

BWY MEMBERSHIP MAGAZINE'S

FORWARD FEATURES



BWY

AT
THE
HEART
OF YOGA

SPECTRUM
magazine

COMING UP

HELLO – I'M DEANA,
SPECTRUM'S EDITOR

On the next couple of pages you'll get a flavour of what we want to focus on in Spectrum this year.

Our magazine is called Spectrum because BWY embraces all schools of yoga. We've a rich and varied history honouring the traditions of yoga and we're committed to being our best and sharing that knowledge.

This is our inspiration for the **practices, features and news** we want to celebrate, but if you have a different idea you'd love to contribute, do get in touch.

We've new, fabulous member-focused initiatives launching in 2023 which we can't wait to share in our members' magazine, plus all the news, yoga training updates and highlights from our regions.

OTHER INFORMATION

Spectrum goes direct to more than 5,500 people who love yoga

BWY is a charity and National Governing Body for Yoga in England and Wales



CONTACT INFO

THE EDITOR, DEANA MORRIS

E: spectrum@bwy.org.uk

T: 0797 3383435

ADVERTISING

BWY members rate + externals

W: bwy.org.uk/advertising/

DID YOU KNOW...?

BWY membership starts from just £42 with a host of member benefits including:

- yoga-life events online and around Britain
- inspiring stories, features and campaigns in our regional newsletters and Spectrum magazine
- discounts on yoga gear, gadgets and books with our partners and BWY shop.

SPRING

Growing greener

Grounding into the environment with our new BWY project

Ahimsa to the planet

Ideas to inspire

How many versions of tree do you share?

Posture variations – from larches to oaks

And breathe

Pranayama and guided meditations for lighter days

Energy rising

Postures to power up

Yoga business blues?

5 tips you can put into practice right now



SUMMER

From the Heart of Yoga

Celebrating our magnificent volunteers

Grace and strength

Simple sequences to build both

And chill

Cooling practices when the heat is on

Anahata life

6 ways to centre in – asana, pranayama, meditation

Sangha 2023

Where we are – coming together across Britain for International Day of Yoga



AUTUMN/ WINTER

Harvest home

An Ayurvedic guide to the coming months

Postures for niggling necks

Winter Solstice 2023

Finding balance in seasonal shifts

Tips and asanas

Desk-life yoga

5 chair-based moves for your home office life

Time for a good read

Snuggle up with a good book

SPECTRUM'S KEY DATES

ISSUE	DEADLINE	PUBLICATION
Spring	7 Jan	February
Summer	10 Apr	May
Autumn/ Winter	21 Aug	October

