

BWY

AT  
THE  
HEART  
OF YOGA

IN THE SOUTH

# BEYOND THE MAT

Spring 2024

[bwy.org.uk/community/south](http://bwy.org.uk/community/south)

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## PUBLISHING POLICY

Please send adverts, course listings and articles via email to the editor as Word, PDF or JPEG/PNG documents; invoices are sent after publication. If you wish to take advantage of members' rates, please provide your BWY membership number.

Listings for all adverts, BWY foundation courses, modules and teaching diploma courses are charged as follows:

### Advertising Rates (incl. VAT)

### BWY/Accredited Full Price Price

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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 NEWS**

**Welcome to the Spring 2024 BWY South Newsletter.** Your new committee feel that we started on the back foot having missed the last newsletter. As a result we have included some feedback and photos from the first 'in person' events for last Summer and Autumn. I do hope they inspire you to sign up for some of our sessions currently in the planning stage.

The committee is very much at a fledgling stage and in need of new volunteers to fill the roles available. Hazel is hoping to keep the meetings light and of course so much can be done online now.

The website is up and running and we are starting to work out how everything fits together. Please let us know if you have any problems booking events or have anything for submission to the Newsletter. If you would like to help please contact us.

We would like to thank Andrea Hewes for our front cover Titled "Primrose woods, Wales" in Oil. a wonderful image I'm sure you will agree.

We would also like to thank the previous volunteers who did a sterling job before us. Difficult circumstances forced them to give up the roles they carried with grace and humility for many years. Thank you.

Do pass this newsletter on to your colleagues or students, an easy way of promoting the BWY locally!

Finally if you have a favourite teacher you would like to see at Sangha please let us know.

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## REGIONAL OFFICER'S LETTER



Now I have taken on this post, I have started reading Spectrum more closely. I note in the disclaimer at the front of the publication that “we” do not encourage health claims. I used to open my lessons with a 5min talk/discussion on something Yoga-ish. One day the subject was health, and I obviously was a bit sceptical because one of the class, put her hand up and asked “and when were you last ill.” My mouth dropped open, I had no immediate answer, so she responded – “I rest my case.”

There are many benefits to practising yoga and following the philosophy, but it cannot guarantee a life free of illness. But we all know there are many pluses and who knows how we would be if we did not follow the practice.

Most of you will be aware the wheel has been in some disarray over recent years and the new developing team will try and put some of these matters right, but we need your input too.

If you wish to advertise your own events and training, then don't forget you can do so in our South Newsletter.

Hazel is working hard to put CPD events in place so please follow the various formats to check and access details. We are still looking for locations in Berkshire to host the Sangha next Autumn – we favour Berkshire as it is fairly central.

We are still looking for Reps for Bucks and North Hants, a Treasurer and a Secretary.

Kirtans are held in Oxford City once a month, this is an hour and a half of chanting, if you've never tried it give it a go it's very special - [oxchant@gmail.com](mailto:oxchant@gmail.com). If there are other groups in the region let us know.

David Russell  
south.ro@bwyregions.org.uk

## EDITOR'S LETTER



This is my first edition as editor having very recently volunteered for the role.

Having been a BWY member for over 20 years, I now have some time to give back to the organisation that has supported me as a yoga teacher. I completed my BWY teaching diploma with Fidelma Spilsbury in 2003 and have enjoyed many varied and interesting CPD days.

Hazel, David and Alex have welcomed me to the role and provided the tools and support for the role.

I recently attended Zoe Knotts "Strength in Yoga" day, enjoying the interaction of yoga teachers all with very different experiences. This was a challenging day for all of us. Lots of surprisingly hard work in postures we have all done many times. I found a new perspective and thought its like starting over. No excuse for us seniors either as Zoe made it look easy.

One of my first tasks was to find a suitable hall and book an inspirational teacher. This means that I have been able to book something right on my doorstep in Basingstoke. More of which later!

My own journey started like many of us with a teacher who was inspirational and managed to spark something inside me. I taught my first class when she was held up by a late train and called ahead asking me to start the class. Fortunately, the train was not delayed too long and I completed the "coming into the space" phase of the class when she arrived. Up until that point I had never thought of becoming a teacher.

Despite Marjorie Newton passing a couple of years ago her voice is still in my head and her words spring from my lips during my class. Marjorie also taught in Basingstoke and went on to add Tai Chi , Qi Gong and Pilates to her repertoire.

Mark Robinson  
south.editor@bwyregions.org.uk

## REGIONAL TRAINING OFFICER'S REPORT



Hello Everyone,

Really pleased to be able to give some time to support this volunteer led Wheel of amazing folk. As your South Regional Training Officer I will endeavour to help you get back to enjoying yoga in all its aspects, both as members and teachers. We would love to have you help lift North Hampshire and Buckinghamshire so do join us if you can.

### **Green as we can be**

One aim is to promote a green mindset so choosing venues with public transport and encouraging local teachers to offer their expertise in new and exciting Continuing Professional Development (CPD) Days.

### **CPD**

For teaching members you need to achieve 20 CPD points each year. Our BWY specific days offer 7 points and other events that you feel give you insight and depth of learning can earn you 1 point per hour, up to a maximum of 5 points a day of training.

First Aid Now qualifies as 6 CPD points, make sure you are in date.

### **Online**

We have been requested to offer Online sessions which we will, though also check the [www.bwy.org.uk](http://www.bwy.org.uk) for online events in the future.

Do keep in touch with me, interact with our facebook page BWY In the South and do send in requests and if you can offer a helping hand is always appreciated especially as David and I will be covering the counties without reps currently.

Most of you already know me I was on the committee 12 years ago and have taught for 20 years. I teach in the Oxford area offering BWY foundation 1, retreat days and holidays.

Hazel Faithfull

south.rto@bwyregions.org.uk

## OXFORDSHIRE REPORT



### Oxfordshire Folk ~ We Need you!

Do step up to help run more events in Oxfordshire.

Hazel organised a very successful first In-Person Continuing Professional Development day for the South in Oxford! Zoe Knott delivered her **Strength in Asana** which was very well received.

Here is some feedback from the day :

Debbie shared her thoughts: "The organisation, venue, jelly babies were great. Zoe, I was so inspired by everything you presented to us in such a lovely, super powered but funny, humble way. Thank you."

Feedback from the questionnaire.

What did you find most useful?

[The Day] was fascinating and I learnt a lot from looking in more depth at some of the simple, but not always obvious ways to use strength to protect the joints and also for it's own sake in various asanas.

What was your lightbulb moment?

A method to stretch the hand, load bearing with the heel of the hand lifted then allowed the hand to fully engage with the mat. A little arthritis normally prevents this so a revelation!

What was your lightbulb moment? Using bent knees with toe lift balance doubles the quad workout!

What could Zoe or we have improved upon?

Nothing, it was well structured, informative and inclusive.

## BERKSHIRE REPORT



2024! Wow! So great to be back and getting things going again! I'm sure, like me, there are some of you that want to meet up, learn something new, remind ourselves of bits we already know and raise questions and queries around our yoga practice and classes. Yes? Well you're in the right place!

As an introduction, I'm based in Wokingham area, Berkshire. I completed any yoga teacher training in Johannesburg, South Africa in 2010. I run a class in Winnersh, Tuesday nights and established in February 2016. Not long compared to many of our amazing teachers! I work full time for an electricity utility in a rather busy role, which I really enjoy! I am really happy to be back on the BWY South Committee 😊

With our new committee, we are going to be getting events on the system again. Impact of the golden years on the body, philosophy of yoga, marma points, the vagus nerve. Sound interesting? Please stay in touch for details!

If there are any subjects you would like us to try cover in our calendar, or know of any great teachers or venues, please let us know!

I read a piece from Rumi this morning, "this being human is a guest house, every morning, a new arrival." Let's see what guests arrive this year and greet each one with gratitude. 🙏  
(This poem is in full on page 27).

Janine Du Plessis  
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## BUCKINGHAMSHIRE REPORT

### Buckinghamshire Folk ~ We Need you!

Do step up to help run more events in Buckinghamshire. You could be well placed to attract our members to a local training event. Perhaps you have a topic or teacher close to your heart that you would like to see? Knowledge of the local halls and spaces makes you ideal to spend a little time and have a special event near you.

David has organised a training Day in Buckinghamshire with Roberta (Bertie) Jesson. The Pelvic floor workshop will prove to be a fascinating day as this topic is explored in depth. Book up your CPD event which will make it a little easier to get those all important points.

### EVENT BOOKINGS CAN BE MADE ON THE WEBSITE: [WWW.BWY.ORG.UK](http://WWW.BWY.ORG.UK)

The easiest way to view our region events as a BWY South Member is:-

- Login on the homepage (this ensures you view the member's pricing)
- Click on the 'YOGA SEARCH' tab
- A table of events from all regions close to you will appear
- Browse events, click on each one for more details and to book

**REFUNDS POLICY:** If a person is unable to attend a regional event, they should apply for a refund to the regional event organiser via email.

Refunds will be given as follows:

Cancellation up to 60 days prior to the event date - full refund.

Cancellation between 59 days -15 days prior to the event - 50% of the fee.

Cancellation between 14 days to day of the event - no refund will be given.

If a place can be filled from a waiting list, a refund less an administration fee of £10, may be offered.

Transfers to another event will only be allowed within the same region and for an event that is to be held within the following six months. Only one transfer is allowed per payment (i.e. if the replacement booking is not attended, no refund is payable and no further transfers may be made.) If the event is more expensive, the additional amount will be payable before the transfer is made. If the event is cheaper, no refund of the difference will be paid.

## SOUTH HAMPSHIRE REPORT



Having just taken on the role of South Hampshire Rep, as a BWY Teacher and Foundation Course Tutor, I thought I'd tell you all a little about myself. I live with my husband and son just outside Winchester, where I set up as Luna Yoga & Health back in 2003. I teach a mixture of styles to a variety of ages and abilities, from Vinyasa to Restorative and from Teens to Senior Citizens.

In summer, I love to teach outside, and lead Park Yoga sessions and paddle board yoga classes on the river. I've also been teaching regular yoga holidays in Italy, Turkey, Crete, and India.

In my role as South Hants Rep, I aim to hold CPD days for you all, with some renowned teachers. So keep an eye on the BWY website and on these newsletters. In the meanwhile I have organised a First aid at work day near Winchester.

### Hampshire :

#### First Aid at Work

Wednesday 24 APRIL 2024

#### Venue:

St Mary's Chapel Hall, Fraser Road, Kings Worthy, SO23 7PJ

#### Time:

9:30 - 16:30 (Hampshire)

#### Cost:

BWY Members £60  
Non-members £85

First aid at work does now give you 6 CPD points. As before all Nurses and Midwives are already covered with their professional qualifications.

The cost of the day includes certification - valid for 3 years.

Booklet and resources are provided on the day but please bring a notepad and pen for notes

I look forward to meeting as many of you as possible at upcoming events.

Lorna Chapman  
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## Yoga off the Mat by Hazel Faithfull



I joined my first yoga class at school, aged 14. Since then yoga has been a big part of my life. A break in my 20's, before a bad car accident and slow recovery cemented yoga as my lifeblood for body, mind and soul.

Off the mat, this last year, has been all about clearing a garden site. We prepare to build a modest, eco home. We hope to have planning permission by the time this makes print, fulfilling a life long ambition.

I have just got back on to the potter's wheel and rekindled my arty side. During my Art degree and painted bone china business, I didn't throw much, so its been a dedication to learn and practise. Slowly I've begun to finesse pots that aren't too weighty, so you can lift a jug with custard!

Focused concentration (Dharana) is surprisingly easier when working with clay than it is sitting for meditation.

What do I take back to the mat? Patience, and maybe less worry about the alignment because a wonky body or wonky pot has it's own charms...

Favourite Asana?: Adho Mukha svanasana - I love the long spinal stretch and hamstring release.

Your go to Pranayama? Nadi Shodana, alternate nostril breathing for balance & calm.

Best route to stillness: Pratyahara. Taking awareness to far off sounds and drawing back, noticing ever closer. The release of each sense, the touch of fabric, smells through window, taste in mouth until attention settles at Anahata and the stillness within.



# A poem for Hannah

Hannah a bright friendly young woman looked after us as a waitress in our post yoga coffee mornings. It was such a shock to find she had taken her own life while at university. We have raised money for Papyrus Charity helping suicide prevention for young people and I found this poem (from familyfriendpoems.com) resonated so well.



## When Great Trees Fall By Maya Angelou

When great trees fall,  
rocks on distant hills shudder,  
lions hunker down  
in tall grasses,  
and even elephants  
lumber after safety.

When great trees fall  
in forests,  
small things recoil into silence,  
their senses  
eroded beyond fear.

When great souls die,  
the air around us becomes  
light, rare, sterile.  
We breathe, briefly.  
Our eyes, briefly,  
see with  
a hurtful clarity.  
Our memory, suddenly sharpened,  
examines,  
gnaws on kind words  
unsaid,  
promised walks  
never taken.

Great souls die and  
our reality, bound to  
them, takes leave of us.

Our souls,  
dependent upon their  
nurture,  
now shrink, wizened.

Our minds, formed  
and informed by their  
radiance,  
fall away.

We are not so much maddened  
as reduced to the unutterable  
ignorance  
of dark, cold caves.

And when great souls die,  
after a period peace blooms,  
slowly and always  
irregularly. Spaces fill  
with a kind of  
soothing electric vibration.  
Our senses, restored, never  
to be the same, whisper to us.  
They existed. They existed.  
We can be. Be and be  
better. For they existed.

# CONGRATULATIONS

Congratulations to the recently qualified Yoga therapists, completed with Nikki Jackson:

**Natalie Lyndon**  
**Bridget Baggaley**  
**Joanna Bogacz**  
**Maria Dito Smith**  
**Linda Davey**  
**Mike Klymko**  
**Jane Hardy**  
**Georgina Huggins**



Congratulations to those teachers qualified with Roberta Jesson DCT

**Tracey Orpin**

BWY Certificate Course Teacher Training December 2022

**Claire Crowther**

BWY Diploma Advanced Teacher Training December 2023



Congratulations to Tessa Venuti Sanderson on receiving her West Reading small business award November 2023.

## Feel inspired?

**Why not sign up yourself for a BWY course or module?**

Lorna Chapman and Tamsin Kelly are planning a new BWY Foundation 1 course starting in Autumn 2024 in Winchester, Hampshire.

# Prison Phoenix Trust

The Prison Phoenix Trust (The PPT) is a small, Oxford-based charity that offers support and rehabilitation to the 107,000 people behind bars in the UK and Northern Ireland.

The PPT's director Selina Sasse says 'Yoga and meditation can bring about remarkable change in a person's mental and physical health. In a prison environment, where a huge majority of people have experienced violence, childhood abuse and trauma, this could not be more relevant, with greater physical awareness and control leading to a calmer, more balanced state of mind.'



The rehabilitative effect of yoga and meditation is evidenced by the hundreds of letters they receive from prisoners.

Richard grew up in care and at 18 he was left to survive alone on the streets. "I had one aim," he recalls, "to get to the top of the criminal justice system because I didn't like society and I wanted to pay it back for what it had done to me."

As a career criminal serving a number of sentences in UK prisons, Richard attended his first yoga class "to get out of my cell.....But when I went along I found it was quite difficult. I thought I was fit but it wasn't about fitness."

As well as Group yoga classes, Richard was supported by 1 to 1 tuition from a PPT mentor who wrote to him with advise on yoga and meditation.

Richard wrote:

"I started passing on what I was learning to other inmates and seeing them change. Not only could I see the change in myself, but I was seeing change in other people too,' he said. 'The PPT was a beacon of light that got me through some very difficult inner battles with myself. But it stayed with me wherever I went and still does to this very day."

As well as providing books, newsletters, CDs and DVDs specifically designed for use in a prison cell, the PPT runs a training programme for yoga teachers to equip them for teaching inside. The module focuses on trauma-responsive, mindful yoga and meditation and is accredited by The British Wheel of Yoga.

Established back in 2001, the course has given more than 120 yoga teachers the unique set of skills required to teach in secure settings.

Jason a prison PE Officer qualified as a Yoga teacher and has been through the training. Jason works with older prisoners with age-related conditions such as diabetes and heart disease .He witnessed how yoga can help access deeply held emotions and act like a release valve.

“We were doing crane pose and having fun with the balance, when one of the prisoners became completely overwhelmed,’ said Jason. ‘He had to lie down and recover. He said it was the first time he had breathed without holding tension in his body.”

Pete witnessed first-hand the effect yoga can have when some prisoners who were kept in segregation attended a yoga class regularly.

“We gradually saw a change in mentality , some found inner peace. It was as if we could see them removing the burden on their shoulders. It was very fragile, but it was definitely there in those moments.”

“It was a change that went outside the yoga class, too. Others commented that they were calmer, more reflective and more at one with themselves.”

Information on the PPT’s training module, can be found at <https://www.theppt.org.uk/for-yoga-teachers/yoga-teacher-training> or to help with fundraising go to <https://www.theppt.org.uk/for-supporters/fundraise/>



The Phoenix Trust represented at the OM Yoga show 2023

Some 71% of women in prison and 47% of men report mental health problems; a quarter of adults in prison and half of under-21s were in care; nearly a third suffered abuse in childhood; many witnessed violence in childhood homes.

## Sangha in the South

We are just beginning to draw together the inspiring teachers for our 2024 Sangha, planning for the end of Summer.

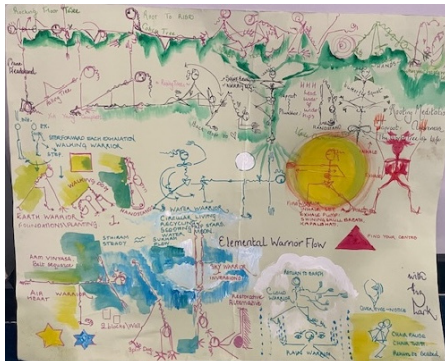
To tempt you here is the feedback from the sun-drenched day when 40 of us came together at the impressive venue of The Gregg School in Southampton.

We can't thank Natalie Lyndon and Christine Bosley enough for their hard work pulling this special day together.



Students really enjoyed Lorna's yoga session on the lawn in the late summer sunshine (shown above).

She led a flowing session and final stretch of the day with bricks and belts. Her usual backdrop of the beach and sea swapped for green lawn and views out across Southampton.



Liz Lark's session was enjoyed by Marion Highmore:

"I attended both Liz Larks sessions at the BWY's South Sangha and thoroughly enjoyed both sessions which were different and packed with lots of information both on the physical and the Spiritual plane.

There were plenty of options for the more challenging poses and a beautiful connectivity of the whole theme of the class."

### African Yoga with Fatou LeFeuvre

Fatou opened the session with some warm up movements to lift the energy and incorporated explanations about how in African Yoga certain movements are recognized as having a masculine energy and others more feminine, i.e. gentle hip circles were said to be stimulating the "watery" feminine energy (which we associate with the Swadisthana Chakra).





Familiar postures were included such as Trikonasana and a flow sequence which was a version of Sun Salutation with Fatou giving each of them their own names from the African tradition.

I enjoyed the session greatly as it was gentle yet challenging, familiar and also refreshingly different.”

Jen Hunt, Yoga Teacher

### **Crystal Healing Sound Bath with Ananda and Cindy**

"As I walked into the main hall, I was welcomed by the most beautiful sight of crystal singing bowls, bells and other instruments laid out lovingly on a large table, with a gong instrument suspended in the corner of the room.

Ananda and Cindy who were leading the workshop, and dressed in white, greeted us and helped everyone lay chakra crystals on their bodies and place the release and receiving stones in their hands.



There then followed an hour of wonderful, magical sounds and vibrations, filling the room and my body. The session seemed much less than an hour so I must have experienced the deep relaxation, the “dream state” that Ananda and Cindy referred to and where the rebalancing and healing happen.

As I left the session I sat quietly looking out over the beautiful landscape and I felt the most amazing sense of calm and balance.

Reflecting on the session, I was reminded of how important it is as a yoga teacher, to take balance into yoga classes, and how sounds can help achieve this. Thank you, Ananda and Cindy, a wonderful session.”

Jan, Yoga Teacher.



### Andrew Wrenn at Sangha

Lorna Chapman wrote: “Andrew came all the way from Glastonbury and guided us through a wonderfully nurturing and complete practice, captivating everybody in the room with soothing voice and distinctive Cheshire accent. He skilfully weaved breath work through the asana practice, which although challenging in parts, was accessible to all levels. His cheery disposition was infectious. He later talked to us about his involvement with online platform Ekhart Yoga, that he has been presenting classes on over ten years.

Natalie wrote: Andrew beautifully illustrates how our yoga practice serves as a profound means to reconnect with the 'here and now'. Andrew teaches a transformative breathing technique that has been the cornerstone of his own practice for many years – Savitri breathing.

Speaking with Andrew we agreed how returning to in-person yoga, something we once took for granted, has been very rewarding. There's an undeniable magic in the collective energy of a group, one that sparks motivation, uplifts our spirits and promotes a deep sense of connection. Andrew ardently champions the rewards of shared experience.”



Our Day ended with two of our well-loved local teachers, Lorna Chapman and Micheal Hutchinson. Michael's session drew on the magic of Nyasa – using mantra to activate and align the body's energy centres. It was great to chant as a group again.

# VEGAN FLAPJACK



Thank you Jacqui Matthews for the recipe (and a piece before our editorial deadline!)

## Ingredients

- 225g of vegan butter / block margarine
- 225g of demerara sugar
- 340g of oats (gluten free)
- 70g of golden syrup
- 60g of hazelnuts, chopped (toasted)
- 125g of vegan chocolate (70% + dark chocolate doesn't contain dairy)

## Method

1 Put the butter, sugar and golden syrup together in a pan and cook on a low heat. Meanwhile, melt the chocolate in small bowl over a bain marie.

2 Add the oats, melted chocolate and hazelnuts and mix in well

3 Pour the mix into a 180mm x 270mm x 30mm baking tray (greased and lined with baking paper) and then put in the oven at 180°C/gas mark 4.

Cook for 20 minutes, allow to cool and then put in the fridge to chill. Once set, cut up into portions. Enjoy!

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## Breaking News

Do keep an eye on the website as we have three exciting cpd training days in the planning...

New CPD with Zoe Knott - pencilled for Autumn in the South

- 'Sequencing your yoga classes'
- This developed from Zoe's conversations with those attending our last CPD so looking forward to hosting this brand new day shortly.

CPD with Bill Wood

To be held in Basingstoke, Hampshire on 2nd November 2024.



## BWY MODULE - FOUNDATIONS IN YOGA THERAPY

**DATE:** starting 23rd  
March 2024 running for  
6 separate Saturdays

### Venue:

On line and optional of in person  
West Oxfordshire with Mandala  
Ashram retreat.

### Time:

10:00 - 16:00

### Cost:

BWY Members :£750

Non-members : £750 +£20  
(registration)

### Tutor Bio:

Led by Nikki Jackson,  
Principal of Yoga Therapy training  
School accredited by The British  
Council of Yoga Therapy, Yoga  
Therapist, Yoga and Mindfulness  
Teacher and retired Occupational  
Therapist, specialising in mental  
health and trauma.

&

Vicky Arundel, Yoga Therapist and  
trainer in:

Musculoskeletal conditions and  
chronic pain,  
Anatomy and Physiology.

This BWY 50 hr module is also the  
stage One training to become a  
qualified professional yoga  
therapist (optional).

Update your anatomy and  
physiology and learn the basics of  
a variety of health conditions such  
as neurological, cancer, mental  
health, elderly, cardiovascular,  
respiratory, musculoskeletal.

Discover how to put yoga therapy  
theory into practice using a variety  
of Models.

Gain understanding of the Yoga  
Therapy Process and the value of  
the therapeutic relationship.

Learning is both experiential and  
through exploration of a variety of  
case studies.

It is compassionate based in  
approach and relates closely to  
Nature's cues.



## Introductions to Yoga Therapy. CPD

How to support yourself and your students with chronic health conditions

**DATE: 19 October 2024**

### Venue:

St Anthony of Padua  
115 Headley Way,  
Oxford, OX3 7SS

### Time:

10:00 - 16:00

### Cost:

BWY Members £50  
Non-members £60

### Tutor Bio:

Nikki Jackson, Principal of Yoga Therapy training School accredited by The British Council of Yoga Therapy, Yoga Therapist, Yoga and Mindfulness Teacher and retired Occupational Therapist

Yoga Therapy is a growing profession differing from yoga teaching in its 'no one cure fits all approach'.

Learn how to safely work with variety of health conditions and how to integrate yoga therapy tools and practices into everyday life to manage pain, stress, low mood, fatigue and much more.

The day will be experiential, with some theory and exploration of case studies.

The practices are compassionate based with emphasis on somatic movements and breathwork that relate closely to Nature.

Contact: [admin@yogafocus.co.uk](mailto:admin@yogafocus.co.uk)

**Venue:**

Cumnor Village Hall  
Leys Road, Cumnor  
OX2 9QF

**Time:**

09:30 - 15:30

**Cost:**

BWY Members :£50  
Non-members : £60

**Tutor Bio:**

Tessa Venuti Sanderson PhD yoga teacher and co-author of . Circle Holding: A Practical Guide to Facilitating Talking Circles, with Julia Davis.

Co-founder of the State of Birth annual symposium Tessa runs pregnancy and postnatal training through the Yoga Teachers Forum.

## CIRCLE FACILITATION SKILLS. CPD

**DATE: 12 MAY 2024**

Talking circles create meaningful connections between people. This workshop will guide you through the stages in setting up and running a talking circle.

It will explore the practical steps and the language used to explain concepts such as 'holding space'.

A 'container' or safe space is built up using a number of guidelines that help manage people's expectations of what will happen during the gathering. The place, language and topics discussed are key factors in setting up that safe space.

New facilitators may worry about managing group dynamics, when people talk to much or not enough or big emotions arise. Strategies to manage will be shared.

After the workshop, you will be able to use these skills in your teaching, or to run standalone talking circles.

Tessa says, "When done well, circle facilitation appears effortless and natural. When the boundaries are not explained and held, people can feel uncomfortable or even unsafe."

There will be lots to reflect on and consider.



**Venue:** Old Stratford Community Hall, Deanshanger Road, Milton Keynes, MK19 6NL

**Time:**  
10:00 - 16:00

**Cost:**  
BWY Members £50  
Non-members £60

**Tutor Bio:**  
Roberta (Bertie) Jesson has been a yoga teacher for 20 years and is a BWY DCT & FCT teaching foundation, basic and advanced teacher training for the BWY.

She is also the BWY Teacher Training Officer, representative for the BWYQ and the EU representative.

She teaches online and face to face classes in Oxford, runs BWY Certificate & Diploma Courses and takes a yearly spring retreat to Puglia, Italy.

## Pelvic Floor Workshop

**DATE :**  
**Saturday 6th April 24**

The group of muscles we call the pelvic floor are integral to the health of women and men. They can improve back, hip and knee stability, are a key element of the core muscles of the body, assist in bladder control and are even involved in regulating the breath.

But do you really know how to activate them? Should you try and stretch them? Or is it all about strength?

How often should you be doing your pelvic floor exercises and how?

This workshop is designed to teach you how to connect with the pelvic floor, through breath, theory, practice and visualisation.

It is suitable for yoga teachers, students or those interested in increasing their A&P knowledge of this critical group of muscles.

Bertie loves sharing her extensive knowledge of Anatomy and Physiology in an easy manner.



# Yoga Therapy

## TRAINING COURSE

### ABOUT

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.

**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**



email: [admin@yogafocus.co.uk](mailto:admin@yogafocus.co.uk)  
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**6 Saturdays**  
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**and 26th October**  
**2nd November**



# BWYT RESTORATIVE YOGA MODULE

**TEACHER TRAINING SEP-NOV 2024**



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**Open to all qualified yoga teachers**

An invitation to explore this practice for our time,  
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[www.yogacarol.co.uk](http://www.yogacarol.co.uk)

# SPRING YOGA RETREAT

The Society of  
Yoga Practitioners



Friday 26<sup>th</sup> to Sunday 28<sup>th</sup> April 2024

At Sarum College, Salisbury; meetings and practice sessions will be in this quiet location in view of the Cathedral.

## 'OUT OF THE ORDINARY'

Offering our usual mix of practice sessions suited to the time of day alternating with short presentations and discussions on the importance of valuing our everyday yoga practice, experiences and relationships.

Most of all, a friendly, relaxed break with fellow yoga enthusiasts and time for reflection away from today's fraught world!

**Led by Michael Hutchinson and Liz Murtha**

both appointed as Yoga Teacher-Trainers by Sri TKV Desikachar

Package includes all meals in refectory and a single room.

Details at [www.twobirdsyoga.com](http://www.twobirdsyoga.com) or from [michael@twobirdsyoga.com](mailto:michael@twobirdsyoga.com)

£120 to reserve a place; book at 2023 prices until 28<sup>th</sup> February

ADVERTISEMENT

## The Guest House by Jalauddin Rumi

This being human is a guest house, every morning a new arrival.  
A joy, a depression, a meanness, some momentary awareness comes  
as an unexpected visitor.

Welcome and entertain them all!

Even if they are a crowd of sorrows, who violently sweep your house  
empty of your furniture, still treat each guest honourably

He may be clearing you out for some new delight.

The dark thought, the sham, the malice, meet them at the door  
laughing, and invite them in.

Be grateful for whoever comes, because each has been sent as a  
guide from beyond.

POEM

Poem shared by Janine

# 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](http://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