

A photograph of a field of yellow daffodils in a forest. The flowers are in the foreground, and the background shows tall, thin trees with bare branches. The sky is a pale blue. The text is overlaid on the image.

BWY

AT
THE
HEART
OF YOGA

IN WALES

BEYOND THE MAT

Spring Newsletter 2024

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

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WALES NEWS

Hello everyone,



As the wheel turns and a new spring finally beckons, I am saying farewell as Editor for BWY Wales. I have enjoyed being a volunteer enormously, but I feel the time is right for a fresh pair of hands to take on the role and make it their own.

The role involves editing and liaising with advertisers and the committee in order to weave together an interesting and diverse newsletter, 3 times a year, using a Word template. Additional tasks can range from sourcing pictures for articles and asking members for contributions such as book reviews, recipes, and poems.

My email is wales.editor@bwyregions.org.uk if anyone would like to chat with me further about the role.

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

See you on the mat soon.

Clare, Dave, Joanna, Kate, Lesley, Michelle, Sue, Suzanne & Tori

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chwaraeoncymru

WELCOME

REGIONAL OFFICER REPORT

Joanna Bogacz



Our recent volunteer committee meeting opened with a Peace/Shanti mantra that was intended to focus our minds and calm our environment. Against the backdrop of Remembrance Day and with all the current turbulence in the world, the cultivation of inner peace rippling outwards seemed both a timely and wise focus. The Shanti mantra we chanted as a committee was intended to grow empathy and respect between each other and can be found in the Katha and Taittiriya Upanishads.

Om Saha Navavatu I Saha Nau Bhunaktu I

Saha Viryam Karavavahai I

Tejasvi Navadhitamastu I Ma Vidvi Shavahai I

Om Shanti Shanti Shanti II

May the Supreme Intelligence protect us both.

May It nourish and cherish us both.

May we work together with great energy.

May our intellect be sharpened, and our studies be full and fruitful.

May we never feel ill-will towards each other and let there be no animosity between us.

Om! Let there be peace in me, peace in my environment and peace in the forces that act on me.

I have spent time this season focusing on sound to encourage rebalance, reconnection and recalibration. Within the context of teaching I find using a shruti box a helpful tool to support students with sound making, especially when they may feel self-conscious or struggle to voice what is within. Personally I find daily chanting and chanting on the exhale whilst practicing asana a supportive tool to bring clarity and work with intention. With vihara and daily routines in mind I am ever more taking a paced and holistic approach and aim to integrate all strands of my life within yoga practice.

Vibration from sound waves affects the body and influences the mind. Mantra repetition aims to free our mind of blockages, awaken higher dimensions of Awareness, and draw our perception inwards toward our essential nature and transform how we see the world. Sound waves have additional therapeutic value as a vehicle to bring awareness into dull areas within the body. Mantra can encourage a sense of being held and have a healing quality when directed towards places of suffering. Prana follows awareness and when the breath is accompanied by different sound vibrations it can be a tool to direct awareness and move energy which has been stagnating. If you are keen to try making sound but it's not a usual part of your yoga practice perhaps start with Bhramari/humming bee breath to soothe and foster resilience or chant Om with a gentle curiosity and feel into the sound vibrations resonating through your whole being.

This season there are fond farewells to say to our committee members Sue Evans and Eloise Dirienzo. It is with great appreciation and gratitude to Sue that our Beyond the Mat magazine has been edited so beautifully since 2016. Sue has been an integral part of our committee with an ever steady & peaceful presence and was nominated for a BWY Heart of Yoga award this year for her long standing, dedicated service. Please go to the BWY website to find out more information about the Heart of Yoga Awards and to nominate volunteers or community champions that you feel deserve recognition.

For members with an enthusiasm for volunteering, the time & skills to offer, and an interest in undertaking teamwork as part of your yoga in action, our current volunteer committee opportunities include:

- Regional Editor for Wales,
- Deputy Area Representative in Cardiff & the Vale, and
- Area Representative for Mid Wales.

As part of the BWY Yoga in Action initiative we are seeking support from members and our volunteers with specific interests to help organise Wales wide karma yoga events, e.g. beach cleaning or tree planting which we did in the Brecon Beacons last year. These events are intended to help build communities, bring us together or perhaps introduce us to something we may never have thought of doing but which may well bring us joy. If you are inspired, please get in touch.

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

Jo Bogacz

(Welsh Regional Officer on behalf of the Welsh Committee)



Credit: Fiona Koeford-Jespersen

KARMA YOGA

*Those who act without thought of personal
Profit and lead a well-disciplined life
Discover in course of time the divine
Principle that all forms of life are one.
Shvetashvatatara Upanishad 4:3*

Are you really passionate about something (apart from yoga on the mat)? Like tree planting or litter collection or organising a book swapping library or a creative crafting club.

Something you would like to share with others
Something which could bring together like-minded people.

Something which might inspire others to join in
Something which could create a community

Why not organise a Karma Yoga event?

It can be something you organise yourself or something you do in collaboration with a charity or other organisation.

If you would like help promoting your event, please contact your BWY Regional Officer.

SOUTH CENTRAL WALES REPORT

Dave Fowler
Area Representative



Dear Yogis,

We have listened to all your feedback from events, and we are excited to offer within the South Central region two CPD events.

Early Bird Tickets are available for both of these events.

❖ **20 April - Asana with an Ayurvedic Approach**
An Ayurveda CPD event with the amazing and knowledgeable Tarik Dervish from Brighton.

Ayurveda is built on a pre-scientific model of life that is rich with symbolism. It draws upon the concept of the five elements- earth, water, fire, air, and space, and how they join forces to bring about life. When they work together, they create the doshas which are- vata, pitta and kapha which fulfil all the functions of the body. Ayurveda is a kind of language that explains why we do what we do and teaches us how to do what is right for us. It treats us with compassion and even shows us what to do when things go out of balance

Tarik has almost 25 years' experience of teaching Yoga and 20 years' experience of teaching and practising Ayurveda. He runs OFQUAL regulated Yoga Teacher Training courses accredited by the British Wheel of Yoga Qualifications (BWYQ) at Level 4 as a blended course (both online and live). He also offers Ayurvedic consultations. His diagnostic tools include a mixture of Western medical pathology, Ayurvedic diagnostic tools like Pulse and Tongue diagnosis and the Astrological birth chart to help him understand your journey in a broader psycho-spiritual context.

❖ **6 October - The Bandhas - The core practices of Hatha Yoga**
A Pranayama and Bandha CPD event with the notable Swami Krishnapremananda from the Mandala Yoga Ashram in West Wales.

An opportunity to explore the practice of the 3 bandhas under the skilful and accessible guidance of Swami Krishnapremananda. The 3 bandhas can add so much to our yoga practice, stimulating energy and spaciousness and are thereby an excellent preparation for meditation.

These bandhas are often employed in combination to enhance the practice of pranayama, asanas, and meditation. They help channel and direct the flow of prana (life force or energy) within the body, promoting physical and energetic balance and aiding in the awakening of spiritual awareness.

Swami Krishnapremananda is currently Assistant Director of Mandala Yoga Ashram, playing a key role helping to support and care for the Ashram's spiritual and practical wellbeing.

Having first visited the Ashram around 30 years ago in its wild and windswept early days, he joined the Ashram team a few years later and is now the longest-serving person in the Ashram after the founder, Swami Nishchalananda.

He describes his spiritual journey as 'touching the ground of existence', 'a surrendering to the Divine' and 'a coming home' and is deeply grateful for the many joyful gifts of grace he has received along the way. He loves Ashram life for the opportunity to learn from the teachings and presence of wise teachers, to feel connected to spiritual energies, as well as for the privilege of guiding students and witnessing them grow and blossom.

His primary yogic path is a combination of Bhakti Yoga ('Yoga of the Heart') and Gyana Yoga ('The Path of Insight or Wisdom'), supported by an integrated practice of all the main paths of Yoga.

As we wanted everyone who attends to fully enjoy both of these events and to allow questions and answers, we have reduced the number of attendees. There are early bird tickets available, so please don't miss out on these major events happening near you. This is an excellent opportunity to get first class teachings from two senior devotees of Yoga. Don't forget to follow us on Facebook and Instagram for more information regarding teachers meeting's and member's benefit days.

Namaste my friends

Dave

SOUTH EAST WALES REPORT

Kate Holly
Area Representative



Dear Yogis

I hope this edition finds you in fine fettle and preparing to be full of the joys of Spring!

Such a refreshing time of year...new shoots, new growth, and the opportunity to blossom into anything we choose to be. I love seeing the snowdrops and daffodils appear offering hope and brightness as we come out of our winter slumber. Our bodies are regenerating all the time...it is said that every 7 - 10 years we get an entirely new body (barring a few things like the inner lens of the eye). It may not feel that way as we get older, but it is a kind reminder that we always have the opportunity to change and grow. And of course our practice can support us through all of this.

South East Wales Events

We had a great event in the South East, way back now in November and some exciting CPD events to look forward to, please see details below. Do let me know your thoughts for more event themes and ideas. What would you most like to try? All suggestions are considered and discussed, and it is exciting to get inspired by your thoughts. It's great that we now have early bird prices too!

The Touching Life Partner Workshop with Natasha Harvey took place one sunny in November. This was a fantastic morning where Natasha encouraged us to explore the theme of 'Touch' before practising various partner poses with different partners. Speaking personally, this enabled me to feel familiar poses in new ways and really witness the impact of different energy systems upon our own. We had lots of fun, and the morning absolutely flew by. We also learnt some great methods for self-care through Marma Point Massage. In Ayurvedic medicine, Marma points are anatomical locations in the body where a concentration of life energy exists.

We can support healing by working with these points. This was followed by a beautiful relaxation, and everyone left with beaming smiles and an air of serenity!

Here is some of the feedback from the day:

"I absolutely loved this. I left on a high and smiled all the way home. I'd like to think I can share the joy of these practices with friends and fellow yogis. Thank you for this wonderful workshop. More please xx"

"A great session, feeling very chilled!"

"I just love partner yoga, so it was all great. I really enjoyed the massage points too and it was good to rotate partners instead of being with the same one...The future lineup looks great!"

"Really enjoyed, much more than I thought to be honest. Safe space and awesome. Diolch"

"The course exceeded my expectations. Natasha made me & my friend feel really comfortable at working with other partners. The exploration of what touch meant was really interesting and the sequences we worked through and learned were really lovely. Something I will do and use again."



Coming Up...

TREE PLANTING - A Karma Yoga Event - February 2024



Yoga volunteers will be joining the charity Stump Up for Trees again this year for another day of planting in the beautiful Bannau Brycheiniog. Last year, 1500 trees were planted by our yoga volunteers along with Stump Up For Trees valuable regular volunteers. It was a beautiful day and a satisfying experience.

This year, we'll plant on one Saturday in February. As we go to press, dates, and location in Bannau Brycheiniog are not yet available, but do check the website as soon as you get this copy!

This is a free event based on karma yoga and giving back to the earth.

It is open to anyone interested in planting trees - yoga practitioners, friends, and family. Those under 16 will need an adult with them.



CPD Days

We also have two great CPD days lined up which are aimed at teachers but suitable for anyone with a deep interest in Yoga.

Developing strength with Single Leg Poses Zoe Knott 16 March 2024

We are delighted to be welcoming the inimitable Zoe Knott to deliver her brand new CPD training in South East Wales on Saturday 16 March. The focus is on Developing Strength in Single Leg Poses and the session is sure to enrich your teaching knowledge, offering interesting and inspiring ways to work with your own students in class. Please see article from Zoe in this edition for further details on this exciting day!

Meditation - an exploration of Teaching & Practice Lynne Jones 23 November 2024



We are so excited to have Wales' very own Lynne Jones delivering her beautiful CPD day. What a treat this will be!

This will be a day of meditation practice, self-enquiry, and contemplation. There will be ample opportunities to move and stretch the body, and meditate in different positions (sitting, standing, lying down, walking).

Teachers will have the opportunity to discuss and explore their own teaching of meditation and reflect upon their own practice.

Patanjali 1.2: Yoga chitta vrtti nirodhah - 'Yoga is the settling of the mind into silence.' (Alistair Shearer)

The ability to rest in inner peace is possible for each of us.
The process of purification that the practices of yoga provide, is designed to take us there.

Patanjali describes kriyayoga (2.1) as tapas, svadhyaya and isvarapranidhana which can be translated as discipline of practice, self-reflection/self-enquiry, and turning towards being or presence.

I do hope to see some of you at an event, class, or workshop somewhere in Wales and remember, you can always contact me at wales.serep@bwyregions.org.uk.

Have a smashing Spring!

N 🙏 maste,

Kate x

SOUTH WEST WALES AREA REPRESENTATIVE

Lesley Dever



Dear Fellow Yogis,

Although I write this as the year approaches its shortest and darkest day, by the time you read this, we will be emerging from the dark and into the Spring, a time of hope, regrowth, and renewal. It never fails to amaze me how my largely untended back garden produces a magnificent spring array of flowers with virtually no input or interference from me! We too may have been dormant over the darkest months, but now is the time for us to pick up our practice and, just as nature can perform miracles, so can we, with a little encouragement, allow our bodies and spirits to spring back into life.

To help us on our journey of renewal, we only have to visit our BWY website to find lots of exciting events, many online for those of us living in more remote areas. [Sama Fabian's "Morning of Yoga Practice to Cultivate the Dynamics of Awareness"](#) which will include pranayama, spinal movement, liberating the breath and yoga nidra will be taking place in person in Swansea Wellbeing Centre on Saturday 12 October.

The website now lists events chronologically, so it is worth looking quite far ahead as some sessions get booked up well in advance. As new reps, Michelle and I are currently working on bringing more events to our locality and hopefully a teachers' meeting very soon. Please check Facebook and Instagram if you use it, as well as the BWY websites, to get the most up to date information.

[Facebook: BWY in Wales](#). [Instagram: bwyinwales](#)

Do please also email either Michelle or myself (addresses on inside front cover) with any requests, ideas, or suggestions for the sorts of events you would like to see in our area. This will help us greatly to plan the sorts of events that will be most useful to you.

In the words of the great poet Rumi:

“This outward spring and garden are a reflection of the inward garden”

Wishing you all a joyous Spring and a beautiful garden,

Lesley



SOUTH WEST WALES DEPUTY AREA REPRESENTATIVE

Michelle Davies



Hi all

When Lesley sent me her piece for our little magazine, I thought, great minds think alike, as she had put together exactly what I had been thinking. When you read this, the days will be drawing out and the first signs of spring will be in sight.

Thank you, Lesley, surely this is a sign of a good working relationship!

One event that is in the pipeline is ‘**The Sacred Feminine**’ with **Reva**, to be held at Wild Sisters Wellness & Yoga Studio in Carmarthen on 14 September. (Booking details to be confirmed soon)

Take cake care everyone, see you all soon.

Michelle Namaste

REGIONAL TRAINING OFFICER FOR WALES

Tori Lang



You asked – we deliver!

Hello everyone,

I'm the recently appointed Regional Training Officer for Wales (RTO). Since re-joining the Wales committee (I was Area Rep for South Central Wales a few years ago) we've been working hard together to put together a great programme of yoga for 2024, focusing on what you've asked for.

As a member-led organisation, we want to make sure that everyone is supported in their yoga journey. We've collected feedback from our members from various events and a questionnaire during 2022-2023 and used that to inform plans for 2024.

Please note that although CPD (continuing professional development) days are aimed at teachers, they are also open to student teachers, and keen members too.

We have brought back 'Early-bird' tickets for next year on most events. Get in early to get a great price. Members still get a reduction on the Full Price ticket right up to the event, but there is an additional reduction for buying early. This helps us to ensure we have enough interest to go ahead with events, saves the reps a lot of worry, and offers members exceptional value for the senior teachers we have booked.

These are the key events so far. Around these we will also have Sangha, a solstice event, and shorter events with local teachers for all members. Remember, there are also events on the main website that are freely accessible to members – 'Members sessions'. Bill Wood was a name that was requested, for example, and has a session that's free to access for all members. To access these, *log in* to the BWY

website, and under your name select '*my resources*', on the left, scroll to '*video library*', and then '*members sessions*'.

You asked for:

- 'More Philosophy', 'Consideration of Classical Texts', 'spirituality', 'Philosophy – teachers from SOAS', 'Daniel Simpson', 'more non-asana based teaching', 'events for non-teachers'

We bring you:

- Daniel Simpson – 'New Light on Yoga' – Daniel literally wrote the book on yoga philosophy. His book, 'The Truth of Yoga' is a fantastic, thorough, accessible, and readable book on the breadth of the history of yoga. He's delivering a 3 hour talk, on 27 January in Llanfoist (nr Abergavenny). (open to all). Well worth the trip.
- See also Sophia Ansari's 'Transformational Yoga Therapy for Women's Health & Trauma Recovery: Cultivating Prema-Rasa, the Juice of Love' below.
- See also Lynne Jones's day below

You asked for:

- 'Meditation' – this was a top request on the feedback from the questionnaire. Also, 'Welsh teachers', 'more non-asana' based teaching, 'self-enquiry'

We bring you:

- Lynne Jones – 'Meditation – an exploration of practice and teaching with Lynne Jones'. Lynne is a senior teacher here in Wales – a qualified and experienced DCT (Diploma Course Tutor) and FCT (Foundation Course Tutor). This session weaves in philosophy from Patanjali's teachings, and opportunity for practice, self-enquiry, and contemplation. CPD day 23 November – Llanfoist (nr Abergavenny)

You asked for:

- 'revisit asana teaching', 'focused asana workshops', 'strength and flexibility in asana', 'Zoe Knott'

We bring you:

- Zoe Knott – 'Developing Strength with single leg poses'. Back by popular demand with her new training day. This one is all about strength, balance, and confidence in standing single leg poses. Zoe's always been a very popular tutor here in South Wales and her sessions usually sell out. She is a top UK wide yoga teacher with over 40 years' experience – a senior BWY Teacher, has trained many of our DCTs and served on the Training Committee. 16 March, Llanfoist (nr Abergavenny) CPD day. Book soon to avoid missing out!
- Also – below, Sama Fabian's 'A morning of Yoga Practice'.

You asked for:

- 'Pranayama', 'breathing techniques', 'breath work'. 'Pranayama' was your number 2 request. Bandhas (requested lots). 'Yoga nida', 'mudras', 'more male teachers', 'more teachers from Wales', 'events for non-teachers'

We bring you:

- Swami Krishnapremananda – 'The Bandhas – the Core Practices of Hatha Yoga'. A long-standing teacher and now Assistant Director of the Mandala Yoga Ashram, Swami Krishnapremananda will guide us through the bandhas and how they support our meditation and pranayama practice. CPD day 6 October – Cardiff.
- Sama Fabian – 'A morning of Yoga Practice to cultivate the dynamics of awareness'. This half day session combines pranayama (including kumbhaka), mudras, asana, and yoga nidra. Sama is a Senior Teacher, having practiced all her adult life and taught since 1985. She set up Aurolab Yoga and has led 4 year 500 hour teacher trainings. Open to all – 12 October, Swansea

You asked for:

- 'Ayurveda', 'Ayurveda with asana', 'Tariq Dervish', 'more male teachers' – Ayurveda was a frequent request.

We bring you:

- Tariq Dervish – 'Asana with an Ayurvedic Approach'. Tariq is a very popular teacher for good reason. He is a renowned expert on Ayurveda, and this session looks at how we can apply Ayurvedic principles (particularly understanding of our prakriti) to our practices, and if we teach – to our classes, to best support ourselves and our students. CPD day 20 April, Cardiff.

You asked for:

- 'Anatomy', 'Anatomy and Physiology', 'Gary Carter' – another very popular request

We brought you:

- Gary Carter – 'Asana and Connective Tissues'. Gary is a fantastic teacher, much in demand. This session was so well received, we are looking at bringing him back for the follow up in 2025, so if you missed him this time, keep an eye out for next time! CPD day was on 21 October 2023, Cardiff

You asked for:

- 'Women's health', 'women's yoga', 'trauma informed', 'trauma yoga', 'therapeutic', 'events for non-teachers'

We bring you:

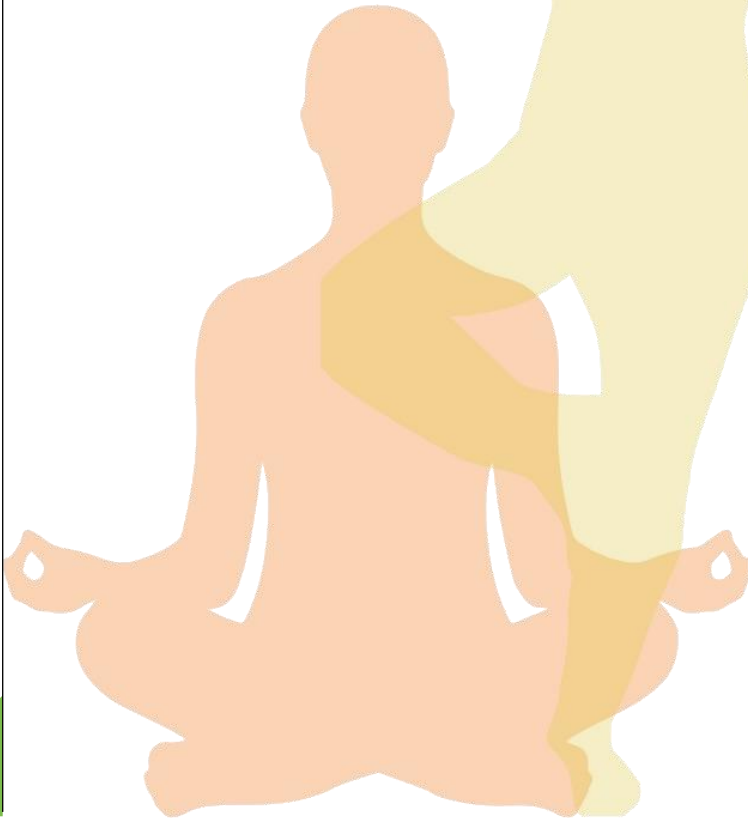
- Sophia Ansari – 'Transformational Yoga Therapy for Women's Health & Trauma Recovery: Cultivating Prema-Rasa, the Juice of Love'. This session offers Transformational yoga therapy for women's health and trauma recovery through the qualities of flow, stability, tenderness, and courage. It prioritises practices that calm and open the heart centre, balance the nervous system, and create softness and space in the body to dispel stagnation and tension.

It draws from Indo-Sufi-Vaisnava & sakhi tantric philosophy. Sophia is a somatic psychotherapeutic counsellor, trauma informed bodyworker and yoga-Ayurvedic massage therapist, bringing over 27 years' experience. Open to all, 3 March, Cardiff

We're already looking ahead now to 2025, and the local events for 2024, so if there are other teachers and topics, you'd like including that didn't make the list this time, please let us know.

I look forward to sharing some of these wonderful teachers and experiences with you,

Tori



REGIONAL TREASURER REPORT

Wales Region
Year Ended 31 October 2023

INCOME	£	EXPENDITURE	£
Events	5,821.50	Events	3,940.16
Advertising	287.47	Office Costs	79.99
Regional Transfer	884.69	Committee Exps exc Trustees	227.77
Interest Received	95.88	Annual Volunteer Payments	926.69
VAT Central Office	57.53	Miscellaneous Expenses	146.69
		Bank charges	61.50
		VAT to Central Office	57.53
TOTAL INCOME	7,147.07	TOTAL EXPENDITURE	5,440.33
		Surplus (Deficit)	1,706.74

BALANCE SHEET	£
Bank Current Account	4,281.94
Building Society/Deposit Account	6,177.16
Accrued Income	26.00
VAT Liability	(19.18)
TOTAL NET ASSETS	10,465.92
Accumulated Funds b/f from previous year	8,759.18
Surplus (Deficit) current year	1,706.74
Accum. Funds c/f at year end	10,465.92

The above are the year-end 2023 accounts for BWY Wales region. They show a healthy surplus as a result of some wonderful events run during the year. This will help to ensure a wider range of events take place in 2024.

Suzanne Williams



Conscious Body Open Heart



Retreat with Rajesh David & Marye Wyvill
Open Pathway Retreat Centre, Queen Camel, Somerset

26-28 July 2024

Become conscious of your mental & movement habits that block transformation, working with the yogic concepts of Anahata Chakra, Bhakti & the Koshas, and the Movement Intelligence practices of Bones for Life, Walk for Life & Mindful Eating.

For more information about our teaching sessions, see
www.rajeshdavid.com/consciousbodyopenheart/

Bookings: findyourway@openpathwaycentre.org T:01935 850266
Cost: £425 for tuition, meals and single room.



**COMMUNITY
OUTREACH
YOGA**

**Help us develop BWY's
community outreach work**

Whether you're involved locally or want to discover more
contact E: communications@bwy.org.uk
bwy.org.uk

MUDRA THERAPY

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

Mudra therapy is a non-medical mode of treatment that helps without causing harm. Mudras are various postures of fingers and thumbs. In Mudra therapy, various diseases are treated and treated by holding fingers and thumbs in different ways. It is the simplest remedy that surprisingly restores the state of balance in the body and increases the level of resistance of the performers.

SURABHI MUDRA OR COW MUDRA



The little finger of your left hand touches the ring finger of your right hand. The little finger of your right hand touches the ring finger of your left hand. At the same time, the middle fingers of both hands touch the index fingers of the other. The thumbs remain extended.

Do this 3 times a day for 15 minutes.

The Surabhi Mudra is very effective against rheumatism and arthrosis. Since these diseases are usually chronic, or at least have existed within the person long before any outbreak or pain is perceived, this mudra must also be practiced for a longer period of time.

At first, mainly concentrate on your exhalation and imagine how a dark cloud leaves your body each time you **exhale**. This cloud contains your spent energy, all the waste substances and every pain. More importantly it also contains all your negative thoughts and feelings. After about 20 breaths, also pay attention to your **inhalation** and imagine each time that you are absorbing light, which makes your entire body shine. Gradually let the cloud that you exhale become lighter and lighter.

In conclusion, let yourself be filled with the brightest light and surrounded by a cloak of light that radiates far out into your environment.

What you think while you do this is also very important, so the affirmation below is particularly significant in this position.

Affirmation

Purifying light fills me and burns away everything that oppresses and hurts me.

From the bottom of my heart I seek cleanliness in my body, clarity in my mind, and purity in my soul.

HERBAL REMEDY:

A person with these complaints should also be sure to eat a healthy and light diet and drink a great deal of green tea.



In addition, round-headed rampion or, more commonly known as Devil's Claw (*Harpagophytum procumbens* DC), can be used to help with the pain of rheumatism and arthritis.

The name Devil's Claw refers to the barbs of the fruit that stick to the claws of animals and are thus dispersed. These barbs are also difficult to remove and can cause serious injury. It owes its scientific name, *Harpagophytum*, to the shape of its woody fruit that reminds us of a grappling hook, *harpagos* in Greek.

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

Creamy Baked Leeks with Apple, Thyme & Goat's Cheese

Preparation Time: 10 mins; Cooking Time: 1 hr; Serves: 4

This is a lovely late winter seasonal dish to use up any leeks you may still have in the garden or simply to enjoy. It makes a lovely meal served with a crunchy green salad or some mixed kale leaves. Substitute vegetarian or vegan options where necessary to suit your lifestyle.



INGREDIENTS

- 1 tbsp unsalted butter, plus extra for greasing
- 500g leeks, cut into 1cm coins
- 2 tbsp olive oil
- 1 large free-range egg
- 200ml single cream
- 200ml vegetable stock
- 2 cloves garlic, crushed
- 100g soft goat's cheese
- 20g grated Parmesan-style cheese
- Small handful of thyme leaves
- 1 apple
- 150g ciabatta, torn
- 30g Cheddar cheese, grated

METHOD

1. Preheat the oven to Fan 160C and butter a roasting tray
2. Place the leeks in the tray, season with salt & pepper and toss with the olive oil. Dot the tablespoon of butter over the leeks, add a splash of water and cover tightly with foil. Bake for 30 mins, shaking the tray a few times during cooking.
3. Combine all the remaining ingredients together in a jug, except the apple, ciabatta, and cheddar.
4. Peel, core & slice the apples. Add to the roasting tin with the ciabatta and toss to combine. Pour over the cream mixture.
5. Sprinkle over the cheddar and bake for another 30 mins until golden.

Recipe taken from *Roasting Tray Magic* by Sue Quinn

PUBLISHING POLICY

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

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

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Advertising & Publishing Deadlines:

Issue	Copy Deadline	Copy to Head Office	Delivery Date
Spring 2024	4 December	12 January	5 February
Summer	12 April	17 May	10 June
Autumn/Winter	16 August	20 September	14 October

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DATE	EVENT	LOCATION	TYPE	CONTACT
https://portal.bwy.org.uk/user/events/599				
3 March	Transformational Yoga Therapy for Women's Health & Trauma Recovery: Cultivating Prema-Rasa, the Juice of Love With: <i>Sophia Ansari</i>	Cardiff Yoga Studio 12 Bedford Street (off St. Peter's Street) Cardiff CF24 3BA	Workshop 10:00 – 16:30	Jo Bogacz
https://portal.bwy.org.uk/user/events/638				
16 March	Developing Strength in Single Leg Poses Tutor: <i>Zoe Knott</i> (see article p28-29)	Llanfoist Village Hall (The Gallery)	CPD Day	Kate Holly
https://portal.bwy.org.uk/user/events/642				
20 April	Asana with an Ayurvedic Approach Tutor: <i>Tariq Dervish</i>	Llanishen Baptist Church Fidlas Road, Cardiff, CF14 5LZ	CPD Day	Dave Fowler
https://portal.bwy.org.uk/user/events/657				
23 June	BWY Wales – A Day of Yoga	Morganstown Village Hall, Heol Syr Lewis, Morganstown, Cardiff CF15 8LE	09.00 – 17.30	Dave Fowler
https://portal.bwy.org.uk/user/events/643				
6 October	The Bandhas: the Core Practices of Hatha Yoga Tutor: <i>Swami Krishnapremananda</i>	Llanishen Baptist Church Fidlas Road, CF14 5LZ	CPD Day	Dave Fowler
https://portal.bwy.org.uk/user/events/629				
12 October	Morning of yoga practice to cultivate the dynamics of awareness Tutor: <i>Sama Fabian</i> (see article p30-31)	Swansea Wellbeing Centre Walter Road, Burnman Street, SA1 5PQ	10.00 – 13.00	Jo Bogacz
https://portal.bwy.org.uk/user/events/639				
23 November	Meditation: An exploration of practice & teaching Tutor: Lynne Jones	Llanfoist Village Hall Llanfoist, NP7 9LP	CPD Day	Kate Holly

DEVELOPING STRENGTH WITH SINGLE LEG POSES



With Zoe Knott, BWY DCT
16 March, Llanfoist near Abergavenny
CPD Day

I have taught yoga for a long while now. During this time I have learnt that in order to protect the joints, we should bring strength to our practice. This has been the underpinning nature of my teaching throughout my career. Many of you have joined me at the 'Strength in Asana' CPD Workshop.

Through breaking my leg at the age of 65, (I include 'age 65', as I was shocked at the views of so many as to this being the end of the road for me at this age; downhill from now on.....), I became aware of how practicing single leg yoga poses develop strength even more powerfully. And this is what I would like to share with you on this CPD Day.

My aim is for yoga teaching to be accessible to all who come to class and work with a staged approach. So this session does not look at intricate, gymnastic, anatomically complex poses, but moves that are possible for all, that are very much a part of our yoga practice.

It will be obvious to yoga teachers and experienced practitioners that working with single leg poses will improve muscle strength through the standing leg and beyond. We can deepen the muscle loading in many ways, such as bending the standing leg in single leg poses. So simple yet so effective. Yoga is often a resistance practice, using different parts of our body as weights as we move into and out of gravity with control. Again the strength work intensifies in single leg poses.

What becomes really interesting is that we develop strength in many areas in addition to the standing leg as it is necessary to recalibrate our balance. To do so, the brain has to engage to adjust to the unfamiliar setting of standing on one leg. The eyes, ears, muscles, and joints send messages to the brain; the brain then responds. Thus strengthening the neural connections; keeping the brain on its toes.

Falls are a serious health issue, and I was surprised to learn they are the second most common cause of accidental deaths. Every time we work in single leg positions, we develop the tools to prevent falling.

As with all strength work, if we keep at it, balance will improve surprisingly quickly.

So as we work through familiar sequences, we will experience how we can intensify the strength work at various stages by taking the body weight through just one leg.

Even though we are working with single leg poses, you may think we will simply strengthen the legs, but actually I will sneak in a few of the other key areas that need strengthening too.....

All that I cover during the Workshop will be utterly suitable for mixed ability class teaching.



CULTIVATING THE DYNAMICS OF AWARENESS THROUGH YOGA PRACTICE



**With Sama Fabian
Saturday 12 October
Morning session including
Pranayama, Asana, and
Yoga Nidra**

The core of a wholesome Yoga practice is to integrate breath, movement, and mind. These aspects represent the first three layers and typically we practice these with breath awareness or pranayama, postural work, and mental focus. My teaching intention is to add another layer which we can call higher mind, intuition or as it is described in Sanskrit buddhi, the aspect of mind that bypasses and exceeds intellectual comprehension. In moving nearer to this deeper layer of our embodied reality we begin to mobilise what we can call the energy body, the mapping of which is called the Chakra System.

So how do we access this subtle layer, how do we experience a Yoga practice that takes us somewhat beyond the purely physical towards a deeper revelation of self, other and the world at large.

As a long time practitioner of the yogic ways, I have experimented with reaching into these deeper layers through a diligent and regular practice of pranayama, the full spectrum of yoga postures and meditation practices. Through the years I have discovered that in order to mobilise and reach into these layers we need three basic elements, breath awareness, intention, and imagination.

- **Breath** is the vehicle that carries energy and stamina to the nervous system. It has the power to stabilise and regulate but also activate and awaken.
- **Intentionality** gives mental focus and directs the pranic wave towards particular locations to create spaciousness, in Sanskrit akasha, the matrix from which all the other elements arise.

- **Imagination** which etches pathways in the body, awakens psychic possibility and facilitates expansion.

In this three hour full session we will journey through a rich spectrum of accessible practices that require only a readiness to experiment, a curiosity to explore. In increasing our awareness of the subtle, in activating deeper layers of our musculature, in sensing the movement of our bones, in bringing spaciousness into our joints, we create the conditions for accessing or coming nearer a wider range of postures.

Here I will focus on internal practices with pranayama sequences followed by a thorough exploration of spinal movements, particularly rotation and a comprehensive inversion practice. There will be several alternatives with each asana, with or without support so that each person can customise and adapt the practice to their current needs.

The yogic way doesn't require flexibility, strength, or power, it only demands that we are utterly and completely present.

Finally, please bring your mat, two yoga blocks, a strap, and a couple of blankets.



Daffodowndilly

By A. A. Milne, When We Were Very Young

She wore her yellow sunbonnet,

She wore her greenest gown.

She turned to the south wind

And curtsied up and down.

She turned to the sunlight

And shook her yellow head,

And whispered to her neighbour:

"Winter is dead"



PRANAYAMA



INTENSIVE RETREAT

with *PHILIP XERRI*

Holland House, Crophorne JUNE 10-14, 2024

A specialised retreat on the progressive practice of Pranayama. My approach is 'integrated', which means that although the focus is always Pranayama, integrated throughout the sessions are related Asana, Mudra, Bandha and Kriya practices.

After the great success of last year's Course. I have decided to run it again at this beautiful location. As well as my usual progressive teaching of Rhythms and Classical Pranayamas there will be a focus on some of the more 'advanced' practices that I have decided not to teach online and, for me, the truly exciting prospect of exploring some of the 'creative' adaptations of Pranayama practices, both general and Classical, that have surfaced in my own practice over the last few years.

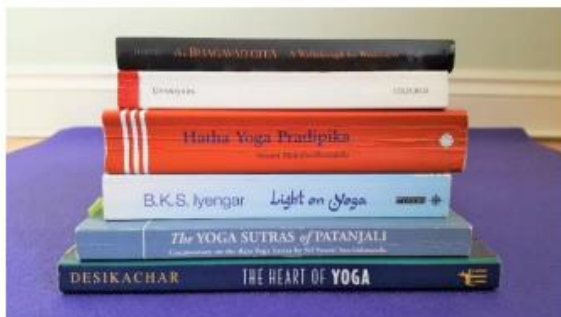
The Course is intended for Yoga students/Teachers with a minimum of 5 years experience, but please get in touch if you are unsure of your eligibility to discuss options as prior instruction can be undertaken.

Philip has been practicing/teaching Pranayama for over 40 years. Originally trained with Swami Gitananda in India, he has also worked within many other disciplines and Schools of Yoga. His first inspiration was Philip Jones – the 'Welsh Wizard of Pranayama' whose understanding of the connections between the Breath and Prana was profound. It is these connections and their relevance to the deeper aspects of Yoga practice that we will be exploring on this Course.



Further details/Booking pax_yoga@yahoo.com 'Early Bird' offers available.
 Web www.yogaquests.co.uk and www.controlyourbreath.co.uk
 Mobile 07710185827

"Prana is the sum total of all the energy in the Universe" Swami Sivananda



BWY Foundation Course

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

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

Introductory workshops will run July/August 2024.

The course runs **1 weekend a month** from **September 2024 – March 2025**, in Penarth, Cardiff.

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

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

BWYT RESTORATIVE YOGA MODULE

TEACHER TRAINING SEP-NOV 2024



30-Hour Online CPD
Open to all qualified yoga teachers

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

BWY Certification and Yoga Alliance CEUs

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

For details and to apply:

carol@yogacarol.co.uk

07949 743 942

www.yogacarol.co.uk



Yoga Therapy

TRAINING COURSE

ABOUT

Starting 23rd March 2024

STAGE ONE: 50 hr Foundations in Yoga Therapy (BWY Module)

STAGE TWO: 500 hrs leading to Diploma as qualified professional Yoga Therapist

VENUE: West Oxfordshire, on line and Mandala Ashram, South Wales

Yoga Therapy sessions available

Yoga Focus, established in 1998, runs 550hr professional training in yoga therapy, accredited by BCYT. Also CPD events and modular courses through the BWY. Founder Nikki Jackson has worked as an NHS occupational therapist and yoga therapist in physical and mental health and the private sector. Courses are based on self compassion and relate closely to Nature.



email: admin@yogafocus.co.uk
www.yogafocus.co.uk/professional-training/

SAVE THE DATE



BWY

Festival in Wales

11 August 2024

University of Lampeter

Further details to follow