

🙏 Alison Singer who completed the Ayurveda Module with Tarik Dervish & Cathy Mae in February 2023

And to all the Winners of the Heart of Yoga & Wilfred Clark Bursary Awards

The Anthony Grover Award – Christine Royle and John Cain
Rising Star Award - Sandra Cook
Community Champion Award - Davy Jones
Ambassador of the Year Award - Ilkay Ozcan
Education Champion of the Year Award - Laura Le Feuvre
Event Volunteer of the Year - Jo Webb
Wilfred Clark Bursary – Sarah Gott and Jenny Loe

FIRST AID TRAINING

NORTH YORKSHIRE

Date: Sunday 02 July 2023

Venue: The Maypole Room at the Poppleton Centre, Main Street, Poppleton, York YO26 6JT

SOUTH/EAST YORKSHIRE

Date: Saturday 16 September 2023

Venue: Darby and Joan Hall, Finkle Street, Cottingham HU16 4AZ

ALL COURSES ARE:

09.30 – 16:30

Limited to 12 students

Cost:

BWY Members/Affiliates: £55

Full price: £70

Please go to <https://www.bwy.org.uk/yorkshire/> for more details and to book your place.

We are very happy to organise further courses if there is sufficient demand. If your First Aid certificate is going to expire in the next 6 months please contact our Regional Training Officer, Catherine (yorks.rto@bwyregions.org.uk).

**BWY Yorkshire
Regional Sangha – a community
gathering with Spiritual intent**

**15 July 2023
10:00-16:00**



*International
Yoga Day*

Another opportunity to practice in person or, if you prefer, remain in the comfort of your own home.

Four venues in Yorkshire, linked via Zoom, hosting an in person event with our fantastic local BWY teachers

Anji Ripley, Om Yoga Works, Farsley, Leeds

Helena Turner, Sheffield Yoga School

Frayah Humphries, Helperby Village Hall

Sara Richard, Well House Yoga Space, Harrogate

Choose from one of the venues for an in person experience or join us via Zoom.

Please go to <https://www.bwy.org.uk/yorkshire/events/> for more details and to book your place

WEST YORKSHIRE FEDERATION OF YOGA

Meetings are held monthly on Sundays from 14:00-17:00 at The Robert Craven Memorial Hall, Old Lane, Bramhope, nr. Leeds, LS16 9AZ

Fees: £10 per session. Annual Membership is currently under consideration by the Committee.

If you are a student of the workshop tutor, you can attend their session for £5.

Sarah 075 140 23666 Sarah.lons@yahoo.com (Acting Secretary)

2023

11 June Louise Wray - *Radiance & Rest*

09 July Jayadhara (Jane Cluley) - *Fascial & Yin Yoga*

August Summer Break

Future dates to be confirmed (depending on group continuing to be viable)

Enhance your Yoga practice and be inspired by working with a new Tutor every month.

RIPON SUMMER YOGA 2023

Wednesdays 7.30 – 9.00 pm at
AllHallowgate Methodist Church Hall
Victoria Grove HG4 1LG

Drop in sessions for all abilities from 16 years old
£7 (cash only) per session – no booking required

19 July Sue Beever

26 July Deidre Bounds

02 August Michelle Mangeolles

09 August Carole Hilton-Stone

16 August Jo Parker

23 August Shirley Wood

Wear loose clothing and bring a yoga mat [some available]

For more information please contact:

Sarah Sutton 01845 567890 Lucy Croucher 07740 803663

NORTH YORKSHIRE YOGA FEDERATION

2023 Programme

The Village Hall, Stockton on The Forest, York, YO32 9UR

Saturday Mornings 10am-12noon

Saturday sessions are face to face & include a Zoom option for members when possible. No booking needed.

Saturday sessions free to members, £8 non members,
£20 annual membership.

10 June	<i>Summer Loving</i>
08 July	<i>A Somatic Approach to Yoga</i>
09 Sept	<i>tbc</i>
14 Oct	<i>Fascial & Yin Yoga</i>
09 Dec	<i>Intelligent Move for Healthy Body and Mind</i>

Zoom Summer School Tuesday evenings 7-8.30pm

5 sessions for £25 non-members, £20 members. Includes 6 week availability of recordings, *teacher permitting. Booking essential.

25 July	Bill Wood
01 August	Janet Anthony-Buck
08 August	James Chapman
15 August	Carolyn Clarke
22 August	tbc

Day Seminar see page 13

Sunday 05 November **Les Dike**
“Updating your Yoga Anatomy The Cervical and Thoracic Spines”

*Please do check the website & members emails & Facebook
 “North Yorkshire Yoga Federation” private group to keep up to date and for essential last minute news.*

**Contact & booking: nyyf_membership@btinternet.com
<https://yogaextra.chessck.co.uk>**

**NORTH YORKSHIRE YOGA FEDERATION
AUTUMN SEMINAR 2023**

Sunday Nov 5th 10am-4pm Face to face only.
Park Grove Academy, Park Grove, York, YO31 8LG

Lesley Dike
**“Stepping up your yoga anatomy: the
cervical and thoracic spines”**

This is an area of the body that is often ignored, treated over-cautiously or pushed to the point of harm. It requires a common sense approach, based on an understanding of the structural anatomy. This anatomy training day will focus on demystifying the region and answer key questions such as:

- Do the structures of the cervical and thoracic spines reveal how we should move?
- Do we ignore this information at our peril?
- Why do so many people have neck and upper back pain and what role does stress play?
- What can we learn by just looking at this spinal area?
- Which interventions are useful in yoga practice?
- Are there poses to avoid?

The day will have both theoretical and practical components.

Qualified with the BWY in 1981, her influences are Pete Blackaby & Joanne Elphinston. Les developed her own 'Physio for Yoga' practise. Understanding anatomy revolutionised her yoga teaching with an emphasis on safety and healthy movement habits. Weaving physiotherapy knowledge into yoga asana, Les is honest, refreshing and entertaining. Her enthusiasm for anatomy is infectious.....who knew anatomy could be so much fun?

NYYF members £25, non-members £30
For payment information and booking contact
nyyf_membership@btinternet.com
More information at <https://yogaextra.chessck.co.uk>

Tea & coffee provided.
Please bring your own lunch, mug & utensils



BWY Foundation Course 1

**Starting in Farsley, Leeds
October 2023**

with Claire Hall

The course will be run over 10 months starting October 2023 with an Introduction afternoon on 09 September 2023, all taught from the beautiful **Om Yoga Works Studio** in Farsley, Leeds.

Over 10 monthly sessions (60 hours) we will explore the wonder that is Yoga in more depth. Exploring asana, pranayama, relaxation, mudra, mantra, meditation and bandha. We will delve deeper into the history and philosophy of Yoga. This is an opportunity to also develop your own personal practice and understanding.

This course is intended for students who have at least two years attendance of live classes and would like to develop their knowledge of yoga further as well as for those wanting to train as teachers as it provides a good introduction to BWY Certificate and Diploma teaching courses.

If you are interested in this course and require further information or an application form please contact Claire on : **07722241676** or **yeadonyoga@gmail.com**



Calma Yoga

wellbeing & equilibrium
with Jacqui Jones



www.calmayoga.co.uk
07979 007677
jacqui@calmayoga.co.uk

Treat yourself to a rejuvenating day retreat! Leave feeling relaxed & restored after a practice aimed at boosting your wellbeing. Closing Sound Bath Relaxation with the talented Sound Therapist Julian Ellis. £40 including refreshments. Book online via website or drop me a text/give me a ring.

Foundation Course 1

Want to take your yoga to the next level? Maybe even teach? Deepen your practice and understanding, with kindred yogis. This course is good for personal development. Campsall Village Hall, DN6 9AN - Convenient location with ample parking, 3mins from A1, 10mins from M62. Saturdays - Sept 2023 until May 2024. See website for full details.

CALMA YOGA RETREAT DAY SUNDAY 2ND JULY 10AM-4PM

Boston Spa Village Hall 199 High Street, Boston Spa, LS23 6AA



with **SOUND BATH RELAXATION** with Julian Ellis - Sound Therapist
10AM UNTIL 4PM



Yoga with Alpacas

Thursday 4 – 5pm 22 June, 13 July, 17 August, 14 September

Have fun, relax, feel happier by joining an outdoor yoga class with the calming company of alpacas. £10

BWYQ Certificate Course

Intro Day 22 July Course Starting 30 September @YO61 4PF

Monthly meetings, Saturdays in-person and Sunday morning Zoom

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

Just be – Yoga Weekends

27-29 October @Cober Hill Hotel, Scarborough

2-4 February 2024 @Raven Hall Hotel, Ravenscar

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

Coniston Yoga and Walking Holiday

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

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



in-person, online classes, Zoom library

janecluley@gmail.com

07906 652669

moonriseyoga.co.uk

Yoga For Generalised Anxiety Disorder

A pilot programme starting in Yorkshire as research & development for a new qualification

For more information, see www.bwyq.org.uk



Qualified Yoga Teachers with psychology or yoga therapy background, please express interest / send CV by 15 July 2023 to BWYQ Chair Laura Bissell

Potential students with an anxiety/panic disorder diagnosis, please contact Laura if interested in participating in the free-of-charge 12-week YOGAD programme

Email: BWYQchair@gmail.com Mob: 07818 064861



British Wheel of Yoga Qualifications
25 Jermyn St, Sleaford NG34 7RU
Companies House No. 07371206
Registered Charity No. 1140717

FIRST AID TRAINING



Emergency 1st Aid at Work

3 year certificate

18th November

19th November

Sheffield Yoga School, S6 3TA

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

www.sheffieldyogaschool.co.uk

Releasing the Breath



Bill Wood

23rd & 24th March 2024

Sheffield £140

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

Scaravelli inspired Yoga practice.

www.sheffieldyogaschool.co.uk



Introduction to Sound and Vedic Chanting for Health and Wellbeing

The use of sound has always been a powerful tool in Yoga to foster a wide range of qualities including; to calm or stimulate, to support concentration and to develop confidence.

There is now growing scientific and medical interest and research into the wide range of benefits of mantra and meditation to our health and wellbeing.

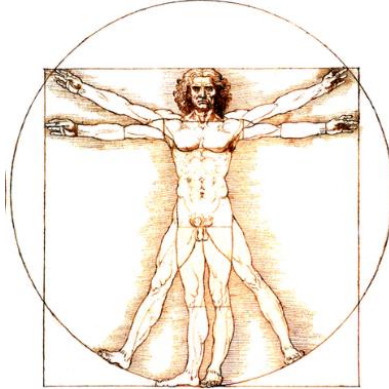
Join us for this experiential workshop which will include an āsana practice using sound and an introduction to chants for health and wellbeing.

No singing ability necessary!

Time: 10:00-12:30
Date: Saturday 14th October 2023
Venue: Well House Yoga Space
Well House Farm, Cote Hill Road,
Felliscliffe, Harrogate,
North Yorkshire HG3 2LN
Teachers: [Michelle Tarling](#) & Michelle Bowie
TSYP Vedic Chant Teachers.
Cost: £25
Contact: michelle.bowie1@btinternet.com for
more information or to book.

Booking required no later than 30th September 2023

Pete Blackaby Teacher Training



January - June 2024
Sheffield, £690

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

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

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

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

www.sheffieldyogaschool.co.uk

**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@almforkids.com
07973953812

calm
for kids

The Society of Yoga Practitioners



TSYP are planning exciting opportunities in the North of England for those interested in developing their understanding and appreciation of the art, science and philosophy of Yoga through the lens of the rich and influential tradition of T Krishnamacharya and his son, TKV Desikachar.

Yoga Foundation Course - Starting Autumn 2023

A personal development programme for those who wish to further their knowledge in all that yoga offers. You will have the opportunity to explore:

- how Yoga can support all dimensions of your life.
- the development of your own personal practice
- your interest in the possibility of becoming a yoga teacher.

To register your interest and for more information contact:

training@tsyp.yoga

Making Sound Finding Harmony Nada Yoga/Bones for Life retreat with Rajesh David & Marye Wyvill

at Shepherds Dene Retreat Centre, Riding Mill,
Northumberland NE44 6AF



18-20 August 2023



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

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

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

INTRODUCING VEDIC CHANTING

Om śāntiḥ śāntiḥ śāntiḥ. If you chant these words in your Yoga class or as part of your own yoga practice you are, in fact, already doing Vedic chanting.

Vedic chanting is, as the name suggests, chanting the Veda-s. These ancient spiritual teachings are the basis of the six classical Indian philosophies - yoga being one of them. The Vedic texts are presented in the Sanskrit language and contain the most ancient teachings on yoga, which are still relevant to the challenges we face today.

Chanting in Sanskrit is said to have powerful effects at a vibratory level and so we receive its healing effects, even when we do not know the exact meaning of what we are chanting. The act of chanting brings life to the ancient Vedic texts as well as to the person listening and reciting.

'By chanting Sanskrit, you can put your whole body and mind into such a state of vibration that you begin to experience yourself as energy rather than a solid physical form, with boundaries and definitions.'

Vyaas Houston, Yoga International, May/June 1992

Many of the chants are about health, some are stimulating, some are calming. Vedic chanting is a powerful tool for discovering, expressing and influencing all dimensions of the human system. It may improve focus, support memory and mental discipline; improve listening and communication skills, improve breathing capacity, reduce mental and emotional agitation or energeise and activate. Many people find their voice by practising it and feel empowered.

The Sanskrit alphabet is much larger than our 26-letter alphabet and, therefore, many more combinations of letters may be produced with their corresponding sounds. Traditionally, the Vedic teachings were transmitted orally. The teacher would chant while the students listened closely and then repeated the chant in exactly the same way. This form of teaching still continues in India today and means that the texts are accurately transmitted over successive generations. We use Romanised script transliterated from Devanāgarī (the Sanskrit script) with pronunciation marks so that we can achieve this same precision when we chant the texts.

Vedic chanting is for anyone. You do not need to be able to sing well in order to practise chanting - there are only three notes. Adapted from <https://www.tsyp.yoga/yoga/introducing-vedic-chanting/>

If you are interested to explore Vedic Chanting, Vedic Chant Teachers Michelle Bowie and Michelle Tarling are holding an Introduction to Vedic Chanting workshop in October 2023. Details on page 19

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

By Marye Wyvill and Rajesh David



Siamang gibbons, who mate for life, jointly defend their territory. Every morning they sing together, building ever more spectacular, complex sequences. The couple's song reflects the strength of their bond. Other siamangs pay close attention. The more harmonious their duet, the stronger will be their defence. If their vocalisation is discordant, neighbours

sense an opportunity to move in. In this context, harmony is a matter of survival.

And harmony is what links the seemingly separate disciplines of Nada Yoga and Bones for Life. Nada Yoga encompasses a philosophy, and a series of techniques which utilise sound with the aims of developing inner harmony, and deepening spiritual practice. Bones for Life consists of simple movement processes designed to strengthen bones through a harmonious coordination of all the parts of the body. By combining sound work, reflections on philosophical texts and physical movement, both left and right sides of the brain are drawn on, enabling participants to experience the texts' meaning at a level far deeper than that of

intellectual discourse.

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

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

The same attention to detail, and the ability to differentiate parts within a whole, is brought to the practices of Nada Yoga. For example, within a structure of Indian music scales, the practitioner focuses on chakra points, each chakra location reflecting a different aspect of harmony, whether it be a strategy for survival, as in the case of the siamang, or a deep sensing of the interconnectedness of all life. This is the first step towards developing a practice of meditation with sound.

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

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

INCLUSIVE YOGA AND THE LGBTQIA+ COMMUNITY

By Mookaite Jasper



We're a long way from Brighton, the home of England's *LGBTQIA+ community, but that hasn't stopped us from coming together in Yorkshire to create our own network of queer yogis.

As a non-binary person, yoga has helped me peel back the layers to come closer to my true self, my true *queer* self, and I wanted to bring the joys of yoga to other LGBTQIA+ people across our area. I set up Queer Yoga North last year locally with fortnightly classes in Middlesbrough, Saltburn and York exclusively for the LGBTQIA+ community. There are now monthly Queer Yoga North classes as well in Leeds, Newcastle, Durham, and Scarborough.

It's important to have 'queer-only' safe spaces for LGBTQIA+ people to come into their bodies because there's a particular kind of magic in being in a room full of people knowing that everyone is queer and everyone gets it. It's like you can breathe more easily, which is obviously essential for yoga. We also have a chance to focus on themes which are specific to our community, like 'transformation' or 'renewal'. In the Queer Yoga classes, we embody these themes through the postures, and draw on poems from LGBTQIA+ writers, alongside texts like the Sutras.

The UK has changed a great deal from the bleak days of the AIDS crisis, or the ban on 'promoting homosexuality' in schools under Section 28, which was lifted in 2003. While the LGBTQIA+ community in the UK does enjoy a relative amount of freedom, compared to the past and compared to many other countries around the world in 2023, the day-to-day reality for many queer people is still challenging, especially among the transgender (trans) community.

Research by Stonewall, the UK's main LGBT charity, suggests that half of LGBT people have experienced depression, one in eight LGBT people aged 18 to 24 have attempted to take their own life, and that rises to 46% among the trans community.

Personally, I have bipolar disorder and yoga helps keep me sane and grounded. I think everyone who teaches yoga knows how beneficial it is for mental health. The LGBTQIA+ community is massively affected by mental health issues, but for many queer people places like gyms and yoga studios do not feel like safe spaces. Hopefully this will change in time, as the yoga industry in the UK starts to become more inclusive.

We know there is a lot of work to be done in the yoga community around inclusivity, whether it's related to racism, ableism, class and economic privilege. These issues are not separate to the challenges facing the LGBTQIA+ community. Of course they intersect, and there is little value to establishing Queer Yoga classes if they are not inclusive. It is also worth noting that higher numbers of neurodivergent people are LGBTQIA+, which for me as a teacher of Queer Yoga has meant learning about how best to make the classes accessible for my students with ADHD and autism.

For teachers of regular classes, who might be lucky enough to have some students in their classes from the LGBTQIA+

community, my top tip would be to avoid making any assumptions. For example, don't assume someone's gender by the way you think they look. Perhaps consider changing your intake form to include a space for people to write their pronouns (as in, she / he / they etc). Language is important. It makes people feel seen, accepted and respected. Try not to get too panicked about pronouns. There's more to inclusivity than pronouns! But it is a starting point in terms of showing respect for the huge struggles that most people in the LGBTQIA+ community face.

My pronouns are they / them, but I'm 39 so I didn't grow up with this kind of language. I'm learning too, and I have also misgendered other non-binary people (which is embarrassing!). But there's a difference between a slip, as in, a mistake in fast spoken language when the wrong word pops out, compared to people who just don't try at all. For example, if I attend an expensive five-day yoga training course on Zoom, where my pronouns 'they / them' are written next to my name on screen, visible at all times, it does feel offensive when the trainer misgenders me every single day without correction and without apology (i.e. refers to me as 'she'), without ever once using 'they', even after requesting in writing and twice in conversation that people on the course use 'they' when they talk about me. It's hard to describe the effect of persistent misgendering like this, but the best way to summarise is that it negatively impacts my mental health. It's sad to come away from five days of yoga in a worse state of mental health, but that's the reality. Have you ever wondered why there are so few trans and non-binary people in our yoga classes and on our training courses?

If you find yourself talking to a binary trans person - a trans woman who uses 'she', or a trans man who uses 'he' - or talking to a non-binary person who might use 'they' (but not necessarily, or might use a combination of pronouns), and you realise you have made a mistake, firstly apologise and correct your mistake. Then later in the conversation, perhaps try engineering a sentence which you've prepared in your head using the correct pronoun, which shows the person you're trying and that you respect them. With 'they', because it's linguistically trickier than 'she' or 'he', it can *really* help to plan a sentence in your head, even if it sounds a little forced. If you are unsure how 'they' works in a sentence, I can give you an example:

“Where is Mookaite?”

“They've gone to the car to get their yoga mat.”

Language is in the process of evolving, and it does feel strange at first to use 'they' to refer to a singular person. But the more you practice, the easier it will get. If you do meet a non-binary person who uses 'they / them', don't avoid using pronouns all together. Not only is it really obvious that you're avoiding pronouns (the English language doesn't work without pronouns), but it's also a missed opportunity. It's a great chance to practice and make those mistakes, correct those mistakes, and hopefully be better prepared so that the day a vulnerable young person with serious mental health issues walks into your class, you'll be able to take a deep breath and confidently use the pronouns they've asked you to use, and make them feel welcome in our yoga community.

Check out Mookaite's Facebook page at Queer Yoga North or on Instagram @queeryoganorth

* LGBTQIA+ = Lesbian, gay, bisexual, transgender, queer or questioning, intersex, asexual

Mookaite completed their 200 hours training with YogaCampus in York, and went onto complete their Yin training also with YogaCampus, as well as a course in inclusive yoga training with the Accessible Yoga School. They are currently studying the British Wheel of Yoga's Gentle Years course and are hoping to start teaching yoga in care homes later this year.

Mookaite came to yoga from a mental health perspective and is passionate about inclusivity in the yoga industry. They started practicing nine years ago whilst living in Thailand. They deepened their meditation practice while living in Japan and are currently a member of the Plum Village Sangha in Guisborough. Mookaite loves to dance and attends a weekly Modern Jive class. They recently began leading Rainbow Dance sessions in York, which is meditative free movement for the LGBTQIA+ community.

References:

<https://www.stonewall.org.uk/lgbt-britain-health> [Accessed on 25th April 2023]

<https://www.thebraincharity.org.uk/lgbtqia-neurodiversity-neurodivergent-lgbtq/> [Accessed on 25th April 2023]

BOOKING DETAILS FOR CPD EVENTS

BWY guidelines state that participants for a CPD day can be

- ☞ BWY DCTs and Diploma Holders
- ☞ Recognised and Accredited Teachers
- ☞ BWY Diploma and Certificate Course Students
- ☞ Teachers of other Yoga Organisations (BWY members)
- ☞ BWY Members can attend if spaces are available
- ☞ The maximum for each event is 30 attendees

Please book early via the regional website
www.bwy.org.uk/yorkshire

If you do not have internet access, please contact the appropriate Area Rep providing the following

- ☞ Your name, BWY number, address & telephone number
- ☞ Course Reference, Tutor / Subject
- ☞ A cheque, made payable to **BWY Yorkshire Region**

COST

In-person events: £50 (full price), £40 (BWY members).
Zoom events: £40 (full price), £30 (BWY members).

REFUND AND TRANSFER OPTIONS:

If you are unable to attend a particular event you should contact the event organiser.

Cancellation prior to 60 days of event date – full refund.

Cancellation within 15 to 59 days of event date – 50% refund.

Cancellation within 14 to 0 days of event date – no refund.

Transfers to an alternative event can only be made 15 days or more before the event and only to an event on the same platform (Zoom or in-person).

If the event is cancelled, you will be refunded in full



Statue of a figure holding a large horn, likely representing a traditional Indonesian dance or ritual. QR code and additional information are visible on the plaque.

Statue of a figure in a dynamic pose, likely representing a traditional Indonesian dance or ritual. QR code and additional information are visible on the plaque.