



BWY

AT
THE
HEART
OF YOGA

IN THE SOUTH EAST

BEYOND THE MAT

Spring 2024
www.bwy.org.uk

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PUBLISHING POLICY

Please send adverts to the Editor via email in MS Word and pdf format and make payments as per the instructions on the invoice. If you wish to take advantage of members' rates, you will need to provide your BWY membership number. If you are part of a registered charity VAT will be deducted.

Advertising Rates (inc VAT)	BWY / Accredited Price	Full Price
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Summer 2024	10 June	30 April
Autumn / Winter 2024	14 October	30 August

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

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

SOUTH EAST NEWS



Welcome to the Spring Edition of Beyond the Mat, where you can find out what is happening in the yoga community across the South East. Spring is a time of transformation, and we have new volunteers (including me! See page 5).

Tarik Dervish kicks us off with his ‘get going’ Spring vibe and we launch Part One of our Teacher Training Reflections. With articles on Goddess and Aromatherapy Yoga, the use of Namaste and Chakras there’s a lot to enjoy.

Why not make yourself a cuppa and peruse the Events Calendar with all the fabulous training coming up? As Tarik says: it is time to plant new seeds, start new courses and take assertive steps towards the change we want to see!

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BOOK EARLY TO AVOID DISAPPOINTMENT!

You will see the whole of our 2024 Events Programme on Page 20 as it was when we went to press. Some events might already be full, but you can always pop your name down on the automatic waiting list. A message goes out to all if a space comes up and is booked on a first come first served basis, so be quick to respond! Some events may not be live online and bookable yet, but rest assured – we are working on it, they will be soon.

GETTING TO GRIPS WITH THE NEW WEBSITE : ITS SUPER-EASY!

Once you have logged on and booked an event it will be stored in your **MEMBERS AREA**.

Go to the top right hand side menu and scroll down to **MY EVENTS** Your bookings will appear in a list. Students can also find the link to online events within MY EVENTS - meeting information.

On the right hand side it will say **VIEW EVENT INFO** This contains detailed information about the event, / log in and any downloadable resources. The issues with messages going astray prior to the event have now been resolved.

Finally, this is where you find the **EVALUATION FORM** to complete online after the event.

NEW KENT VENUE and REQUEST FOR NEW VENUES

We are always on the lookout for new places to host our days. So please, do get in touch with your local rep if you have a hall to recommend. It needs to accommodate 30 yoga mats, be warm and clean, and ideally have adequate parking.

FOUR NEWLY APPROVED CPD DAYS IN THE SE IN 2024

Evaluation forms are very useful not just for working out how the day was received but also for the suggestions for new topics and tutors from the attendees. We work closely with our tutors to encourage them to devise new days that will appeal to our members, in their area of expertise. So, we proudly present:

Carol Trevor: Neurodiversity Gifts and Challenges

Gary Carter: The Knees the Great Negotiators and The Floating Shoulder and Neck

Zoe Knott: Strength in Asana 20 Years On

So please keep the ideas coming so we can suggest your topic ideas to tutors!

VOLUNTEER HEROES: THE LIFE BLOOD OF THE BWY

By Jan Palmer

If you have glanced at the inside cover at the contacts you will see some changes in our willing volunteers. We are sad to say that **Tess West** (Social Media Rep) and **Elizabeth Eastaugh** (Secretary) have decided to step down, as well as our previous Editor **Lisa Nicholls Rider** but we thank them all for their sterling work whilst serving on the committee.

It's great to welcome new people to our group too, and this edition is brought to you, courtesy of the tireless efforts of **Emma Palmer**, our new Editor. We have a new Social Media Rep **Tracy Agnew**, based in Surrey, who has stepped in to work on our Facebook and Instagram pages. We also welcome our two New Event Organisers who assist in running days **Vashti Greenwood** in Sussex and **Mary Blackwell** in Kent.



“Hello My name is Mary

I would be honoured to offer support in any way that I can in 2024! Not that you ask much of me but I do enjoy being helpful!”

“Hi, I'm Vashti,

I am a student teacher based in Brighton. Really excited to be volunteering alongside Rachel and Jan, helping out with BWY SE Region events.”



SPRING : TIME TO HATCH SOMETHING NEW!

By Tairk Dervish

Magicians are inspiring and thrilling because we never quite know what is coming next. Will it be a bird that flies out of nowhere or a sleight of hand that leaves us very uncertain of what we thought was true about something?

We all need a bit of magic to assure us that there is a hidden hand in life's events that is there to help us. We need to be reassured from time to time that we are not completely alone in the universe and that everything will be alright in the end.

Confronted with challenges, we develop resilience and learn to keep going. What else can we do? We can't keep our head in the sand for very long because it is too uncomfortable, and we can't breathe so we just keep going.

The spring equinox is a time for new strategies and approaches. Nature infuses us with a charge so we have a greater spring to our step that might just be all we need to move us forwards. It is time to plant new seeds, start new courses, take assertive steps towards the change we want to see.

Don't waste this opportunity and don't pay attention to what the outer world is telling you. Take charge of your own life now and set the sails. Life is much bigger than what you hear coming out of the box. There is a reason why Aries is characterised as a fierce ram ready to charge and break through walls. Don't hold yourself back.

Some people don't make any changes because they don't know what they want. It is not always easy to know what to do so we do nothing and hope that one fine morning we will wake up with full clarity. From my experience, that is not a very efficient way to live life. It is better to dip your toes in the water and give something different a chance even if you aren't sure. You cannot make a reliable decision based on imagination alone. Doing is doing and doing is knowing.

Now is the time to plan what you are going to DO so tear out a blank sheet of paper, pick up a pen and allow yourself to dream.

Creating a strong platform for growth.

We gain the strength to change by building a firm foundation from below so take a little time to acknowledge and honour all those who offered you support, love and nurturing. None of us can do it on our own. They say it takes a village to raise a child, but does that ever really change as we get older? It takes a community to support a community. Never take it for granted.

Spring Yoga

When we practice with an Ayurvedic approach, we adjust our routine according to the qualities expressed in the environment. The cold damp winter gradually softens into a warm damp spring. Do you notice that change in your body too? There is an invitation there, an enquiry to be made. Get to know how your body responds to environmental change and adjust your practice accordingly. Perhaps you need to rev things up as the sun gains power. What possibilities does the new season hold for you?

Spring lifestyle

Traditionally, this is the time of the year to open up your home to the fresh air and allow in more light and all the sounds of spring. Are you doing the same for your body? It is always good to eat fresh food throughout the year, but in the spring, the body needs to release the heavier elements of earth and water that make up Kapha dosha. Spring is therefore a good time to do a fruit and veg fast for a few days or even just a juice fast. Giving your body time the time and space to throw off its excesses will do you wonders. No more oily winter casseroles. It's time to lighten up your pantry and adorn your dinner plate with more fresh green vegetables and salads.

For more information, please visit www.yogawell.co.uk

REFLECTIONS ON TEACHER TRAINING

PART 1: BUILDING THE FOUNDATION

By Diane Ashfield

I've never been a sporty person. Running, swimming, jumping or anything that made my wobbly bits jiggle was definitely not for me, and certainly doing *any* form of exercise for pleasure as a teenager was totally out of the question. However, during an athletics session at school in the 1970's my class was being taught the correct position to throw a javelin. This consisted of something that resembles Warrior II with a bit of Usain Bolt's iconic stance thrown in for good measure. Standing there in the school playing fields with one leg bent. The other leg felt incredibly strong, and I felt a sense of empowerment which is hard to describe.

Yoga officially came into my life after I'd had my daughter in 1991. Eager to get my post-pregnancy body back into shape, I was looking for something I could do in the comfort of my own home while the baby was asleep. I found a yoga book for beginners, bought a video and I was instantly hooked. Making the transition from practicing at home to going to a class took close to 10 years, and there's a reason for that which many will resonate with – I didn't think I was good enough - plus I had a certain idea in my head of what "yogis" were like. I wasn't young or stick thin. I couldn't do headstands or arm balances. I wasn't a vegetarian in fact I had a penchant for KFC!

I actually can't remember what made me sign up for a yoga class at my local Adult Education Centre, but there I was at my first class, sitting at the side of the hall watching everyone. The lovely teacher Karen, perhaps sensing my uneasiness, set out my mat at the back of the hall, plonked me on it and told me that I was crazy to pay money just to sit there and watch! Later that night I remember coming home from class feeling as if I was walking on air – I was buzzing!

As I came through the front door, my husband asked how it went and I gave him a rendition of my Triangle Pose there and then. Yoga made me feel totally in control, calm, relaxed and invincible!

One day after many years of attending classes, I decided that I adored yoga and the way it made me feel so much that I wanted to share this experience with others and train as a yoga teacher. I planned to dabble in teaching one-to-one private lessons when I retired from my office job, I never intended to teach in a gym or a hall - I just could not bear the thought of all those people looking at me.



The Foundation Course proved to be beneficial to me because it was an insight into what teacher training would be like. We delved into the details of yoga's history and origins, but the syllabus also helped to broaden my knowledge of anatomy and ways to quieten the mind.

The Foundation Course zipped by so quickly, and before I knew it I was presented with my certificate.

But I wanted to know more. I wanted to train to become a yoga teacher. Before leaving, Belinda mentioned her teacher training course was due to begin in around 7 months, would I be interested? With all my insecurities and zero confidence, I knew that teacher training was not going to be an easy ride, and as I waved goodbye to Belinda and all my classmates my legs were screaming "Run for the hills!" but my mind was saying very calmly "Di, you can do this." And I did.

Photo: Diane with her foundation course participants

Find Diane on Instagram [@yogawithdashuk](https://www.instagram.com/yogawithdashuk)

EAST MEETS EAST WORKSHOP REVIEW

By Emma Palmer

I was intrigued by Susan Smiths' Qi gong - East Meets East article in the Summer Edition of Beyond the Mat and the subsequent workshop did not disappoint! Sue created a welcoming and accessible learning environment and soon had us 'shaking our trees' and 'spinning the silk'. The effects were profound and immediate. Purging built-up energy in the joints and releasing emotional patterns through tapping and sound, I quickly felt physically lighter and mentally calmer.

Susan has a masterful way of weaving together the anatomical landscapes of yoga and Qi gong, making them both feel all the more accessible. The takeaway from the workshop was to explore how gentle movement can offer profound effects and how Qi Gong and Yoga merge to develop deeper coordination and flow in movement. Windmill arms created a stir, not just in the airflow, but in challenging even the most coordinated yogis in the room to freely rotate the shoulder joints in opposite directions! There is a sense of playfulness and joy inherent in the Qi Gong movements. Yoga is, of course, a serious business, but I very much enjoyed being reminded (whilst in Happy Baby Pose) that the first time I did this, I discovered I had toes!



As with yoga, there are many styles of Qi Gong and Susan painted a beautiful picture of the deeper layers of self-healing within the exercises. She reminded us that the subconscious mind absorbs whatever we tell it. Her invitation to positive self-talk given and received in the quiet moments of relaxation, with the body's energy flowing, was powerful indeed.

For more about Susan go to www.thestresshacker.com/

IS THE USE OF NAMASTE IN THE WEST A CULTURAL MISAPPROPRIATION?

With Thanks to Nrithya Jagannathan
Director of Krishnamacharya Yoga
Mandiram (KYM) Institute of Yoga
Studies

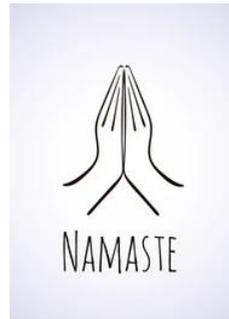


How many yoga teachers close a class with the Anjali mudra and the word Namaste? How many students mirror back the gesture?

Is it Okay for Westerners to use a culturally appropriate practice in a setting where it's context and full meaning may not be understood and appreciated by all?

These questions have been under debate over the last few years and discussed and argued on social media platforms and the internet.

So, we are very grateful for the opinion of the current Director of the Director of Krishnamacharya Yoga Mandiram (KYM) Institute of Yoga Studies for her advice.



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Ms. Nrithya advised that it was fine for Westerners to use Namaste, as long as they understood that it was not simply a greeting, such as hello or goodbye, but had an appreciation for its full meaning. Rather it is an:

"Acknowledgment of oneness of the truth within which is common to all. Therefore, it comes from a space of reverence regardless of age, gender and of superiority and inferiority. "

WHAT IS GODDESS YOGA OR THE DIVINE FEMININE?

By Khadine Morcom

[Check out Khadine's workshop day in the event calendar!](#)

The divine feminine is an element of tantric tradition. Although some modern yoga teachers may present the divine feminine as a means for women to be more at home in their female bodies, this is not a traditional teaching of the divine feminine. It may be that women feel more driven to work with the divine feminine energy but these practices are for all genders as the divine feminine concept is part of a tradition that is non-dual in nature - in other words, there is no sense of separation or division. This is Tantra.

Tantra are practices or traditions that lead one towards freedom. Arising around the middle of the first millennium as a development following Vedic, Buddhist and sāmkhya traditions, tantra emphasises ritual (based on texts called tantras), with sacred mantra predominating

Through most tantric traditions, the self is recognised as part of a single experience of reality, which is consciousness. In its essence, tantric practices are purposed to lead us to freedom within our current life, which is defined as being identified with ultimate reality.

Tantric traditions include a strong emphasis on deity worship or ritualised practices with gods and goddesses in order to recognise this reality. The divine feminine forms part of the aspect of reality that is considered to be the power of consciousness. This is often presented through two paradigms known as Śiva (Shiva), being the element of consciousness and Śakti (Shakti), being the power of consciousness, which are respectively, the masculine and feminine counterparts to the unified wholeness that we call the universe.

There are ten particular goddesses known as the dāśa

mahāvīdyā goddesses aka the ten great wisdom goddesses of Śakta (feminine or goddess-based) tantric tradition. Between the ten goddesses, all aspects of creation are found in all of its diversity. They are an iconographic form of the highest reality as pure consciousness.

What this means for us as practitioners is that they symbolise many elements of the archetypal experiences of being human and being in the world, hence they are often presented in their anthropomorphic form, making them more relatable and they represent ten different approaches to awakening. Their form is also equally presented through mantra and yantra (a geometric diagram) and these forms are as much the goddess as the image that we see that looks human.

I find this very useful in terms of relating to the goddesses as it reminds me of the energy field of the goddess, rather than an abstracted deity that is separate from me. Through work with these goddesses, we can reach into all aspects of life experience and reveal more subtle and hidden aspects of being.



The goddesses are approached through the means of yoga, meditation, mantras and reflection practices based on practices taken from tantras. They inspire recognition of the divine feminine energies in the world around us and our own lives as a reminder of our inner essence which is pure

consciousness.

What can be more representative of yoga (union or integration) than being pointed back to our essential nature?

Photo: Emmy Hudson's Goddess Shrine.

For more information please visit www.khadineyoga.com

AROMATHERAPY AND YOGA

By Katherine Snow

[Check out Katherine's workshop day in the event calendar!](#)

At the core of yoga is the pursuit of balance and unity—balancing the physical postures with breath, and uniting mind, body, and spirit. Aromatherapy, with its use of essential oils derived from plants, aligns seamlessly with this philosophy, enhancing the holistic nature of yoga. Imagine entering a serene space, the air filled with the invigorating scent of peppermint or the calming aroma of lavender. These carefully chosen scents serve as gateways to mindfulness, preparing the mind for the meditative aspects of yoga.



One of the key benefits of incorporating aromatherapy into yoga is its ability to influence mood and emotions. Essential oils, such as citrusy bergamot or grounding frankincense, can evoke feelings of joy or tranquility, respectively. As participants inhale these fragrances during their practice, a profound connection forms between the olfactory senses and emotional states. This synergy helps release tension and stress, paving the way for a more profound yoga experience.

Moreover, aromatherapy contributes to heightened focus and concentration during yoga sessions. The olfactory system is intricately linked to the brain's limbic system, which governs emotions and memory. Essential oils like rosemary or eucalyptus, known for their invigorating properties, stimulate the mind, fostering mental clarity and attentiveness. By creating an environment conducive to concentration, aromatherapy transforms the yoga mat into a sacred space for introspection and self-discovery.

In addition to its mental and emotional benefits, aromatherapy complements the physical aspects of yoga practice. Certain essential oils possess analgesic properties, aiding in the relief of muscle tension and discomfort. Oils like lavender and chamomile, when applied topically or diffused, can create a soothing atmosphere that enhances the body's ability to release physical stress during yoga poses. This dual action on the body and mind fosters a holistic approach to well-being, leading to a rejuvenation experience.

The artful integration of aromatherapy into yoga practice requires thoughtful planning and consideration. Certified aromatherapists or knowledgeable yoga instructors can curate blends tailored to the specific goals of the retreat or yoga class. From awakening morning sessions infused with citrus scents to calming evening practices enhanced by the soothing aroma of chamomile, the possibilities are vast and adaptable to the preferences and needs of participants.

As with any complementary practice, it's essential to respect individual sensitivities and preferences. Offering a variety of essential oil options allows participants to choose scents that resonate with them, ensuring a more personalised and meaningful experience. A well-ventilated space and consideration of potential allergies also contribute to creating a safe and inclusive environment for all participants.

Photo: Katherine in her kitchen blending and bottling essential aromatherapy oils

For more information please visit
www.theorganicalchemist.co.uk/meet-the-organic-chemist

DO CHAKRAS EXIST?

By Bram Williams

[Check out Bram's workshop days in the event calendar!](#)

Chakras, nadis, prana and mudra are terms that are often employed within yoga circles and workshops and I have heard definitions such as 'psychic centres', 'wheels of energy' or 'areas of aura'. There are of course many interpretations as there are ways to practice and this can cause confusion. Why do I work with five chakras within the system I was taught, why do you perhaps work with seven? Why so many variations between different lineages? Do we need them at all?

If science is the study of observable phenomena, then scientifically chakras can't be said to exist in the body. But in that same body, could you show me consciousness or awareness - or find any visual or visceral evidence such a thing exists? Again, I don't think so. Yet we know we have a degree of consciousness. We know we can cultivate and utilise awareness, even if we don't know where in our physical makeup it resides.

If we were to close our eyes, forget reason and memory for a moment and just experience ourselves - what is that experience? Ultimately, we experience the body as sensation. And that experience takes place in the awareness. Then we habitually go on to label that sensation, as hand, arm, foot and so on.

I could also label a feeling or sensation I have as a chakra. Just like I learned a map of the different parts of my body as a child, so I can learn a new set of labels, for a more subtle sense of feelings, I might call them Anahata, Vishudda and so on. Depending on who I learn the map from the labels might be different. The chakra systems may differ from lineage to lineage, or indeed from practice to practice depending on what our intention is when we roll out our yoga mat.

Each yoga pose has its logic which, if we're attentive, defines how it should be performed.

The correct practice encourages breathing naturally, relaxing unnecessary tensions while maintaining an asana and utilising the breath in movement. In addition to the natural coordination of breath with exercise, a practitioner can employ breath control techniques (pranayama) to help activate and circulate the 'internal energy' or prana vayu. Mudra can further help 'direct' these subtle feelings. The important thing to understand is that this is subtle work: chakra and mudra practices are only directly useful on an experiential level. Only in the unity of the physical, the sensory and our awareness, we can experience chakras. In effect, they could be described as a psycho-physical process of embodiment.

All of these yoga techniques can be further assisted if, while practising asana, pranayama, and indeed in daily life, we learn to feel the body, or the sensations we call the body, and then thoroughly relax into what we feel. All this is done without conceptualising or labelling the experience, and with an open sense of awareness. The resulting sense of space and openness allows us to transcend the physical and we become embodied in a subtler, but richer experience of who we are.

For more information please visit www.bodhi-yoga.co.uk

!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!CONGRATULATIONS!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Nicola Samson who completed the Menopause Yoga module with Petra Coveney in September 2023

Frances Portia Charles, Liz Collyer, Heather Dpughton-Pearce, Jemma Phillips -Barraclough, Sarah Pomeroy, and Uzma Zaidi who competed their TSYP BWY Accredited Teacher Training in October 2023

IN MEMORY



Apologies for the photo omission in the last edition, remembering Mary Eastaer

Founder member of the South East Yoga Teachers Association.

THE BENEFITS OF VOLUNTEERING

By Charlotte Huggins

With the busy lives that many of us lead, it can be hard to find the time to volunteer. In addition, with the current cost of living crisis, it can seem that we simply can't afford to spend our spare time volunteering when we could be earning money for ourselves. However, the benefits of volunteering can be enormous not just in terms of the worthwhile community causes and the vital help it gives to people in need but for us too.

There are many studies undertaken that demonstrate that volunteering is very beneficial for our mental and physical wellbeing. In helping others, it has been shown to counteract the effects of stress and anxiety through meaningful connections to other people. Volunteering can literally make you happy; human beings are hard wired to give to others and the more that we give the happier we feel. We can develop our professional skills when we volunteer, and this can be helpful if you are aiming to advance your career. We can develop social skills and build confidence too as well as feeling good about ourselves.

If you are interested in volunteering see the Ads on page 33

BWY SE TREASURERS REPORT 2023

BWY SE Region Balance Sheet as at:	31/10/22	31/10/23
	£	£
Bank Current Account	51,971	12,826
Savings via BWY CO	0	45,896
Accrued Income	2,274	900
Prepayments	400	170
Accruals	(31)	0
VAT liability	(28)	(18)
Deferred income	(6,173)	(5,430)
Total Net Assets	48,414	54,344
Accum Funds b/f from previous year	41,212	48,414
Surplus/Deficit	7,202	5,930
Accum. Funds c/f at year end	48,414	54,344

British Wheel of Yoga South East Region	Income Statement for Year End 31 October 2023	
	2021/22 £	2022/23 £
Income:		
Events	6,459	6,186
CPD Days	12,250	8,570
Advertising	458	433
Regional Transfer	3,320	0
Interest received	0	896
Total Income	22,487	16,085
Expenditure:		
Events	4,254	3,905
CPD Days	7,162	4,874
Promotions	100	728
Office Costs	72	96
Grants	120	0
Committee Expenses exc Trustees	256	552
Annual Volunteer Payments	3,320	0
Total Expenditure	15,284	10,155
Surplus/(Deficit)	7,202	5,930
Volunteers:		
No of volunteers	15	13
No of volunteer hours	1197	1058

Julie Dinnage Regional Treasurer

Approved: Declan Wooloughan Regional Officer Date: 29/12/2023

I have examined the Income and Expenditure account of the Region for the year ended 31 October 2023 together with the Balance Sheet as at that date. I certify that they are in accordance with the accounting records and show a true and fair view of the state of affairs of the Region as at the end of the financial year and of its surplus/deficit for the year.

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respect the requirements - to keep accounting records in accordance with Section 41 of the Charities Act 1993; and
- to prepare accounts which accord with the accounting records and to comply with the accounting requirements of the Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Katy Griffiths Independent Examiner Date: 15/12/2023

EVENT PLANNER

DATE	EVENT	LOCATION	TYPE	CONTACT
Saturday 09 March	Inwards & Upwards – The Bandhas Gary Carter	Online / Zoom	CPD	Jan Palmer
Sunday 10 March	The Hand, Wrist & Forearm Gary Carter	Online / Zoom	CPD	Jan Palmer
Saturday 16 March	What can Yoga do for the Hands & Feet? Audrey Blow	Online / Zoom	CPD	Jan Palmer
Sunday 06 April	Essential Oils & Yoga Katherine Snow	Adastra Hall Keymer BN6 8QH	GEN	Gemma Newton-Smith
Sunday 21 April	Yoga Therapy for Grief & Loss Judy Hirsh Sampath	ARCA Hall, Canterbury CT1 3XR	CPD	Jan Palmer
Saturday 27 April	Hypermobility Carol Trevor	Nutley War Memorial Hall TN22 3NE	CPD	Rachel Claridge
Saturday 11 May	Strength in Asana – 20 Years On Zoe Knott	Halling Community Centre ME2 1BS	CPD	Jan Palmer
Sunday 19 May	Yoga & the Brain Lina Newstead	Nutley War Memorial Hall TN22 3NE	CPD	Rachel Claridge
Saturday 08 June	Goddess Yoga Khadine	Herstmonceux Village Hall BN27 4UX	GEN	Gemma Newton-Smith
Saturday 06 July	Pelvic Balance Gary Carter	Ashington Community Centre RH20 3PG	CPD	Gemma Newton-Smith

DATE	EVENT	LOCATION	TYPE/ID	CONTACT
Saturday 07 July	The Great Negotiator- The Knee Joint	Sir Mark Collett Pavilion Kemsing TN15 6NE	CPD	Jan Palmer
Saturday 21 September	Gestures of Balance Bram Williams	Dialpost Village Hall RH13 8NH	CPD	Rachel Claridge
Sunday 22 September	Neurodiversity Gifts and Challenges Carol Trevor	Online / Zoom	CPD	Jan Palmer
Saturday 12 October	A practical exploration of the timeline of asana Khadine	Herstmonceux Village Hall BN27 4UX	GEN	Gemma Newton-Smith
Saturday 9 November	The Spine An organ in its own right. Gary Carter	Online / Zoom	CPD	Jan Palmer
Sunday 10 November	The floating Shoulder and Neck Gary Carter	Bluebell Hill Village Hall ME5 9QR	CPD	Jan Palmer
Saturday 30 November	One in Six Bram Williams	Online / Zoom	CPD	Rachel Claridge

Date:

Saturday 09 March 2024
10.00 - 15.45

Event:

CPD Inwards & Upwards – The Bandhas

Gary Carter

Location

ON LINE

Type of Event: CPD 2754

In this fascinating session, Gary will describe and explain the anatomical workings of the Bandhas, relating the effect the bandhas have to postures and the breath. Further-more you will experience the connective tissue's relationship to the Bandhas, and the relationship of the Bandhas to the movement of the body and the breath. This session will deepen your understanding and awareness of the Bandhas.

Gary brings his own unique teaching style together with his 'skeletal' models to give a great insight into how the body moves in yoga postures and the potential problems if we overlook the anatomical aspect of how we work. These sessions are great for both teachers and students who want more in depth knowledge of how to approach postures. He has over 40 years' experience in anatomical study and bodywork practices, and his dissection research has made him one of the current leaders in fascial study.

Contact:

Jan Palmer
southeast.kentrep@bwyregions.org.uk

Date:

Sunday 10 March 2024
10.00 - 15.45

Event:

CPD The Hand, Wrist & Forearm

Gary Carter

Location

ON LINE

Type of Event: CPD 2774

Gary will describe and explain the anatomy, articulation and function of the hand, wrist & forearm relating to its connective tissue & tensegrity of the entire body with new neuro-fascial discoveries. As students, we will develop an understanding of how the hand, wrist & forearm works in key asanas and develop our kinaesthetic awareness, examining the balance of weight and developing greater subtlety within postures, movement and response to gravity mechanisms.

Gary has over 30 years 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 the Natural Bodies Centre in Brighton, dedicated to the work and approach of Vanda Scarivelli, which was not so much about executing postures but cultivating the conditions that allow the body's natural intelligence to awake

Contact:

Jan Palmer
southeast.kentrep@bwyregions.org.uk

Date:

Saturday 16 March 2024
10.00 - 15.45

Event:

CPD What can Yoga do for the Hands & Feet?

Audrey Blow

Location

ON LINE

Type of Event: CPD 2775

Our expressive hands invoke a strong life focus and our feet ground and steady us on life's journey. Between them we can find balance. Together they play a crucial part in our wellbeing. In this CPD training Audrey will cover ways to keep them healthy, mobile and strong using yoga practices such as Pawanamuktasana, Ayurveda and Reflexology techniques to enhance our practice, as well as covering common ailments of the hands and feet and ways to modify practice for these conditions. Audrey's first foray into yoga were in the Iyengar tradition in her late teens; she was immediately taken by its power to fortify the body and reconnect the distracted mind. She trained with BWY and has been teaching yoga in South Wales for twenty years and training BWY yoga teachers for ten years. She also teaches BWY Gentle Years Yoga and offer training in this deeply fulfilling way of teaching. Her spiritual home is the Mandala Yoga Ashram, where she has attended many life affirming residential courses. She is open to exploring all yoga lineages, including the traditional and those that have been more recently forged. She endeavours to make each yoga practice an exploration of what it is to be human physically, intellectually, emotionally and spiritually.

Contact:

Jan Palmer
southeast.rto@bwyregions.org.uk

Date:

Sunday 06 April 2024
10.00 - 15.45

Event:

Enhance your Yoga Practice with the Power of Aromatherapy

Katherine Snow

Location

Adastra Hall, Keymer Hassocks BN6 8HQ

Type of Event: GEN 2780

This day retreat provides an introduction to nature's very own pharmacy harnessing the power of essential oils for everyday health and well-being. You'll be taken on a journey to explore essential oils that uplift, those that calm and some that heal. You will get to sample and play with a wide range of oils (base and essential), to create your own bespoke blend of bath/shower oil and pulse point oil to take home. There will be a group yoga class and yoga nidra incorporating essential oils, allowing you to switch off, unwind and experience the true power and joy of aromatherapy.

The course will also cover the history of Aromatherapy, properties of essential oils, ideas on how to incorporate Aromatherapy into your yoga practice, for you and your students and discuss which plants you may have in your garden that you can use to enhance your practice. Katherine Snow, founder of The Organic Alchemist, a range of face and body care products with a deep abiding care for the planet. She originally trained as a massage therapist, specialising in reflexology and aromatherapy.

Contact:

Gemma Newton-Smith
sussexdep@bwyregions.org.uk

Date:

Sunday 21 April 2024
10.00 - 15.45

Event:**CPD Yoga Therapy for Grief & Loss**

Judy Hirsh Sampath

Location

ARCA Hall, Ashford Road, Thanington,
Canterbury CT1 3XR

Type of Event: CPD 2777

During an intensely emotional period in her life, Judy came to a profound insight through her yoga therapy sessions - What would happen if I focused on what is right with me instead of trying to fix what is wrong with me? The truth was simple and Judy has been exploring ways into the body's wisdom ever since. As a yoga therapist and educator, she engages health seekers, truth seekers and wisdom holders in becoming experts in themselves - to find their own answers, to make wise choices, to stress less and feel good inside.

This day is designed to offer a resource kit for teachers; by exploring responses to loss & shock and working with guided sequences – from dark sorry to heart recovery. We will explore coping strategies and living with ongoing grief, practice embodied mindful sequences to find a way back to life, ending with a yoga nidra blessing.

Judy brings a creative mix of yoga-based practices to health seekers of all ages, sizes and abilities. She is founder of Yoga Head Space and Yoga United Education delivers

Contact:

Jan Palmer
southeast.kentrep@bwyregions.org.uk

Date:

Saturday 27 April 2024
10.00 - 15.45

Event:**CPD Hypermobility & Yoga**

Carol Trevor

Location

Nutley War Memorial Hall, High Street,
Nutley TN22 3NE

Type of Event: CPD 2772

The Risks, Skills, Development and Longevity – Many yoga students (and teachers) have a degree of hypermobility, often without being aware of it. Hypermobility may even seem like an advantage, but over time unique and surprising challenges can emerge: - joint pain, stiffness, tension, a propensity for injury and compensatory imbalances, a scattered mind and difficulty with spatial awareness. Join us to discover how we can recognise and best work with hypermobility, refining our skills to ensure that yoga remains safe, enjoyable and sustainable, often for the benefit of the whole class. With care and patience, yoga is supportive for hypermobility, on and off the mat.

Carol began practising yoga over 30 years ago and qualified with the BWY. She contributes to teacher training programmes, CPD and a BWY Module. She is an Advanced Relax and Renew Trainer® (restorative yoga), is certified in yoga nidra (Bihar and iRest) and in sports massage therapy and injury prevention.

Contact:

Rachel Claridge
southeast.sussexrep@bwyregions.org.uk

Date:

Saturday 11 May 2024
10.00-15.45

Event:

CPD Strength in Asana - 20 Years On

Zoe Knott

Location

Halling Community Centre Lower
Halling, Rochester Kent ME2 1BS

Type of Event:

When Zoe first considered the relevance of Strength in Asana 20+ years ago, this was quite a shock to many yoga practitioners as the focus of yoga at that time was becoming more flexible; relaxing and letting go. Yet yoga is a balance of all things. We need to be able to both stretch and strengthen muscles; to recharge and re-energise, as well as relax and let go. Her experience has shown her that working with physical practice from the base of strength allows students to stretch safely. '20 Years On', she is still on the same path. However, the world beyond yoga (medical, physios, fitness gurus, etc) now agree that yoga can be considered a resistance training practice, as we use our body as a weight, moving into and out of gravity in a controlled mindful manner in our yoga poses.

The workshop considers current research on the importance of working with strength and how this relates to everyday yoga teaching; as well as looking at how to incorporate strengthening techniques, through specific relevant sequences, into general class teaching.

Zoe is a popular teacher with over 30 years of yoga practice with many different teachers from a variety of traditions has resulted in an eclectic style of teaching.

Contact:

Jan Palmer
southeast.kentrep@bwyregions.org.uk

Date:

Sunday 19 May 2024
10.00 - 15.45

Event:

CPD Yoga & the Brain

Lina Newstead

Location

Nutley War Memorial Hall, High Street,
Nutley TN22 3NE

Type of Event: CPD 2766

Recent neuroscientific findings have identified the brain/body/mind connection and its importance in our general wellbeing, something that yoga has recognised since Patanjali. Current research has shown that yoga practices can keep the brain and body in tune, functioning to the optimum. Yoga teachers are in the perfect place to share these practices with their students. This workshop will give teachers and serious students an opportunity to learn about how specific yoga practices affect areas of the brain, to experience beneficial practices such as cross crawling, inversions, kapalabhati, chanting and meditation plus group work focussed on integrating these into lesson plans effectively, sharing best practice and ideas.

Lina believes that yoga can be practised from the cradle and well into old age with appropriate adaptation. Her yoga teaching style is inclusive and therapeutic, emphasising breath, relaxation and meditation. As a BWY DCT she has trained teachers but also continued her studies further, qualifying in Buddhist Meditation, Mindfulness, Yoga for Healthy Backs and Gentle Years Yoga.

Contact:

Rachel Claridge
southeast.sussexrep@bwyregions.org.uk

Date:

Saturday 08 June 2024
10.00 - 15.45

Event:

Goddess Yoga

Khadine Morcom

Location

Herstmonceux Village Hall, Hailsham
Road, BN27 4UX

Type of Event:

This workshop will be an exploration of the divine feminine. It is open to all genders! The divine feminine will be explored through the framework of the 10 tantric wisdom goddesses, the daśa mahāvidyās. Tantra represents practical philosophical systems that aid the practitioner towards liberation (this is not the Western neo-tantra system of sexuality!). The 10 goddesses represent all aspects of consciousness or reality through iconography, mythology and archetypal characteristics. Meditation, mantra, movement and reflection practices will be utilised through each of the goddesses as a framework for understanding the nature of consciousness and being as described in tantric traditions.

Khadine is a Senior Yoga Teacher and teacher trainer with the Vajrasati Yoga School. She has recently completed an MA degree in Traditions of Yoga and Meditation and is passionate to honour the roots of yoga and the teachings of yoga as a traditional of soteriology - practices and philosophies that lead to freedom. Khadine teaches yoga āsana through familiar postures but with an emphasis on deep listening and response, intuition and spontaneity, within the framework of stability and ease and self-empowerment of the student

Contact:

Gemma Newton-Smith
sussexdep@bwyregions.org.uk

Date:

Saturday 6 July 2024
10.00 – 15.54

Event:

CPD Pelvic Balance

Gary Carter

Location

Ashington Community Centre, Fosters
Lane Ashington
Sussex, RH20 3PG

Type of Event:

This is an opportunity to spend a day exploring the anatomy of the pelvis and understand the concept of pelvic balance including underpinning theory and how it affects the whole body balance. Gary will explain the dynamics of the pelvis & the spirallic action of the myo-fascial network. You will learn how the legs affect the deep pelvic floor muscles and to relate the theory to asana practice. Please note that although there will be some posture work, the emphasis will be on understanding the anatomy of the pelvis and to encourage teachers to events to take a flexible intelligent approach in their teaching.

Gary has over 40 years' experience in bodywork practices, movement, physical training, anatomical study and fascial research. 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, which is dedicated to the work and approach of Vanda Scaravelli, which was to so much about executing postures but cultivating the conditions that allow the body's natural intelligence to awaken.

Contact:

Gemma Newton-Smith
sussexdep@bwyregions.org.uk

Date:

Sunday 7 July 2024
10.00 – 15.54

Event:

CPD: The Great Negotiator – The Knee Joint

Gary Carter

Location

Sir Mark Collett Pavilion Kemsing,
Seveoaks
Kent TN15 6NE

Type of Event:

The knee is the largest joint in the body and one of the most complex. A google search will yield a plethora of painful conditions. It is vital that yoga teachers have a good understanding of this joint and how yoga practised the joint healthy and minimise the potential for painful conditions.

Gary brings his own unique teaching style together with his 'skeletal' models to give a great insight into how the body moves in yoga postures and the potential problems if we overlook the anatomical aspect of how we work. These sessions are great for both teachers and students who want more in depth knowledge of how to approach postures.

He has over 40 years' experience in anatomical study and bodywork practices, and his dissection research has made him one of the current leaders in fascial study.

Contact:

Jan Palmer
southeast.kentrep@bwyregions.org.uk

Date:

Saturday 21 September 2024
10.00 – 15.54

Event:

CPD Gestures of Balance

Bram Williams

Location

Dialpost Village Hall Dialpost,
Horsham, W Sussex RH13 8NH

Type of Event:

Ever had a conflict between head and heart? Inner balance comes from working with your subtle energies and internal feelings. How does asana and movement affect our inner world? How do the subtle mudras channel and direct feelings? Do your students often ask why does this book say there's seven chakras and this one five? What do you answer? Explore your inner world of chakras, how mudra can affect them and how to balance feeling and energy.

If you're interested in working with the sensations of the subtle body and how chakras and Mudra can help us find equilibrium – join in 'Gestures of Balance'

Bram is a long-term student of yoga and meditation. He practices and teaches in London and Oxford and attends and teaches on regular retreats in the UK, the Netherlands and Germany. Bram is also an occasional Puppeteer and is a qualified Lip-Reading tutor.

Contact:

Rachel Claridge
southeast.sussexrep@bwyregions.org.uk

Date:

Sunday 22 September 2024
10.00 - 15.45

Event:**CPD Working with Neurodiversity**

Carol Trevor

Location

ON LINE

Type of Event:

Awareness and research relating to neurodiversity are growing, but it remains a new area for many yoga teachers. It is estimated that about 1 in 7 people in the UK are neuro-diverse or neuro-divergent. Women are increasingly learning that they are neuro-diverse, sometimes in their 40s or 50s, while many remain undiagnosed. Join us in this CPD day to explore the practicalities of how the lived experiences of neurodiversity (including ADHD, dyslexia, autism, dyscalculia and dyspraxia) are best placed to inform our teaching approach. Why can yoga be so helpful and what is problematic? Discover too how the unique needs, gifts and challenges of these populations elevate our teaching skills and outlook overall, and often for the benefit of the whole class.

Carol began practising yoga over 30 years ago and qualified with the BWY in London. She offers CPD days, a BWY Module in restorative yoga and contributes to teacher trainings. Other certifications are in yoga nidra (Bihar and iRest) and sports massage therapy and injury prevention. She is experienced in working with hypermobility and with adults with neurodiversity, one-to-one, in general classes and in trainings.

Contact:

Jan Palmer

southeast.kentrep@bwyregions.org.uk

Date:

Saturday 12 October 2024
10.00 - 15.45

Event:**A practical exploration of the timeline of yoga**

Khadine Mordon

Location

Herstmonceux Village Hall
E Sussex BN27 4JX

Type of Event:

This workshop will explore the history and philosophy of yoga through its earliest inceptions in the Vedic era (1200BCE) through to Brahminical teachings, tantra, haṭha yoga into modern postural yoga. It will give you a timeline of key yogic teachings and practices, and key philosophical viewpoints. It will include teachings of the subtle yogic body, the key role of the breath, meditation and postural practices. This will be both a classroom-based study and some practical yoga so we will get into our bodies, putting into practice some of the key teachings. You will come away with a richer understanding of the whole yoga tradition through to modernity.

Khadine is a Senior Yoga Teacher and teacher trainer with the Vajrasati Yoga School. She has recently completed an MA degree in Traditions of Yoga and Meditation and is passionate to honour the roots of yoga and the teachings of yoga as a traditional of soteriology - practices and philosophies that lead to freedom. Khadine teaches yoga asana through familiar postures but with an emphasis on deep listening and response, intuition and spontaneity, within the framework of stability and ease and self-empowerment of the student.

Contact:

Gemma Newton-Smith

sussexdep@bwyregions.org.uk

Date:

Saturday 9 November 2024
10.00 - 15.45

Event:

CPD The Spine An Organ in its Own Right

Gary Carter

Location

ONLINE

Type of Event:

The spine is at the very centre of our practice, it has a rhythm, a fluidity which we can connect to. This day will be a detailed exploration of the 3D structure, form and structure of the spine as well as an examination of its relationship to the breath, and body rhythms (cranio-sacral, peristaltic, heart) facilitating a lighter freer spine.

Gary brings his own unique teaching style together with his 'skeletal' models to give a great insight into how the body moves in yoga postures and the potential problems if we overlook the anatomical aspect of how we work. These sessions are great for both teachers and students who want more in depth knowledge of how to approach postures. He has over 40 years' experience in anatomical study and bodywork practices, and his dissection research has made him one of the current leaders in fascial study.

Contact:

Jan Palmer
southeast.kentrep@bwyregions.org.uk

Date:

Sunday 10 November 2024
10.00- 1545

Event:

CPD The Floating Shoulder and Neck

Gary Carter

Location

Bluebell Hill Village Hall Robin Hood Lane, Bluebell Hill Village Kent ME5 9QR

Type of Event:

We will explore the relationship between the neck and shoulder structure understanding their fine balance in movement. We will study the evolution of the arm, looking at the role the shoulder blades have in the freedom or restriction of the all-important cranial base and the influence this has on the pelvis and hamstrings

The shoulder and arm influence respiration, along with creating a clear connection through the abdominal tissues. This totally changes what is considered as the understanding of the "core". We will explore all of these understandings from the connections via muscle nerve and fascia. This session is created with presentations, props, discussion and practice.

Gary brings his own unique teaching style together with his 'skeletal' models to give a great insight into how the body moves in yoga postures and the potential problems if we overlook the anatomical aspect of how we work. These sessions are great for both teachers and students who want more in depth knowledge of how to approach postures. He has over 40 years' experience in anatomical study and bodywork practices, and his dissection research has made him one of the current leaders in fascial study.

Contact:

Jan Palmer
southeast.kentrep@bwyregions.org.uk

Date:

Saturday 30 November 2024
10.00-15.45

Event:

**CPD One in Six – Exploring
Communication Challenges in a
Yoga Class**

Bram Williams

Location

ONLINE

Type of Event:

Did you realise that more than 40% of the population over 50 have hearing loss. That rises to 71% of people over 70 years old. That's 1 in 6. As teachers we don't hesitate to modify for people with physical needs in yoga practice, so it's common sense to do the same for somebody with an invisible, sensory need. And it's fair to say most teachers would willingly do so, but all too often they don't know how.

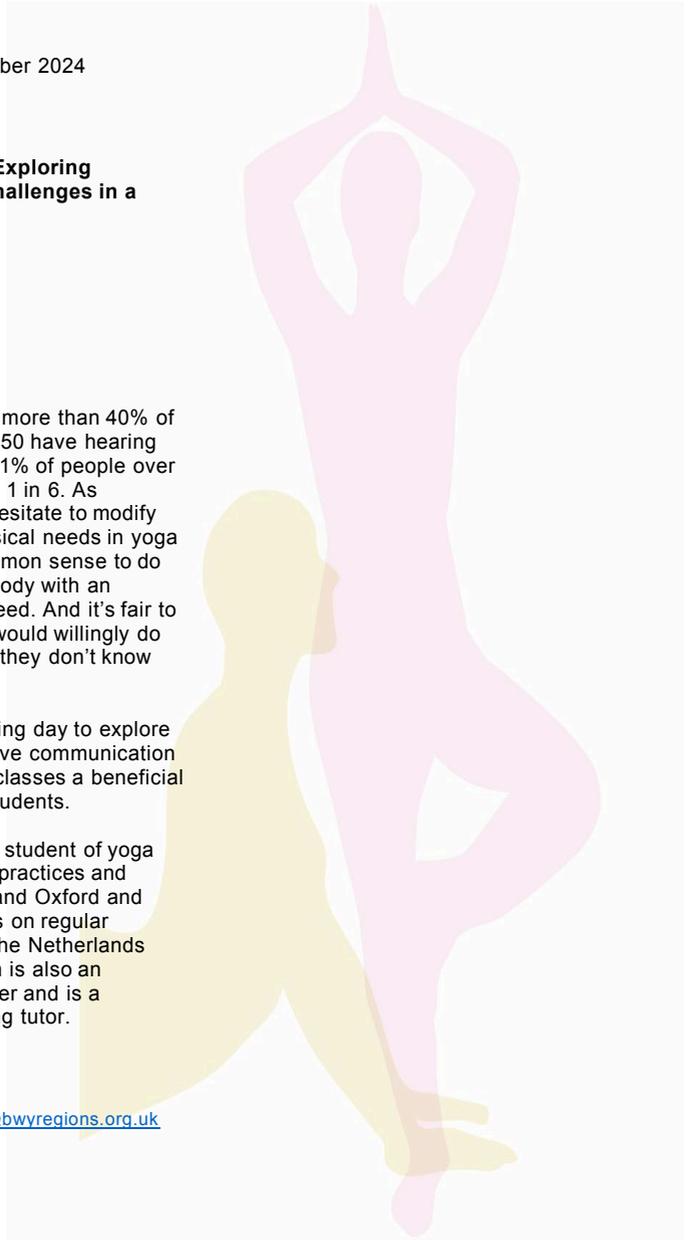
Join us on this training day to explore effective and inclusive communication to make your yoga classes a beneficial space for all your students.

Bram is a long-term student of yoga and meditation. He practices and teaches in London and Oxford and attends and teaches on regular retreats in the UK, the Netherlands and Germany. Bram is also an occasional Puppeteer and is a qualified Lip-Reading tutor.

Contact:

Rachel Claridge

southeast.sussexrep@bwyregions.org.uk



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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.
Shvetashvatara 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.



<https://www.olivetrecancersupport.org.uk/>

Olive Tree Cancer Support Centre is a charity at Crawley hospital that supports anyone effected by cancer. We offer holistic & restorative therapies, and are looking for a Volunteer Yoga Teacher for our Thursday morning yoga Class approximately 1 session per month.

The class uses a gentle staged approach, and involves savasana, breath work & relaxation.

For more information or to apply please contact:
The Centre Manager Terrie Stephens on 01293 534465
terrie@olivetrecancersupport.org.uk

or

Charlotte Huggins – BWY certified teacher charlottehuggins@sky.com



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.



Ready to take your Yoga journey to the next level? Come and join like-minded people who share your passion for Yoga

The Foundation Level 2 course is a way to learn about Yoga practices and philosophy. It can be a route to teacher training.

Introductory session on Zoom Saturday January 20th 2024 recording available

Intro morning in the studio March 2nd 10.00 – 1.00 (£18.00)

The course will comprise 10 full days at Canterbury Yoga studio

March 23rd April 20th, May 11th, June 15th, June 29th, July 20th, Sept 14th, Sept 28th, October 19th and Nov 16th

Tutors: Cora Kemball-Cook & Lina Newstead

Venue: The Studio Canterbury. See website for more details

www.canterburyyoga.co.uk

Or contact us directly for an application form

corakc@hotmail.com 01227 780488

linanewstead@gmail.com 01732 864465



PRANAYAMA FOUNDATION COURSE

Online via Zoom

'An in-depth, structured & developmental approach to the practice of Pranayama from its very beginnings up to and including its Classical expression.'

with **PHILIP XERRI** October 2023 – April 2024

Recordings of each Day automatically sent out. Individual zoom sessions whenever needed.

The Course progresses through 5 distinct phases:

- i. **Foundations** : 1/The mechanics of 'basic breathing'. 2/ 'Switching on' the current. 3/ Introduction of vibrational energy with the Prana Mantras.
- ii. **Developmental** : The use of breathing rhythms to manipulate *prana* for personal development, and healing.
- iii. **Alignment** : Breathing patterns & visualisation techniques to bring harmony and balance within the *Koshas*.
- iv. **Purification** : Nadi Shodanah & the Bandhas.
- v. **Classical** : Six of the eight Classical Pranayamas – Sitkari and Sheetal Pranayama, Surya Bhedana and Ujjaii, Bhastrika and Bhramari

Costs and Booking

The fee for this Course is **£425**. **£100 Deposit** secures a place.

Course dates (10.30 – 3pm) 2023 October 7, November 11, December; 2024 January 13, March 2, April 6

If you would like to talk further about any aspect of the Course, please get in touch.

PRANAYAMA INTENSIVE RETREAT June 10-14, 2024

With PHILIP at HOLLAND HOUSE, near Pershore

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. 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.



Further details and booking for both Courses -pax_yoga@yahoo.com

Web www.yogaquests.co.uk and www.controlyourbreath.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:

Tuesday 20 February – Uxbridge (UB8 2RR)
Sunday 03 March – Crouch End (N8 9PR)
Thursday 07 March – Luton (LU3 2HX)
Tuesday 12 March – Slough (SL3 7TP)
Saturday 16 March – Luton (LU3 2HX)
Tuesday 19 March – Uxbridge (UB8 2RR)
Saturday 23 March – Uxbridge (UB8 2RR)
Sunday 24 March – Seaford (BN25 2AB)
Tuesday 09 April – Uxbridge (UB8 2RR)
Saturday 13 April – Uxbridge (UB8 2RR)
Sunday 14 April – Crouch End (N8 9PR)
Monday 15 April – Slough (SL3 7TP)
Thursday 25 April – Luton (LU3 2HX)
Tuesday 07 May – Uxbridge (UB8 2RR)
Thursday 09 May – Luton (LU3 2HX)
Sunday 19 May – Luton (LU3 2HX)
Monday 20 May – Slough (SL3 7TP)
Saturday 25 May – Uxbridge (UB8 2RR)
Sunday 26 May – Crouch End (N8 9PR)
Monday 10 June – Uxbridge (UB8 2RR)
Thursday 13 June – Luton (LU3 2HX)
Sunday 30 June – Seaford (BN25 2AB)

Further courses dates in 2024 are shown on our website

To book your place please visit www.mgmtraining.co.uk

(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 anywhere within the UK and outside the UK. In-house courses are charged on an extremely competitive course price.



Please note these first aid courses comply with BWY requirements for Yoga Teachers but are not organised by the BWY and Regional Representatives cannot answer questions regarding the courses; please email MGM Training for any queries