

'Body' 2020

NAMASTE

News South East



THE BRITISH WHEEL OF
YOGA

Events and news from across the region

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NamaStE

'Body' 2020 (February 2020 – May 2020)



THE BRITISH WHEEL OF
YOGA



Hi Everyone! I like to start off with wishing all of you a wonderful 2020! I hope you all have had a fantastic Holiday season and are now ready to take on the new year and all its

beautiful new opportunities!

And what a fantastic opportunity for me to start off the year in becoming your new editor! Not only have you got a new Editor but also a magazine full of new events and courses for the coming year put together by your BWY team. We hope you enjoy it as much as we do!

Namaste, Maura

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Publishing policy

Please email adverts to the editor. Acceptable file formats: print-quality pdfs, high-resolution jpegs and Word documents. Please note that advertisers are promoted both in print and online. ** From 2020 the printed version of the magazine will only be in black and white, online will remain in colour.

<i>Advertising rates (incl. VAT)</i>	<i>BWY and Accredited Price</i>	<i>Full Price</i>
Half page	£15	£30
Full page	£25	£35
Back cover	£40	£75

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'Body' 2020	February 2020	December 31 2019
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'Mind' 2020	October 2020	August 31 2020

Payment

Payment is by PayPal or bank transfer. All advertisers will receive an invoice prior to payment request. If you wish to take advantage of membership rates, the editor will need your BWY number. Please note: goods or services advertised are not necessarily BWY accredited. Any views expressed are not necessarily those of the editor or the committee. Advertisements are accepted at the discretion of the committee, and are included on a first-come, first-served basis as space allows.

NOTICE BOARD

Thank you!

A big *thank you* goes out to Melanie Johnson who recently stepped down as deputy county rep for East Sussex. During her 4.5 years in post, Melanie worked hard to provide the Membership with a variety of interesting events. Melanie will be greatly missed by her colleagues on the committee as she has been an excellent team member with a great sense of humour. Please join us in wishing her well on her new ventures.



2020 accounts

Due to the below changes this year's accounts will not be posted in this NSE edition but will be made available on the BWY website and our Facebook page.

Magazine Changes

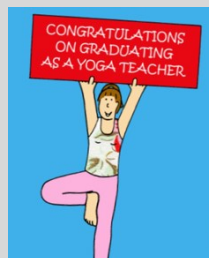
- 1) From 2020 NamaStE will only be printed in black and white, with exception from the front and back. Adverts shown within the hard copy will therefore be shown in black and white. Our on-line digital version will remain in full colour.
- 2) The size of the magazine has been slightly reduced, and the magazine will now contain of a total of 32 pages instead of 36.

Chair Yoga teachers needed

Have you been teaching chair Yoga & would you like to go on a register of teachers? Then we like to hear from you! Lina Newstead is in the process of compiling a list of teachers in the South East Region and is rolling out the training for the BWY Gentle Years Yoga course. As GYY co-ordinator for the area Lina has councils, care homes and other institutions contacting her for teachers in this specialism. So if you would like to receive more information please email Lina with your details (incl area where you live) at: linanewstead@talktalk.net

Yoga Graduates!

Due to the enormous, but wonderful, list of Yoga teachers who have passed their exams over the last 4 months there unfortunately is not enough space to give an individual shout out to each of you. But hereby we would like to **Congratulate ALL of you wonderful new teachers on passing and we look forward to follow your Teaching journeys!**



Yoga and the Elderly body

Melanie Johnson gives us her fond memories of teaching in a residential home

Of course we wouldn't let Melanie leave without her providing us with one of her fond memories of the last few years. Touching base on this edition's title Melanie provides us with her great story of working with the elderly, their bodies, minds and cheekiness.

Melanie, who started her own yoga classes when she was 21, after discovering yoga helped her with her asthma, eczema and anxiousness, became a teacher on completion of her yoga teacher training with Janet Bond in Newhaven. With having 2 young children she then taught two mornings a week locally before she started teaching the elderly. Due to a fundraising at their children's primary school were Melanie offered a yoga class she got asked if she would be interested in teaching yoga to elderly clients in a residential home.

Mel; I went to meet the owner and the clients, who were a lively bunch who welcomed me into the fold as an old friend. I asked if there were any medical problems I should be aware of and as it was a residential home and not a care home found that this was not much of a problem.

I assessed how many of the residents were able to stand and walk about and how many would be sitting, and devised a lesson plan accordingly. A few were able to stand well without aid, some needed to hold onto the back of the chair and some were best sitting in their chairs. I was quite nervous at first but the clients really enjoyed it and asked me when I was coming again.

My yoga lessons at the care home were like none other I had taught! It was very light hearted, with some staying for the whole session and some walking out half way through without explanation! Classes were gentle, with use of props and chairs, and relaxation was always short where I used to get them to take the attention to the breath and think about a good memory. We used to hold the sessions in the main lounge but once I was ushered out by one of the residents telling me that a horse race was on the TV and "how dare I interrupt it?!" We promptly moved into the conservatory where we stayed!

The care home ran a lot of activities and one problem I did have was that my session was from 2-3pm which meant sometimes there would be a

few tired people suffering from their post prandial dip after lunch. The other challenge that faced me was that tea and cake would arrive at 2.30pm bang in the middle of my session! I discussed this with the owner to see if she could find a better slot for me but it couldn't be changed, and actually I soon realised that the attention span of the elderly isn't quite as long as a younger person - so it was a blessing in disguise. Over our tea break we would have a lovely chat about their lives which I found both fascinating and enriching.



Some of the residents were very athletic but some needed help lifting their arms or legs just a little a bit so it could be a challenge keeping the more active interested and the less able moving! One older lady was very athletic and used to be able to do the "can-can" and had no inhibitions showing us what she could do now at 92. Quite remarkable!

And although bodies might be getting older, minds don't. On one occasion there was even a bit of flirting by the male residents - not

with me (!), but with their female friends. One day the residents were sitting in chairs in a semi circle and I asked them to raise their arms above their heads and gently bend to the right. One of the gentleman bent right over brushing arms and hands with his female friend. They continued to do this and in all the poses afterwards, devised ways to touch each other. There was so much hilarity between them but the other residents were clearly annoyed by their behaviour. I decided that in subsequent weeks I would stagger the chairs so that nobody could "bump" into each other. This seemed to work well.

We laughed, moved and celebrated a few 100th birthdays too - with cake and parties to which I was invited. I thoroughly enjoyed my time with the elderly residents and often think of them all with great fondness.



Mel, who has been an active member of the BWY South East Committee as Deputy Rep for Sussex for the past 4 years, is currently still teaching an evening general yoga session once a week in Heathfield, East Sussex



First Aid Training for Yoga Teachers

Vanessa Carter explains why first aid is important for all yoga teachers and trainee teachers



First Aid is an important skill for

all yoga teachers and trainee teachers. It gives you confidence and skills in an emergency not only in the yoga studio but also if you were faced with a situation during your day to day life or with a loved one.

Vanessa supported by her husband Ian, provides a fun, hands on one-day course (7 hours) in small groups (to a maximum of 12 trainees).



The Emergency First Aid at Work Certificate is a statutory requirement for BWY teachers. The qualification lasts for 3 years and is recognised in all workplaces that employ less than 50 people and suitable for all self-employed people.

As the yoga teachers place of work is in the yoga classroom, studio or even village hall, the training is shaped from the perspective of the yoga teacher and the types of situations and issues yoga teachers might come across.

The training includes:

- Recovery positions and techniques
- CPR skills using mannequins
- Dealing with accidents in the workplace
- How to recognise a heart attack & angina
- How to respond to a person choking
- How to recognise a stroke and what to do
- And plenty more.

As well as delivering courses throughout the year in Brighton and Maidstone on a 'pay as you go' basis, they also provide bespoke training across the South-East for companies, yoga centres and local BWY groups on a day rate basis at venues supplied by the yoga teacher. Full details of prices for both types of training are available on the website.



www.firstaidyogatraining.co.uk



firstaidyogatraining@outlook.com



07906450041 / 07579765345

**** The 'Emergency first aid course on the workplace' provided on the 29th of March is now Sold out ****

Providing care to our NHS

Janice Procter on contributing to healing patients by providing yoga on the NHS work floor

Teaching yoga to healthcare

staff combines two of my greatest passions; yoga and the NHS. Life in the NHS is wonderful – contributing to the healing of our patients, but that brings with it intense demands. Yoga acts as a soothing balm, and you can see the change it brings to a student after a pressured day on the ward or in the office (Janice).

The 2018 NHS national staff survey showed 39.8% of staff reporting feeling unwell as a result of work-related stress (the worst result in the last 5 years), and 28% experiencing musculoskeletal problems as a result of work activities. But the good news is that staff wellbeing is being given priority by many Trusts, with organisations providing dedicated Staff Wellbeing teams.

Working in collaboration with the wellbeing managers at Cambridgeshire and Peterborough NHS Foundation Trust (CPFT), for the last 3 years Janice has taught weekly classes for staff and more recently ran a 6-week relaxation trial for a community mental health team.

The outcome of the relaxation trial was hugely promising. “Breathing Space” sessions were held weekly, each having four 15-minute drop in slots, and included simple breath awareness/meditation and a guided relaxation (rotation of awareness or autogenic). A number of staff had some yoga or meditation experience, but the majority were new to the practice. Staff were invited to complete a stress score, recording perceived levels of stress/anxiety before and after the session. From 23 responses, all indicated a decrease in their stress levels; the average ‘before’ score was 7/10 and after 3/10 – an average reduction in stress levels of 57%, a significant and positive impact.

Helen, Team Manager: “Yoga has crept from the mat to all aspects of my life. Spiritually – allowing time for myself then allows me to offer a better quality of interaction with others. Being centred and mindful allows me to pass this on through my work, to the young people and families that I work with and also my colleagues. My yoga practice allows me to be more mindful and compassionate to my team”

Jayne, Administrator: "During our yoga class I can switch off from the everyday worries, pressures and to-do lists, and just be myself. I find I am calmer, more positive and have a general feeling of wellbeing and appreciation"

Leanne, Student Nurse/HCA: "Yoga is really helpful in reducing my stress levels and provides a nice break when I'm working long days. The lessons are flexible which is great for shift workers. This is something that should be available to everyone who works in the NHS"

What's next at CPF? Our weekly yoga classes in Cambridge continue, and the Trust also provides 8-week Mindfulness courses open to all staff within the organisation. Annelies Franklin, Staff Wellbeing Lead, says "we will be looking at positive feedback and current evidence base, and considering how we can scale this or increase the opportunity for staff from a range of roles to access yoga as part of stress management and physical wellbeing".

The weekly class provides a safe space for staff to release the roles and responsibilities that they carry with them throughout the day, and gives space and stillness within the busyness of their day. NHS staff are natural caregivers and can neglect their own wellbeing – the yoga practice and teachings on ahimsa help staff to understand the importance of prioritising their own health and wellness. The group has

encouraged connections between colleagues, creating a mini yoga community. Students attending class have reported wonderful benefits.

Bringing yoga to staff in the NHS is hugely rewarding, and can have a positive and potentially transformational effect not only on those that attend but also to their colleagues and the patients they care for. As Team Manager Helen says, "like a ripple effect from a pebble being dropped into still water".

https://www.nhsstaffsurveys.com/Caches/Files/ST18_National%20briefing_FINAL_20190225.pdf

●.....●

Janice Procter attended her first yoga class over 15 years ago. Yoga was the key to her recovery from health issues, and transformational to her physical, emotional and spiritual life. She completed the BWY Level 4 Diploma in 2017, and earlier this year left her career in the NHS after 26 years to teach yoga full time. she is currently undertaking further studies with the BWY module 'Yoga for People with Cancer'. She teaches classes in Cambridgeshire in the community, the NHS and for corporate organisations.

janice@radiance-yoga.co.uk



Gentle Years Yoga

Lina Newstead about her Gentle years yoga course; a course for Yoga teachers who wish to bring the joy of Yoga to older adults

I have been teaching Chair Yoga

for over ten years on and off now and so was delighted when BWY announced a qualification in Gentle Years Yoga. As a Diploma course tutor I was interested in cascading this training out to other Yoga teachers in the London and South East area and so to do this I undertook the training myself with Audrey Blow in Wales.

It was a very rewarding experience. To be honest after 4 years I had felt that I was running out of ideas and the class had become quite repetitive. This is not totally undesirable for a chair class, as a certain amount of familiarity and repetition is ideal for learning and to allow the student to feel comfortable in the class. However it is also good to challenge the students with new practices, which helps with cognitive function and may help with Dementia.

The course provided lots of new ideas on how to use props such as balls and scarves and also music, as well as innovative ways to perform

asana on chairs. Every teacher was able to contribute their knowledge and also a whole host of ideas that they already used in their sessions. Each session was hugely informative. Every teacher there said they would be bringing in the ideas gradually into their own classes.



Doing the course made me much more aware of safeguarding older vulnerable adults not only in Chair Yoga classes but also the older students in some of our regular

classes. As Yoga teachers we may be the first person to see changes in our students, in body weight or mental changes such as not being able to following instructions as they used to. We are sometimes in the position to be able to guide the student towards professional help.

Gentle Years Yoga is so very beneficial for the students in other ways such as socialisation. I recently observed a class where a student came up to me afterwards to say how much she enjoyed the class and that it was the only time she spoke to people on that particular day.

The Anatomy and Physiology of Older Adults online course is a pre-requisite and really very useful. It ensures that our knowledge of older adults' conditions are up to date. It was good to see Dementia, carers and also end of life care included. After teaching for more than 20 years I am now experiencing some of my older students dying and have visited them in hospital or hospices This knowledge helps us to know how to respond compassionately to their needs.

There are a number of research trials happening at the moment and we hope that Gentle Years Yoga will be recognised by NICE and the NHS as a way of supporting the health and wellbeing of the older adult in society. As the number of elderly people continues to rise then this type of Yoga will be very much in demand I am always being asked to start another class as I have a waiting list! So if you feel a calling to

work with this group of people please think about taking training as more and more groups are asking for certification for this Yoga specialism.

The course is run over 3 days and once the training days are completed you have a year to complete it. You can contact me for more details or contact Vicky at the BWY office who will put you in touch with a Gentle Years Yoga Tutor who will be running a course near you. At the moment there are tutors in the London and South East and South West, Wales and the North of England.

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Lina is running a 1 day taster workshop called 'Gentle Years yoga' on the 4th of July 2020 in Oxted Surrey. please see events for more detail.

Tutor: Lina Newstead, BWY Diploma Course Tutor and Gentle Years Yoga Trainer and Mindfulness Now Tutor

For further details and application form please email:

linanewstead@talktalk.net

Telephone: 01732 864465, Mobile: 07799 162443

Prerequisites for joining the BWY Gentle Years Yoga© course:

Level 3 or 4 Yoga Teaching qualification or equivalent (any tradition – not just BWY)

Teaching Yoga to People Living with Cancer

Kari Knight on her 2020/21 BWY module on living with Cancer: *A therapeutic application of yoga, mindfulness and compassion*

We are very pleased to announce that Kari Knight is planning to run the BWY Module: Teaching Yoga to People Living with Cancer: a therapeutic application of yoga, mindfulness and compassion, in Canterbury in 2020/2021. (A module previously devised and taught by Julie Friedebeger).

Cancer touches all our lives, sometimes personally, through relatives, friends, and colleagues as well as media stories, celebrity blogs and fundraising events. Every two minutes someone is diagnosed with cancer according to Cancer Research UK, and cancer causes more than one in four of all deaths in the UK (2017 figs – 28%). Although the incidence rates for all cancers have increased by more than a tenth since the 1990's, the survival rates have doubled in the last forty years.

Kari; "Our attitudes to cancer have changed and a cancer diagnosis is thankfully no longer seen as a death

sentence. Many have come to see it as an opportunity to reassess their lives and their priorities: for them, the illness becomes a catalyst for healing, spiritual growth, and transformation.

Yoga can play a significant role in this transformative healing process, and those who share their knowledge of yoga with those who are going through healing can help them move forward from this profoundly critical point in their lives to wherever their path may lead them. To do this is a privilege, and the teaching is deeply rewarding.



Research into Yoga as part of cancer care has shown that yoga practice can help reduce anxiety,

depression, fatigue and stress, mood, the feeling of wellbeing, and improve quality of sleep (a key benefit for the healing process). But just as the medical approach to cancer treatment has become more delicate and specific, our yoga teaching needs to embrace this delicacy, and we need to assess our specific strengths and inspiration, to work out if we are the right person to deliver dedicated classes to those on a cancer journey. Whilst some who undergo cancer treatment are in need of the dedicated support of the sangha in a cancer care setting where each person brings their individual life journey to enrich the group; others who find themselves faced with a cancer diagnosis feel they need the love and support of their normal yoga class, their teacher and their yoga buddies when they feel well enough to attend. So yoga teachers need to consider this aspect of their teaching to ensure their approach is sensitive and appropriate.



Our role as yoga teachers is to create and hold a safe, secure space in which our students can be present with their feelings and their fears. To fulfill this role when teaching to those undergoing the challenge of a cancer diagnosis, we need to explore our own feelings and fears around cancer, death and dying, which takes courage and determination, qualities necessary if you are thinking of specialising in this type of work.

Having qualified with Julie in 2010, and having undertaking numerous training in the therapeutic application of mindfulness and compassion Kari is now offering courses those who might want to specialise in this field. The module considers the personal qualities, as well as the professional skills, that are needed in working with people with cancer: caring and compassion, but also the maturity and detachment that allows one to care and to be compassionate without becoming inappropriately involved emotionally, or drained energetically. It is essential that this aspect of the teaching is addressed, and its unique demands and possible effects on the teacher.

Teachers who complete Kari's course will gain understanding of the profound effects of a life-changing illness and the changes it can bring. They will feel more confident and professionally prepared to offer support to those undergoing a cancer diagnosis and treatments. The course is a training module, but the nature of the subject means that

it involves a significant degree of personal as well as professional development, as the tough issues it embraces are confronted. Most of the teachers who have taken the course have found this aspect valuable



The module is organised over three study weekends (bi-monthly) to give time for reflection and the writing of assignments. The assignments form an important part of your svadhyaya and you will be given clear guidelines and plenty of support on how to approach them. Whilst undergoing the training you will be expected to do the practices yourself, giving yourself healing and support and embedding them to ensure that the potency of the teachings comes innately from you. The module has a strong element of self-soothing, since applicants may have had cancer or lost someone from cancer, and a supportive group forms quickly. For most undergoing it is a journey of self-discovery, healing and profound change.

There is a great need for teachers working in this field, and if you are inspired to join this training you will develop the skills and confidence needed.

Kari: "I inherited this module from Julie Friedeberger, and it is an *approach* to teaching to people with a cancer diagnosis. Having qualified with Julie in 2010, I taught in the community for several years before having undertaken more training in the therapeutic application of mindfulness and compassion. This further training, together with empirical knowledge gained through my experience, has helped me to enhance Julie's approach. The module stays strongly underpinned by Julie's knowledge, with many valuable handouts and supporting documents which she has kindly handed over. I am honoured to develop Julie's approach further."

Kari will be delivering a day on "Integrating Those With a Cancer Journey into a Mixed Ability Class" on Sunday 28th June see page 26 for more details'



Transparent Body, Transparent Mind: Portals to the Self

Billy Doyle on his guided journey into meditation by listening to the body; a taster on his upcoming July workshop

Through a deep forgetting or ignoring of our real nature we come to identify with a perception, a body-mind; we take ourselves to be an object in awareness, ignoring that we are awareness itself. We thus come to live as an I image, which in its wake, brings the inevitable suffering of an entity separated from the whole. This entity will pursue various strategies to escape its feelings of lack and compensate with whatever it can grasp.

When we eventually come to understand that nothing on the phenomenal level will ever bring us to the ultimate happiness we seek, our outer search loses its momentum. We come to see no object can bring us to fulfilment. We may then have the insight that happiness is inside, it is our real nature, it is always there, waiting for us. It becomes clear I am not the body, not the mind, nothing that can be objectified, but as long as the body holds on to its patterns, contractions and defences that are the essence of the ego state, it is almost impossible for truth to penetrate. Only in an open body-mind are we receptive to truth.

A relaxed body is a beginning, but we should not stop there, but through a deep letting go and listening to the body we let it come alive as sensation. We thus discover the real body, the energetic body or subtle body. Here the heaviness and density of the body dissolves and we experience the body as vibration, expanded in space and without borders. When we bring this experience of the body into yoga postures they have a completely different quality. If we only work on a muscular level we are reinforcing the patterns that have accumulated. This feeling of openness and expansion gives us a fore-feeling of our real nature.



Our breathing is very much a barometer of our psychosomatic state. When there is tension and resistance there is invariably a psychic manipulation of the breath. We tend to grasp the in-breath and push the out-breath. We are already inhaling before we have completed the exhale, and we don't allow the space between the breaths.

Through certain breathing exercises and in simply listening to the breath without trying to change or control it, we come back to spontaneous breathing free of a doer. We let the breath breathe us.

It is easier to come to a relaxed mind if we first come to a relaxed body. When the mind is no longer addicted and continuously orientated to the world of objects, but understands that reality is beyond the mind it comes to a natural quietness, to humility. In this innocence, this openness of a transparent body and a transparent mind we are ready to receive the ultimate, that which is beyond space and time.



It is with a relaxed body-mind that we become available to meditation. Trying to fight or control thoughts in meditation is counterproductive, rather we let them arise and dissolve and come back to our silent presence. In the beginning meditation may have a certain focus; perhaps on the body or breath, later we come to learn that there is no meditator and nothing to meditate on. Meditation is our natural state, we are meditation.

Our real nature, that is consciousness or pure awareness, is not far away. It is too close to call close. We must see that it is us that ignore this living reality that is ever present and is ever inviting us.

Billy on his workshop on Sat 11th July: 'This day will guide you through asana, breath work, the yoga techniques of pranayama and inner awareness as our route to meditation. Meditation is our natural state, beyond all states, that which is timeless. Along with our practice there will be time to reflect and discuss our essential nature through self-inquiry.'

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Billy Doyle qualified with the BWY in 1980. He also studied Alexander Technique, Feldenkrais, Eutony and Cranio-Sacral Therapy. He teaches yoga in the Kashmir Tradition, and has a deep love of the Indian non-duality tradition Advaita Vedanta

Diary 2020

Date	Event Title and Tutor	Venue and Postcode	Type	Organiser
MARCH 14 Saturday	Rasayana – Ayurvedic Rejuvenation Tarik Dervish	Dialpost VH RH13 8NJ	CPD 20/001	Rachel Claridge
MARCH15 Sunday	Yoga for Athletes and Preventing Injury Anthea Sweet	ARCA Hall CT1 3XR	CPD 20/002	Jan Palmer
MARCH 22 Sunday	Yoga Therapy – the basics for chronic health conditions Nikki Jackson	Abinger Hammer Abinger RH5 6QX	CPD 20/003	Sarah Hallett
APRIL 4-5 Sat- Sun	Congress Various	Warwick Uni		Central Office
APRIL 10/12 Fri – Sun	Easter			
APRIL 26 Sunday	Bones, Joints and Arthritic Conditions Frances Lumley	St John's Lye Woking GU21 7SQ	CPD 20/004	Sarah Hallett
MAY 09 Saturday	Spiral Dynamics Gary Carter	Nutley War Memorial Hall TN22 3NE	CPD 20/005	Rachel Claridge
MAY 10 Sunday	Trauma in Tissues Gary Carter	Bluebell Hill Village Hall ME9 5QR	CPD 20/006	Jan Palmer
MAY 16 Saturday	Magic Ten and Beyond Jivamukti workshop with Asana lab Andrea Kwiatkowski	Oxted Community Hall RH8 9NB	General	Sarah Hallett
JUNE 06 Saturday	Departure, Destination and Direction Andy Curtis Payne	Abinger Hammer Abinger RH5 6QX	CPD 20/007	Sarah Hallett

Diary

JUNE 20 Saturday	Yoga and Conditioning John Stirk	Adastra Hall BN6 8QH	CPD 20/008	Jan Palmer
JUNE 28 Sunday	Integrating the Student with Cancer in a Mixed Ability Class Kari Knight	ARCA Hall Canterbury CT1 3XR	CPD 20/019	Jan Palmer
JULY 04 Saturday	Gentle Years Chair Yoga Lina Newstead	Oxted Community, Surrey RH8 9NB	CPD 20/018	Sarah Hallett
JULY 11 Saturday	Transparent Body, Transparent Mind Billy Doyle	Godmersham and Crundale VH CT4 7DR	General	Nina Dhiman
JULY 18 Saturday	Working With Students Suffering From Anxiety and Depression Shantipriya King	Dialpost VH RH13 8NJ	CPD 20/009	Maureen Atkins

Events**Connecting Your Practice: Belinda Emberson**

Sat, Feb 29: 10am-3:45pm GEN BWY members £30 / non-members £50
 Oxted Community Hall, 53 Church Lane, Oxted, Surrey, RH8 9NB

Organiser:

Event Cancelled

This workshop is designed to help you to see how you are in space and how our bodies work together in a connected practice that utilises our mind, body and spirit. We move into postures according to how our bodies work as a whole. So as yoga practitioners we can begin to see how everything works together in a symphony to create the masterpiece that is each and every one of us. This workshop is open to all levels and abilities willing to be open minded.

Belinda is a well-respected Diploma Course Tutor, who taught at Congress in 2019 and serves on the BWY Teaching Committee as Foundation Course Officer. She teaches with an emphasis on creating space, stillness and comfort whilst building strength.

Rasayana: Ayurvedic Rejuvenation: Tarik Dervish

Sat, Mar 14: 10am-3:45pm CPD BWY members £30 / non-members £50
 Dial Post Village Hall, Horsham, West Sussex, RH13 8NJ

Organiser: Rachel Claridge

Rasayana Chikitsa or Rejuvenation Therapy is a very exciting area of Ayurveda that relates to many aspects of our lives. Ayurveda teaches us to explore exactly how we can maintain health and longevity by the foods we eat and the way we live. In this workshop we will explore some of the simplest aspects of Rasayana including the ancient teachings of yoga and herbs as well as the most up to date science on food. There is a lot of ground to cover so an awareness of the basic principles of Ayurveda would be an advantage. Discover Rasayana and be inspired!

Tarik has been teaching yoga for 20 years and Ayurveda for 10 years. He runs Foundation courses, Teacher Training courses and a BWY Module in Ayurveda. He specialises in building bridges between the two practices to help improve health and well-being and to create the foundations for a deeper relationship with Self.

Note: a document explaining the basic principles of Ayurveda relating to Rasayana will be sent to all participants as pre-course reading especially for those who are new to the subject and need further information

Yoga for Athletes and Preventing Injury: Anthea Sweet

Sun, Mar 15: 10am-3:45pm CPD BWY members £30 / non-members £50
 ARCA Hall, Ashford Road, Canterbury, Kent, CT1 3XR

Organiser: Jan Palmer

This CPD day is aimed at teachers keen to develop their understanding of the science of yoga in sport, their skills in managing athletes within a class setting, and exploring sports-specific breathing, posture, and movement in lesson planning. The group work will enable teachers to design a practice to deliver to athletes of a chosen sport. There will be essential study prior to the day accessed through an online portal.

Anthea is an Advanced Yoga Sports Coach and is Head of Tutoring for Yoga Sports Science. She has 13 years' experience of teaching yoga specialising in posture and movement mechanics and is a qualified sports therapist treating sports injuries.

Yoga Therapy - the Basics for Chronic Health Conditions: Nikki Jackson

Sun, Mar 22: 10am-3:45pm CPD BWY members £30 / non-members £50
 Abinger Hammer Village Hall, Felday Road, Abinger Hammer near Dorking, RH5 6QX
 Organiser: Sarah Ann Hallett

It is likely that we all know someone with chronic physical and/or mental health conditions. This day offers helpful yoga advice and tips.

With Nikki, we learn the basic principles of safe yoga practices for people suffering from a range of chronic health conditions, taking a 'no one cure fits all' approach. Nikki will create and teach gentle, healing and self-compassionate Pawanmuktasana, asana, offer a variety of relaxations, mindful flow movements and breathing practises appropriate for different chronic health conditions.

Nikki Jackson has been teaching yoga and yoga therapy for 26 years. She has worked in many different mental health departments for the NHS. Nikki is also a Mindfulness for Stress tutor (Breathworks - UK Networks of Mindfulness) and is currently running the Yoga Therapy Foundation module for the BWY.

Congress

04-05 April 2020

Warwick University, Coventry, Warwickshire, CV4 7AL

Congress is an exciting, stimulating learning experience where teachers can refresh their knowledge and become inspired on the next part of their yoga journey. For our non-teaching members, Congress provides an opportunity to dive in and drink deep from the well of knowledge provided by our expert line-up of teachers. Most of all Congress is fun, a chance to catch up with old friends and come together as a community and to share our passion for yoga. Why not arrange a diploma or certificate course reunion at Congress? And don't forget that, for teachers, it all counts towards your CPD. We hope to see you there.

Bones, Joints and Arthritic Conditions: Frances Lumley

Sun, Apr 26: 10am-3:45pm CPD BWY members £30 / non-members £50
 St Johns Village Memorial Hall, St Johns Lye, Woking, Surrey, GU21 7SQ
 Organiser: Sarah Ann Hallett

The day focuses on bones and joints, normal range of posture, alignment and movement and how to recognise common adaptive and compensatory patterns. Frances will explain the difference between osteo and rheumatoid arthritis, as well as covering other bone and joint conditions including systemic illnesses and other arthropathies. This day is designed to provide yoga teachers and student teachers with a better understanding of common bone and joint conditions that might affect their students; and to explain how yoga can help to improve and maintain maximum function with minimal stress.

Frances has practised yoga since the mid-1980s with Sheri Greenaway and trained as a BWY teacher with Antonia Boyle, qualifying in 1996. She then trained as an osteopath qualifying in July 2000.

Spiral Dynamics: Gary Carter

Sat, May 9: 10am-3:45pm CPD 20/005 BWY members £30 / non-members £50
 Nutley War Memorial Hall, High Street, Nutley, E. Sussex, TN22 3NE
 Organiser: Rachel Claridge

There are no straight line forces running through the body. Most forces tend to pass through us in circular or spiralic patterns generating efficiency of movement. All movement from the smallest to the largest is generated from this circular expression. This can also explain how simple injuries are set up, arising from initial imbalances in structure.

This workshop will explore just how these dynamics not only apply to practice but also where freedom and economy of effort really originate. Specifically we will look at pelvis to foot relationships, hand to pelvis spirals and scoliotic patterns

Gary has over 30 years of experience in movement physical training, anatomical study and bodywork practices. He has lectured extensively on the anatomy of yoga in the UK, Europe and America. He is the founder of Natural Bodies centre in Brighton and is committed to teach ease of movement and efficient body use

Trauma in Tissues: Gary Carter

Sun, May 10: 10am-3:45pm CPD 20/006 BWY members £30 / non-members £50
 Bluebell Hill Village Hall, Robin Hood Lane, Bluebell Hill, Chatham, Kent, ME5 9SQ
 Organiser: Jan Palmer

Stress, tension and trauma in our structure is a 21st Century condition with a huge variety of implications, body wide. Understanding how the fascia and myofascial networks react to stresses can enable us to respond intelligently to trauma in our tissues. In this workshop, we will explore how certain tensions get held in regions of the body and where these forces transfer to. By engaging in our yoga practice in a certain way we have the potential to dissipate the 'charge' of tension held in our form, and choose to release it or use it to our advantage.

Gary Carter is at the forefront of fascial research, and lectures in the UK, Europe and the USA. He has over 30 years of experience in movement, physical training, anatomical study and bodywork practices. He is committed to teach ease of movement and efficient body use.

Magic Ten and Beyond -Jivamukti workshop with Asana lab: Andrea Kwiatkowski

Sat, May 16: 10am-3:45pm GEN BWY members £30 / non-members £50
 Oxted Community, Surrey, RH8 9NB
 Organiser: Sarah Ann Hallett

"The goal of yoga - to remember one's connection to the Supreme Source, eternal happiness itself. There are many yoga practices that can guide a person along the way to that magical remembering of who he or she really is." Sharon Gannon

In this workshop we explore ten simple spiritual practices designed for profound results. Each practice has a unique spiritual intention you can customise for your lifestyle and home practice. Included are affirmations, asana, dance, bandha, kriyas, pranayama, meditation and relaxation. Plus an Asana lab, where we consider how we view asana, break them down when they can appear challenging and change our view of them. This is mainly a physical day is suitable for all levels and abilities.

Andrea Kwiatkowski is a BWY DCT and an Advanced Jivamukti yoga teacher under Yoga Alliance as well as a Yin Yoga and Restorative teacher.

Departure, Destination and Direction: Andy Curtis Payne

Sat, Jun 6: 10am-3:45pm CPD BWY members £30 / non-members £50
 Abinger Hammer Village Hall, Felday Road, Abinger Hammer nr Dorking, RH5 6QX
 Organiser: Sarah Ann Hallett

How do we inspire and keep our students on the yoga journey when they have such varied and distinct needs? Which direction to take? Where do we start?

TKV Desikachar gave us guidance in answering these questions. We will explore these concepts theoretically and then in practice, using different practices for different directions, to experience for ourselves how they work. Text references will be used to underpin the teaching and illustrate key points. By the end, we should all have a clearer understanding of these key principles, and how to apply them to plan and teach interesting and helpful practices for our students.

Andy Curtis-Payne has been teaching yoga for 25 years and is Chair of The Society of Yoga Practitioners. He was appointed a teacher trainer in 2006 by TKV Desikachar and has also undertaken further specialist training in Yoga Therapy. He continues his regular study with senior teachers in India at the Krishnamacharya Yoga Mandiram.

Yoga and Conditioning: John Stirk

Sat, Jun 20: 10am-3:45pm CPD 20/008 BWY members £30 / non-members £50
 Adastra Hall, 31 Keymer Road, Hassocks, BN6 8QH
 Organiser: Jan Palmer

The purpose of yoga is to address our conditioning. We are conditioned by our past. Conditioning inhibits sensory wisdom and blocks the route to an alternative consciousness. We see this in our students and may or may not be aware of it in ourselves. This practical workshop examines ways in which we may reveal conditioned patterns within the body/mind and opens discussion on our experience as we work together.

John is one of the UK's leading yoga teachers and his work has been evolving for 40 years. He has lectured in biomechanics and practical osteopathy at the London College of Osteopathy. He is the author of 'The Original Body'.

Integrating Those with a Cancer Journey into a Mixed Ability Yoga Class: Kari Knight

Sun, Jun 28: 10am-3:45pm CPD 20/019 BWY members £30 / non-members £50
 ARCA, Ashford Road, Thanington Without, Canterbury, CT1 3XR
 Organiser: Jan Palmer

For many who discover they have cancer, they will turn to yoga for support in dealing with the diagnosis and treatment, and to assist them on their healing journey. Most teachers will have students with cancer in their classes, or will be approached to work with individuals and there is a growing need for teachers in this area. This IST day will help teachers develop the necessary professionalism needed for this type of work and to feel confident when integrating a student with a cancer diagnosis into their general class.

Kari Knight is BWY trained and specialises in teaching yoga to those living with cancer. She holds further training in mindfulness and self-compassion and teaches a therapeutic approach at Maggie's in Cambridge. Kari has worked for ten years in the field of cancer therapy and currently runs the BWY Module: Teaching Yoga to People Living with Cancer.

Gentle Years Chair Yoga: Lina Newstead

Sat, July 4th: 10am-3:45pm CPD 20/018 BWY members £30 / non-members £50
 Oxted Community, Surrey, RH8 9NB
 Organiser: Sarah Ann Hallett

This interactive and practical workshop will enable us to develop our knowledge of teaching chair-based yoga along with an understanding of the special needs of the Gentle Years. Lina will guide us through a chair-based class for those challenged physically, cognitively and socially as a result of the ageing process. Group work will facilitate the sharing of ideas on the creative use of props and how to create a flowing chair-based practice to bring about an increased state of physical and mental wellbeing.

Lina believes that yoga can be practised from the cradle and well into old age with appropriate adaptation. She has ten years' experience of this style of teaching and has qualified in Gentle Years Yoga Teacher Training and is currently rolling out this programme in the SE Region.

Transparent Body, Transparent Mind: Billy Doyle

Sat, Jul 11: 10am-3:45pm GEN BWY members £30 / non-members £50
 Godmersham and Crundale Village Hall, Godmersham, Canterbury, CT4 7DR
 Organiser: Nina Dhiman

"Through asana, breath work, pranayama and awareness Billy will guide participants into meditation. The guided route will be by listening to the body alive with sensation and vibration. When we bring this experience of the body into yoga postures they have a completely different quality. If we only work on a muscular level we are reinforcing the patterns that have accumulated. It is the feeling of openness and expansion that gives us a forefeeling of our real nature. We may then have the insight that happiness is inside, it is our real nature, and is always there, waiting for us. Previous days with Billy have been received with great interest and excellent feedback.

Billy Doyle qualified with the BWY in 1980. He also studied Alexander Technique, Feldenkrais, Eutony and Cranio-Sacral Therapy. He teaches yoga in the Kashmir Tradition, and has a deep love of the Indian non-duality tradition Advaita Vedanta.

Working with Students Suffering from Anxiety and Depression: Shantipriya King

Sat, Jul 18: 10am-3:45pm CPD 20/009 BWY members £30 / non-members £50
 Dialpost VH RH13 8NJ
 Organiser: Maureen Atkins

This IST day is aimed at Teachers wishing to broaden both their understanding and confidence when teaching students with Anxiety and Depression in General Yoga Classes. The day will provide the opportunity to explore the symptoms and root causes, both from a Western and Yogic perspective. The workshop will also introduce ways to adapt a General Class Lesson Plan to accommodate their needs and look at practices which may benefit students with Anxiety and Depression, as well as those that should be avoided.

Shantipriya has been practicing Yoga for more than 20 years and trained as a Satyananda Teacher 11 years ago. She has been working for many years as a Mental Health Professional and CBT Psychotherapist. She completed an MSc in Cognitive Therapy researching how Yoga can help people tolerate distress.

British Wheel of Yoga Foundation Course 2



The 60 hour British Wheel of Yoga Foundation Course 2 is for students who have completed foundation course 1 and would like to continue to delve deeper into the practice and theory of Yoga.

Treat yourself to a day of yoga once a month, meet like minded students, and receive continuing support and inspiration for your home practice.

We will follow an anatomically based, staged approach to asana, practice a progressive pranayama plan and explore a variety of meditation techniques. In addition we also look at the Yoga Sutras of Patanjali and consider how we can integrate their teachings into our practice and life.

Course Dates: 7th March; 4th April; 2nd May; 6th June; 4th July; 5th Sep; 19th Sep; 3rd Oct; 7th Nov & 5th Dec.

Venue: Keston Parish Church BR2 6HT - The venue has a large car park and excellent bus links from both Bromley South and Orpington railway stations

For more information & to apply: Claire Challis
claire.challis@mac.com / 07770 873055



EAST SUSSEX – B.W.Y.T. Foundation Course Level 1

Starting on Sunday 29 March 2020

10 Sunday Meetings (9.30 – 4.30)

29/3, 19/4, 17/5, 21/6, 26/7, 30/8, 20/9, 18/10, 8/11, 6/12

(Course Fees: £660 payable via 3 instalments)

Senior Diploma Course Tutor invites applications from a maximum of 10 participants (to ensure individual support and attention).

Especially for those wishing to study deeper and learn more about Yoga via self-development, (or) for those planning to apply for a place on a B.W.Y.Q. Teacher Training Course.

This is a Student Centred, Student Led Interactive Course, meeting in a purpose built fully equipped Yoga Studio in Newhaven situated on the South Coast between Brighton/Eastbourne.

We enjoy shared Alfresco Style Buffet Lunches in our Beautiful Terraced Garden (weather permitting), with views over the Marina and Historical Fort.

Contact: Janet Bond – 01273 512 306

Email: samtosha4u@btinternet.com

www.samtosha4u.com

Peter Blackaby Author of “Intelligent Yoga”

Yoga Workshop Sat 27th June 2020

‘Working with people in chronic pain’

In the last twenty years there has been a marked change in how we manage chronic pain.
The findings from X Rays and MRI Scans are poorly related to musculoskeletal pain.
We will explore the implications that these findings have for yoga

Peter trained in osteopathy and has been teaching yoga for 30+ years

10.30 - 4.30 Fee £50 (*Regret no refunds*)

Venue: New Park Centre, New Park Road, Chichester, PO19 7XY

email: francescatambling@live.co.uk or phone 01243 792420

website: www.francescatamblingyoga.moonfruit.com

Gentle Years Yoga Teacher Training with Lina Newstead

This course is for Yoga teachers who wish to bring the joy of Yoga to older adults who would benefit from Yoga in both body and mind. You would be given the skills to safely and skilfully teach a chair based class that uses modified asana breathing and concentration practices, and relaxation techniques.

You will be undertaking an on line Anatomy and Physiology Course for older Adults and a Safeguarding Adults Certification. There are tutor led 3 contact days at which you will teach your peers a short session. You will plan and teach a scheme of work and have an assessed observation of a class.

Venue: Westminster Quaker Meeting House 8 Hop Gardens London WC2N 4EH

Dates: Saturday June 13th Saturday July 11th plus EITHER Saturday September 12th or 19th

Times: 9.30 – 5.30

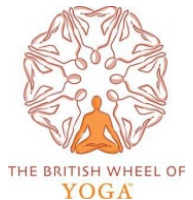
Completion: Within one year

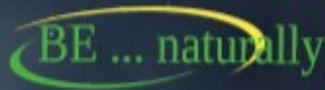
Fee £660 paid to BWY

Tutor: Lina Newstead BWY Diploma Course Tutor and GYY Trainer and Mindfulness Now Tutor

For further details and application form email linanewstead@talktalk.net

Call 01732 864465 07799 162443





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How would you like to get a really good night's sleep and wake up feeling refreshed and energised?

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Saturday 27th June 10am – 4pm
£80 including refreshments, lunch and Tea Ceremony .
Pines Calyx, St Margaret's Bay CT15 6DZ

Book online at www.benaturally.co.uk/events
to guarantee your place or contact us at:

jayne@benaturally.co.uk 07824 352 962
jules@benaturally.co.uk 07903 839 292

BWY PRANAYAMA MODULE



6 Monthly Sunday Meetings starting

Sunday 5 April 2020

(9.30-4.30) also: 3/5, 7/6, 5/7, 2/8, 6/9

at Samtosha Yoga Studio,

Newhaven, E. Sussex, BN9 9DY

Course Fee: £660 (via 3 instalments)

Designed as a self-development course, as well as being suitable for those who are preparing to incorporate the teaching-on of this valuable component and feel the time is right to share this with their regular weekly class participants.

BWY Members will be guided via experiential learning plus in-depth study which will increase their confidence, as well as enhance their own competence and ability to share the importance of this wonderful coping tool easily with others.

Full details plus application form available from:

JANET BOND

samtosha4u@btinternet.com

01273 512 306

Google to view venue: www.samtosha4u.com

Yoga Retreat in Agistri 20th – 27th May 2020



Enjoy a beautiful Yoga Retreat in beautiful Agistri, just an hour by boat from Athens. A perfect place to restore and recharge Yoga overlooking the sea in the little piece of heaven.

Two daily Yoga practices, sunset and sunrise meditations, organic foods, time to relax, read, swim or just be in this breath taking village. Yoga suitable for all in a calm supportive environment

For more information contact Therese – Theresesaunders7@aol.com or via Facebook Freeflowyoga

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2.30pm with Reiki and Sound
Therapists: Janet and Mike Bond



In Newhaven "Samtosh" Yoga Studio, a beautiful, modern, bright sanctuary with underfloor heating. All equipment provided to ensure a deeply comfortable, relaxing experience!

23/2, 22/3, 26/4, 24/5, 28/6, 20/9, 25/10
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£12 per session or £30 for 3 dates booked in advance

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SATURDAY 21ST MARCH &
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KIPPINGTON ROAD, SEVENOAKS,
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FEE: £35

Workshops in Vedic chant as a tool of yoga for practices in āsana, prāṇāyāma and dhyānam.

Suitable for all and taught using traditional methods in Sanskrit.

Bring mats, blocks and bolsters.

Chairs are available for those who prefer.

Celeste Cronin Thomas is a BWY Dip yoga teacher, CHNC registered yoga therapist and qualified Vedic Chant teacher working in the Krishnamacharya Tradition.



Email or phone
celestecronin@icloud.com
mobile 07710441092

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Useful for injuries and repetitive strain and also simply to tune up the body and feel more happy and balanced in your skin.

Philip has trained with Thomas W Myers (Anatomy Trains) and has 20+ years of experience in a range of body work techniques (including acupuncture).

Call Philip Newstead for an initial consultation 07887 895153
Clinics in Canterbury Kent / Oxted and Bletchingley Surrey
www.thewisebody.co.uk

Emergency First Aid at Work Courses for Yoga Teachers

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

Saturday 18 April – Horsham (RH13 8NN) - £85 per person
Further courses dates are shown on our website

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

MGM Training Limited also offers 'in-house' courses for **Studios**, groups, IST, and **Teacher Training Classes**, where we will visit your venue and provide a course for up to and including twelve students. We are able and willing to travel to remote TTCs within the UK and outside the UK. In-house courses are charged on an extremely competitive course price; please email us to discuss your course needs. For further details of an 'in-house' course please email info@mgmtraining.co.uk



**** Please Note: The BWY do not arrange any first aid courses through MGM and as such are not responsible for the content of the MGM first aid training course and its TandC's ****