



BWY

AT  
THE  
HEART  
OF YOGA  
IN YORKSHIRE

# BEYOND THE MAT

Imbolc 2024

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

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## PUBLISHING POLICY

Please send adverts to the Editor via email in MS Word and pdf format. Please ensure pdfs are of a reasonable quality and the correct size. Adverts will only be published if full payment is received before the deadline. The Editor will provide payment details on receipt of your advert. A receipt will be sent to you by the Treasurer following the posting out of the newsletter. **Listings for all adverts, BWY foundations courses, modules and teaching diploma courses are charged as follows:**

Advertising Rates (inc VAT)	BWY / Accredited Price	Full Price
Half Page	£15.00	£30.00
Full Page	£25.00	£35.00
Back Page (Colour)	£40.00	£75.00

Issue	Date Sent Out	Copy Deadline (Adverts and Editorial)
Litha - Summer	10 June 2024	03 May 2024
Samhain – Winter	14 October 2024	09 September 2024

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.

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Front cover & this page: Staveley Nature Reserve North Yorkshire; A January Morning by M Hall

## EDITORIAL

I moved up to Yorkshire from the south of England 30 years ago and am still amazed at how dark it is here in December and January. Personally, I love longest night as, for me, it marks the turning of the year and the promise of longer days. And seeing photos of a local Nature Reserve like those on the front and inside cover, remind me how wonderful winter days can be and how lucky I am to live in Yorkshire.

There is plenty to inspire and interest you in this newsletter. Your committee has now finalised all the CPD events for 2024 as well as the Yorkshire Sangha / International Day of Yoga. And not forgetting all the fantastic events and training opportunities organised by local teachers and those further afield.

In this issue there are also articles by three of our CPD tutors Swami Krishnapremananda, Anna Semlyen and Zoe Knott as well as one about The Prison Phoenix Trust.

If you have photos, articles, recipes or anything else you would like to share, please do send them to me. It's always lovely to hear from you.

I hope to see you somewhere very soon on or off the mat.

Enjoy!

Love Lucy /  
DharmaKirti



## BWY CPD EVENTS

CPD Ref: 24/02  
Date: Sunday 17 March 2024  
Tutor: Judy Hirsh Sampath  
Subject: Where Yin Yoga, Restorative Yoga & Yoga Nidra Meet  
Venue: Zoom  
Organiser: Claire Hall, West Yorkshire Area Rep



### Tutor:

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.

### CPD Information

As more students find out about all the diverse forms of yoga and are looking for ways to support mental health and emotions as well as physical health, more teachers are offering 'static' forms of yoga such as yin, restorative and yoga nidra. We will explore these three forms of yoga, the difference between them and what you are already teaching. Discussion on appropriation, safety, props and further study are included. We will engage in presentations on the subject, demos and practice yin, restorative and yoga nidra. We invite deep enquiry, discussion, Q&A, Please bring a notebook or journal. There will be a handout outlining the learning from the day provided after the event for your reference.

## BWY CPD EVENTS

CPD Ref: 24/03  
Date: Saturday 27 April 2024  
Tutor: Zoe Knott  
Subject: Developing Strength with Single Leg Poses  
Venue: Sutton upon Derwent Village Hall, The Old Orchard  
YO41 4DJ  
Organiser: Lucy Croucher, Regional Officer



### Tutor:

Zoe is a Diploma Course Tutor for the British Wheel of Yoga and has served on the Training Committee for many years as DCT Training Officer. With over 40 years of yoga practice with many different teachers from a variety of traditions, her fundamental approach is to build strength as the cornerstone of practice and from there all poses become possible. Asana are broken down and analysed. Zoe looks at the muscles that need to be strong or flexible and works in detail gradually

building up the components of a pose. Zoe has taken the additional BWY modules in Pranayama and Pregnancy. As well as running regular yoga classes, the Foundation Course, Teacher Training and travelling round the country giving Workshops and taking In Service Training, Zoe runs regular yoga holidays in warm sunny countries.

### CPD Information

The workshop will explore single leg poses, looking at areas that need to be strong and areas which need to be flexible. Consideration will be given as to how to incorporate relevant preparatory techniques into general class teaching.

## BWY CPD EVENTS

**CPD Ref:** 24/07  
**Date:** Sunday 09 June 2024  
**Tutor:** Sally Kennedy  
**Subject:** Western Relaxation Techniques as related to Eastern Philosophy  
**Venue:** Zoom  
**Organiser:** Clare Walker, North Yorkshire Area Rep



**Tutor:**  
 Sally is a registered and practicing Chartered Physiotherapist and Acupuncturist and has been working for the NHS in various clinical roles since 2000. She has been practicing yoga for over 25 years and completed her BWY teacher training in 2008. Having lived in Dorset, Cornwall, London and returning to the East Midlands where she was born and brought up, Sally has always found a yoga class wherever she has travelled from Nepal to Australia and brings this wealth of experience

and teaching styles to her eclectic and informal sessions. She has taught yoga in gyms, church halls, mental health institutions and hospitals and is passionate about making yoga and its benefits accessible to all. In conjunction with her professional physiotherapy and acupuncture skills, she is continuing to develop special interests in teaching those with chronic pain, mental health conditions and neurological problems.

### CPD Information

The event will explore the physiological and psychological effects of deep and brief relaxation techniques, consider how to practically apply relaxation to yoga practice and daily life, explore psychological and behavioural approaches to relaxation in relation to Western and Eastern philosophies of both and consider the use of multi-sensory imagery and metaphor as tools for relaxation as well as how svadhyaya and sankalpa might be helpful in relaxation particularly in relation to cognitive strategies.

## **BWY CPD EVENTS**

CPD Ref: 24/04  
 Date: Saturday 31 August 2024  
 Tutor: Tarik Dervish  
 Subject: Asana with an Ayurvedic Approach  
 Venue: Trinity Church Hall, New Side Road, Rawdon  
 Organiser: Claire Hall, West Yorkshire Area Rep



**Tutor:**

Tarik is a qualified and experienced Yoga Teacher/Trainer for BWY and Ayurvedic practitioner. He runs workshops and courses in Yoga and Ayurveda for Yoga practitioners and teachers. He specialises in training Yoga teachers with an Ayurvedic approach. He also has a small

Ayurveda clinic in Kings Cross and central Brighton. He's been teaching Yoga since 1997 and has had a wide variety of training including Iyengar, Satyananda and Scaravelli traditions. His main approach is to help students establish a sound physical practice that is appropriate for their Ayurvedic Constitution as a foundation for deeper, subtle meditative work. For more information please visit his website [www.yogawell.co.uk](http://www.yogawell.co.uk)

**CPD Information**

There are a bewildering number of Yoga styles these days but which style is the best? Every style offers a particular approach to Asana and to a great extent, we make our decisions based on practical considerations like time of the week or location. But there are other factors that make us keep going to a class. We notice the benefits. We are of course, all different and understanding something about our uniqueness can be enormously helpful in deciding what kind of Yoga class is best suited for us. Often, we will come out of a Yoga class feeling worse afterwards or the next day and we are not sure why. This workshop will explore the principles behind why certain systems suit us better than others and how we can adapt our own practice and potentially the classes we run for our students to take Ayurvedic principles into account. The following considerations might include: The season, the time of day, the time of life and some basic common ailments.



## BWY CPD EVENTS

CPD Ref: 24/05  
 Date: Saturday 12 October 2024  
 Tutor: Mary Mackie  
 Subject: How Life Moves  
 Venue: Well House Yoga Space, Harrogate HG3 2LN  
 Organiser: Clare Walker, North Yorkshire Area Rep



### Tutor:

Mary is a senior tutor on the faculty of 'Yoga United Yoga Therapy Teacher Training Course' and a member of C-IAYT (International Association of Yoga Therapists) and as well as being a BWY dip holder and a retired BWY DCT.

### CPD Information

Mary says "I've called this day 'How life Moves' an overview of the evolution and development of body systems and how we can use this knowledge to explore modern, functional movement in yoga: The Sub-title of the day refers to The Nervous, Endocrine and Digestive systems as these are fundamental to our evolution, physically, mentally, emotionally. It's a fascinating exploration of how the whole being revolves around the felt awareness of ourselves, the chemicals deployed by our nervous and endocrine systems and the microbiota of our digestive systems"

CPD Ref: 24/06  
 Date: Sunday 10 November 2024  
 Tutor: Swami Krishnapremananda  
 Subject: The Bandhas – the Core Practices of Hatha Yoga  
 Venue: Zoom  
 Organiser: Lucy Croucher, Regional Officer

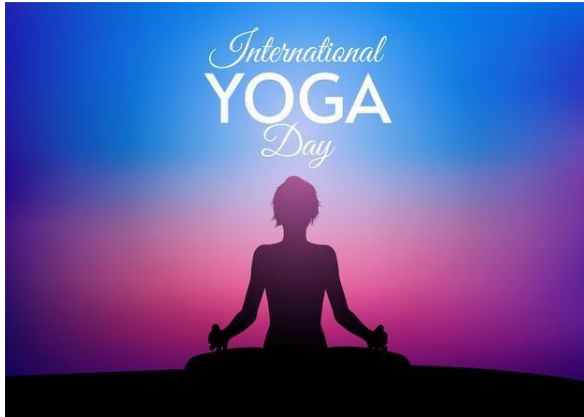


### CPD Information

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

# **BWY Yorkshire Sangha / International Day of Yoga**

**06 July 2024  
10:00-16:00**



Two venues in Yorkshire, linked via Zoom, hosting an in person event with our delightful BWY teachers:

Hannah Penn  
Emma Conally-Barklem  
Carolyn Clarke  
Mookaite Jasper

Choose from one of the venues for an in person experience or join us via Zoom.

Sheffield Yoga School  
Well House Yoga Space, Harrogate

To book your place please go to the BWY website and select one of the 3 booking options.

## FIRST AID TRAINING

### NORTH YORKSHIRE

Date: Saturday 20 April 2024

Venue: tbc

### SOUTH/EAST YORKSHIRE

Date: Saturday 22 June 2024

Venue: Darby and Joan Hall, Finkle Street, Cottingham HU16 4AZ

### WEST YORKSHIRE

Date: Saturday 05 October 2024

Venue: Outlane Methodist Church, 940 New Hey Road, Huddersfield HD3 3FE

### ALL COURSES ARE:

09.30 – 16:30

Limited to 12 students

Cost:

BWY Members/Affiliates: £55

Full price: £70

Please go to <https://www.bwy.org.uk/yorkshire/> for more details and to book your place.

We are very happy to organise further courses if there is sufficient demand. If your First Aid certificate is going to expire in the next 6 months please contact our Regional Training Officer, Catherine ([yorks.rto@bwyregions.org.uk](mailto:yorks.rto@bwyregions.org.uk)).

### Teachers' Discussion Group

The date for the next get together via Zoom is 12 April; the theme is "Community Outreach Yoga"; we are delighted that Davy Jones, the BWY Community Champion 2023, will be joining us and sharing his experiences.

It would be lovely to see you whether you are a long-standing teacher, recently qualified or a student teacher.

Please make sure you book your place so that you can access the joining instructions and Zoom link.

## WEST YORKSHIRE FEDERATION OF YOGA

Meetings are held monthly on Sundays from 14:00-17:00 at The Robert Craven Memorial Hall, Old Lane, Bramhope, nr. Leeds, LS16 9AZ

Fees: £10 per session rising to £15 in April.

From April 2024 to March 2025 inclusive the federation will offer an annual subscription of £135, please contact the secretary for payment details:

[westyorksfedyoga@btinternet.com](mailto:westyorksfedyoga@btinternet.com)

### 2024

**10 Mar Michelle Mangeolles - *Limitless***

**14 April Alice Taylor – *tbc***

**12 May Sonia Jean Perry – *tbc***

**09 June Jacquie Pollard – *tbc***

**14 July *tbc***

**13 Oct Lucia Gomez - *tbc***

**10 Nov Barbara Sylwestrowicz & Sara Richard – *tbc***

**01 Dec Kath Morgan-Thompson – *tbc***

*Enhance your Yoga practice and be inspired by working with a new Tutor every month.*



# NORTH YORKSHIRE YOGA FEDERATION

## 2024 Programme

The Village Hall, Stockton on The Forest, York, YO32 9UR

Saturday Mornings 10am-12noon

Saturday sessions are face to face & include a Zoom option for members when possible. No booking needed.

Saturday sessions free to members, £8 non members,  
£20 annual membership.

### 2024

- 20 Apr** **Mona Fairholme**      *Step into your power: movement, meditation, mantra and mudra*
- 11 May** **Lucy Croucher**      *Sound, Sthairyam, Silence*
- 08 Jun** **Sue Beever**      *Yoga and the Pancha Koshas: coming home to you*
- 20 Jul** **Eric Wilkinson**      *Integrating the Practice of Yoga and Somatics*
- 14 Sep** **Judi Needham-Crane**      *Sthira, Sukham, Asanam: sutra 2.46 - stillness & ease*
- 12 Oct** **Jacqui Jones**      *Virya- Fill Your Life with Positive Energy*
- 14 Dec** **Tony Byrne**      *The Physics of Yoga*

**Day Seminars**      see separate advertisements

**Sunday 10 March**      **Sarah Douglas**  
*"Exploring the Panoramaya Koshas Model of Yoga"*

**Sunday 03 November**      **Chris Noon**  
*"Sthairyam & Sukkha: Steadiness & Ease to One-ness and Yoga"*

*Please do check the website & members emails & Facebook "North Yorkshire Yoga Federation" private group to keep up to date and for essential last minute news.*

**Contact & booking:** [nyyf\\_membership@btinternet.com](mailto:nyyf_membership@btinternet.com)  
<https://yogaextra.chessck.co.uk>

## CONGRATULATIONS

BWY 500 hour Diploma in Teaching

With Catherine Eastwood

Congratulations to the following who have completed the BWY 500 hours Diploma in Teaching Yoga with Catherine Eastwood in West Yorkshire. These students showed great commitment to their Yoga throughout this course, taking the plunge to begin their teacher training mid lockdown, supporting each other in their explorations and learning, and now sharing Yoga with others in their community. This course has created lifelong friendships in the group.



Rebecca Harvey, Kim Fuller, Philippa Smith, Adrienne Lake, Eleni Papadatou, Barbara Sylwestrowicz, Lisa Hill, Julie Wong, Amy Pickering, Amanda McKenzie, Anita Ghafoor, Faye Richardson, Claire Ormesher, Sharon Bainbridge.

With Jayadhara

Jayadhara's 500-hour Yoga Teacher Training Diploma group met monthly at Helperby and Husthwaite Village Halls and via Zoom over 28 months. The village locations were spacious and quiet with opportunities for lunchtime walks or to sit outside on sunny days. In October we completed the Diploma course with the final day being a celebration of the journey that everyone had been on. Naturally the focus was yoga, however, there were many transferable and life skills that were developed during the training

such as gaining massive confidence in talking to groups, improving listening skills, developing research and computer skills and putting together coherent discussions for assignments. The course was very wide ranging, from the professional responsibilities of a yoga teacher (setting up a class, publicity, health and safety, safeguarding), ability to analyse the anatomy and physiology of asanas, safe and effective teaching of all aspects, planning a course of lessons in a progressive way, the study of modern and ancient texts including Patanjali Yoga Sutras, Hatha Yoga Pradipika, The Bhagavad Gita to the philosophical wisdom of The Upanishads. There were assessed practical teaching to their peers and two assessed classes where the tutor travelled far and wide on a magical mystery tour of Yorkshire and beyond to guide, encourage and assess the myriad of skills needed to skilfully teach yoga.

There was hard work and dedication from everyone to complete the course and become accredited BWY yoga teachers to continue sharing our love of yoga with a wide spectrum of adults using non-dogmatic approaches. My group are continuing to spread the benefits, and enjoyment of yoga from Sheffield to Scarborough, from Middlesbrough to Ilkley and from Beverley to Pickering. What a journey we have all had! Intense, revealing, challenging, uplifting and testing our limits in many ways.

Very well done to Amy, Caroline, Clare O, Clare W, Emma, Gill, Peta, Simone and Susan!



Also, congratulations to the Certificate students who were with us until December 2022 – Andrea, Jane, Leena and Megan – we missed you but thought of you often. May you all fly high in your yoga journeys and teaching.

## Foundation Course 2 with Jacqui Jones

There were joyful celebrations as Foundation Course Two with Jacqui Jones completed in October 2023, over 60% of these students have now confidently begun their Teacher Training. After an intense couple of years doing Foundation Course 1, immediately followed by Foundation Course 2, they all said how the content of the two courses meant they felt at a distinct advantage. The comprehensive knowledge they've worked hard to absorb, as well as the written study, has contributed to their self-assured approach to their future Yoga challenges."



Back L to R - Ebony Boulton, Suzanne Hill, Chrissie Wright & Linda Ransome.  
 Front L to R - Sam Burlton, Debbie Thomas, Jacqui Jones, Amanda Bloor, Charlotte Parkin with Jack her Border Collie puppy at her feet!

And to:

ॐ Michelle Bowie: Teacher Training with TSYP



North Yorkshire Yoga Federation  
Spring Seminar 2024  
Sunday March 10<sup>th</sup> 10am-4pm  
Park Grove Primary Academy, Park Grove, York, YO31 8LG

*Sarah Douglas*  
*“A Day Exploring the Panchamaya  
Koshas model of yoga”*

We will experience and develop our understanding of ourselves and our yoga practice, through the Panchamaya koshas model of yoga:

*Pancha* – five,  
*Maya*- made of,  
*Kosha*- layer or sheath

The ancient yoga texts describe our five layers of being: *Physical, Energetic, Psychological, Wise, Spiritual*. Practising yoga through the lens of the panchamaya koshas encourages engagement with these layers. Woven together throughout the day, in postures, breathing, mantra, meditation, and sharing. Sarah teaches in stages and offers modifications so the practice is accessible to all and no knowledge of yoga is required.

Sarah is a BWY trained Hatha Yoga teacher, and a BACP senior accredited counsellor and counselling supervisor. She teaches regular weekly yoga classes and a monthly stroke survivors class.

**NYYF members £25, non-members £30**  
**For payment information and booking contact**  
**[nyyf\\_membership@btinternet.com](mailto:nyyf_membership@btinternet.com)**  
**More information at <https://yogaextra.chessck.co.uk>**

Tea & coffee provided.  
Please bring your own lunch, mug & utensils

North Yorkshire Yoga Federation

Autumn Seminar 2024

Sunday November 3<sup>rd</sup> 10am-4pm

Park Grove Primary Academy, Park Grove, York, YO31 8LG

*Chris Noon*

*“Sthairyam & Sukkha;*

*From Steadiness & Ease to One-ness & Yoga”*

*“Asana is steady, comfortable posture.*

*By lessening the natural tendency for  
restlessness and by meditating on the infinite,  
posture is mastered.*

*Thereafter one is undisturbed by the dualities.”*

Patanjali defines & guides Yoga asana in verses of the Yoga Sutras. When we are steady and at ease, centred in the infinite space of the present moment, we find the one-ness of Yoga. This can be applied to everything we do and this is the theme for this workshop.

In our movement and postures we will find steadiness and support that enables loosening of tension and ease of movement. We will bring awareness inside the body and find quietness. This is the foundation of relaxation and meditation.

**NYYF members £30, non-members £35**

**For payment information and booking contact**

**[nyyf\\_membership@btinternet.com](mailto:nyyf_membership@btinternet.com)**

**More information at <https://yogaextra.chessck.co.uk>**

Tea & coffee provided.



## **Preparing for Urdhva Mukha Svanasana**



**20 April, 9.30am – 12.30pm via Zoom  
with Zoe Knott £25**

An asana-based practice building towards Upward Facing Dog, with a safe, accessible approach, while exploring the varied elements of asana to deepen both experience and understanding of the pose.

## **Dovedale – Peak District, Just be Yoga Weekend**

**16 – 19 August**

A long weekend, Friday – Monday at Peveril of the Peak, 3\* hotel in the stunning location of Thorpe. Set in 11 acres of gardens with the towering backdrop of Thorpe Cloud hill, footpaths lead directly from the house. Ensuite rooms, full board with fabulous food using local produce. Traditional hatha yoga, Yin, fascial yoga, pranayama, Yoga Nidra and guided meditation. High quality for an inexpensive price, from £370pp.

## **Cober Hill - Just be Yoga Weekend**

**4 - 6 October**

Relax, refresh, restore, take time for yourself in the beautiful surroundings of the North Yorkshire coast, just a short walk to the sea. Combine exploring a wide variety yoga practices, pranayama, mudras, Yin Yoga, guided meditation and Yoga Nidra with just being in the moment. All ensuite rooms. From £370pp.

[moonriseyoga.co.uk](http://moonriseyoga.co.uk)

[janecluley@gmail.com](mailto:janecluley@gmail.com)

07906 652669

# Journey through the Chakras



**with Helena Turner**

7 sessions March – September 2024  
Sheffield Yoga School, S6 3TA  
£175 / 145

Central to this course is developing an understanding of the connection between energy, sound, vibration & form.

Sessions include drawing a Yantra for each chakra, meditation, harmonium, Hatha Yoga & Mantra.

There will be a Chakra specific Crystal Bowl sound bath in every session.

[www.sheffieldyogaschool.co.uk](http://www.sheffieldyogaschool.co.uk)

# BWYT RESTORATIVE YOGA MODULE

## TEACHER TRAINING SEP-NOV 2024



30-Hour Online CPD  
Open to all qualified yoga teachers

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

BWY Certification and Yoga Alliance CEUs

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

For details and to apply:

[carol@yogacarol.co.uk](mailto:carol@yogacarol.co.uk)

07949 743 942

[www.yogacarol.co.uk](http://www.yogacarol.co.uk)

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Certification**

**Total cost: £695  
Early Bird Discount  
Available**

**2024**

**6 Saturdays  
14<sup>th</sup> and 21<sup>st</sup>  
September, 5<sup>th</sup>, 12  
and 26<sup>th</sup> October  
2<sup>nd</sup> November**

**ONLINE VIA ZOOM**





# PRANAYAMA



## INTENSIVE RETREAT

with *PHILIP XERRI*

Holland House, Cropthorne JUNE 10-14, 2024

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

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

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

Philip has been practicing/teaching Pranayama for over 40 years. Originally trained with Swami Gitananda in India, he has also worked within many other disciplines and Schools of Yoga. His first inspiration was Philip Jones – the 'Welsh Wizard of Pranayama' whose understanding of the connections between the Breath and Prana was profound.

It is these connections and their relevance to the deeper aspects of Yoga practice that we will be exploring on this Course.

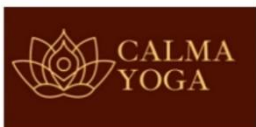


**Further details/Booking** [pax\\_yoga@yahoo.com](mailto:pax_yoga@yahoo.com) 'Early Bird' offers available.

Web [www.yogaquests.co.uk](http://www.yogaquests.co.uk) and [www.controlyourbreath.co.uk](http://www.controlyourbreath.co.uk)

Mobile 07710185827

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



# INDIA 2024

Embark on a once-in-a-lifetime adventure with Calma Yoga's exclusive India Yoga Small Group Tour. The tour is guided by Jacqui Jones and is a unique opportunity to delve into the rich tapestry of yoga and wellness, while uncovering the cultural treasures of India. Traverse the vibrant streets of Delhi, find serenity in the ashrams of Rishikesh, and marvel at the iconic Taj Mahal. Join us to nurture your body and mind through yoga, but also to absorb the spiritual essence of India's diverse landscapes and traditions. 25th Oct to 4th Nov 2024



More info here:  
<https://www.calmayoga.co.uk/events>  
Contact: [jacqui@calmayoga.co.uk](mailto:jacqui@calmayoga.co.uk)  
07979007677

## COMMUNITY OUTREACH YOGA

Help us develop BWY's  
community outreach work

Whether you're involved locally or want to discover more  
contact E: [communications@bwy.org.uk](mailto:communications@bwy.org.uk)  
[bwy.org.uk](http://bwy.org.uk)



# KARMA YOGA

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

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

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

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

Why not organise a Karma Yoga event?  
It can be something you organise yourself or something you do in collaboration with a charity or other organisation.

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

## SELF-ACCEPTANCE AND LOVING KINDNESS

By Swami Krishnapremananda, Mandala Yoga Ashram

*The more you nurture a feeling of loving kindness, the happier and calmer you will be.*

Sounds simple, and indeed the above quotation from the Dalai Lama is spot on. Yet why is it such a challenge for many of us?

We are born, 'trailing clouds of glory' in the words of William Wordsworth, yet as we grow through childhood, we often enter the territory of self-doubt and self-judgement despite the best efforts of caregivers. Pervasive narratives of being unworthy, or unloved, or broken, gather credence, further conditioned by religious, family, and educational influences. Such narratives, alongside other experiences of suffering, undermine our sense of ease and well-being.

Hence, as mature adults, there is such value in cultivating a consistent sense of self-acceptance; one that allows us to mitigate the inner demons or conflicts that try to keep us in old habitual ways of being. None of us are perfect in these manifest human forms. We all have our idiosyncrasies but nevertheless we can open to the recognition that we too, like all other beings, deserve the healing gifts of acceptance and loving kindness. No doubt, this recognition can feel tenuous and fragile at times, and hence needs ongoing sustenance and patience.

Sustained yoga practice is invaluable in this regard. Again and again, coming back to the yoga mat or cushion, finding a sense of refuge there, and offering ourselves into our practice. Engaging in asana, pranayama, yoga nidra or meditation practice with a kindness and respect to self, even when the old narratives seek to undermine our self-esteem once again. Such ongoing practice can give us a little space from these habitual narratives and help to foster the inner springs of kindness and appreciation for self.

The Buddhist practice of metta, or loving kindness, is one such practice – *May I/you be filled with loving kindness, may I/you be well, may I/you be peaceful and at ease.* There are other versions of the metta lines that can be just as valid, conveying the spirit of loving kindness both for ourselves and for others equally.

Self-acceptance however does not mean giving up on our aspirations to grow into a fuller version of who we can be. Self-acceptance pertains to the present, being more at peace rather than in conflict with our present moment experience. Aspirations may start in the present but extend into the future. We can keep

cultivating these aspirations while at the same time, guard against the self-undermining narratives in the present.

It is also important to state that self-acceptance is not about fighting or trying to 'fix' these narratives, but about patiently turning towards them with kindness, and trying to understand them more clearly. The journey towards loving kindness for self is one that willingly turns towards our suffering, endeavouring to learn from it, and open to ways of accepting, healing, or resolving it. In the words of Naomi Shihab Nye, from her poem *Kindness*:

*Before you know kindness as the deepest thing inside,  
You must know sorrow as the other deepest thing.  
You must wake up with sorrow.  
You must speak it till your voice,  
Catches the thread of all sorrows,  
And you see the size of the cloth.*

All of us, as humans, are bound to experience sorrow, loss, grief, and suffering in our lives. Often the tendency is to turn away from these aspects of our humanity, to find distractions or to close down in self-pity. Yet there is always a more compassionate option patiently awaiting us. With appropriate levels of support, we can learn to meet and even welcome our suffering, in the recognition that all living beings also experience suffering. We are not alone, and the more we can accept the whole of our personal story, the more a fertile soil is cultivated in which our self-kindness can grow.

The more we can enrich this inner soil of loving kindness through sustained practice, the more the following words of the Buddha can resonate within us:

*You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You, yourself, as much as anybody in the entire universe, deserve your love and affection.*



## DEVELOPING STRENGTH WITH SINGLE LEG POSES

by Zoe Knott, BWY DCT

Zoe is running this CPD workshop at Sutton Upon Derwent on 27 April 2024



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

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

you at this CPD Day.

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

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

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

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

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

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

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

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

## POSTURAL ALIGNMENT & FALLS PREVENTION

By Anna Semlyen

As people age, risks of falling rise. Yoga can hugely contribute to helping to be stable, steady and keep upright. This is key for menopausal women especially with brittle bones from osteoporosis / osteopenia.

Possibly the best investment in later years' health is learning falls prevention. Falls are the most common cause of injury to 65+ year olds and have serious consequences - trauma, pain, impaired function, loss of confidence, loss of independence and autonomy and even death.

Anna has a Falls Prevention Awareness Cert. She focuses on the Otago Falls prevention physio programme - proven to lower incidence and severity of falls. Learn the deep tips for general classes and private lessons in postural stability. Handouts and hatha yoga postures, breathing and meditation and advice on reducing fear are included. Learn it for yourselves or your elderly loved ones!

Most people have sedentary lifestyles. 37% of British people never exercise. Yet, unless we engage in regular physical activity, we are vulnerable to fall. One in 9 ambulance call outs are to falls. Older women especially, with dipping oestrogen levels are at greater risk of falling and of complicated fractures with lengthy recovery and rehabilitation.

Falls are hugely costly, especially if they trigger care needs. On average UK residential care costs were £34,944 a year or £48,720 a year for nursing care homes in 2020 and rising as fuel costs escalate.

Anna is a Yoga teacher-trainer, author of Yoga for Healthy Lower Backs, who has trained in Falls Prevention and stability, flexibility, and strength. Learn how prevalent and disabling falls are, the proven Otago falls prevention system, how it aligns with asana and breathing techniques; practice and evaluate the Otago method for yourselves. It will revolutionise your ability to stay stable and to help others to as well. Stability is core to yoga! Asana or posture are sthira (stable) and sukha (relaxed).

### About Anna

Est 1996. Gentle, effective, evidence based yoga classes & private lessons to help you feel healthy & whole. Beginners are welcome. I offer posture yoga classes, breathing, meditation, relaxation, back care, laughter yoga, workplace & private lessons. Will come to you. BWY Specialist Advisor on Back Care and

Therapeutic Research. [www.yogainyork.co.uk](http://www.yogainyork.co.uk), Yoga for Healthy Lower Backs book and relaxations CD author based on an RCT with the University of York - [www.yogaforbacks.co.uk](http://www.yogaforbacks.co.uk). Teacher training tutor on private yoga lessons, back care, improving concentration, mental health gunas, Ayurvedic Doshas (constitution), falls awareness.

Private lessons on a pay as you feel basis  
[anna@yogainyork.co.uk](mailto:anna@yogainyork.co.uk) 07891989310

## THE PRISON PHOENIX TRUST

By Jane Beaufoy



The work of an award-winning charity brings the freedom of yoga and meditation to the thousands of people who are confined in Britain's prisons.

The Prison Phoenix Trust (The PPT) is a small, Oxford-based charity that is reaching out to offer support and rehabilitation to the

'hidden' community of 107,000 people behind bars in the UK and Northern Ireland.

With a consistent, non-judgemental approach to introducing yoga and meditation to this marginalised group, The PPT has brought about real change to people's lives. This was recently recognised at the 2023 Om Yoga Show at Alexandra Palace when it was voted the winner of the Favourite Yoga Charity award.

The PPT's director Selina Sasse expressed her delight as she received the award at Europe's biggest yoga event. She said: "This is for the those in the yoga community who are hidden away, all those people who are practising day in, day out, with a book or a CD, getting out their mats in times of difficulty.

'Lots of people who practise or teach yoga know from their own experiences how it helps them cope with life's challenges. Yoga and meditation allow what's within each and every one of us to shine.'

Practising 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 charity's work has a strong rehabilitative emphasis. The evidence for transformation is in the hundreds of letters from prisoners they receive, telling stories of how yoga and meditation has changed their lives. Like Richard's story:

Richard grew up in care and at aged 18 found himself on the streets, left alone to survive. "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."

Over the following decades a criminal career led to a number of sentences served in prisons in England and Wales. Richard first saw a sign for yoga classes while he was serving a sentence in HMP Belmarsh. "I thought, anything to get out of my cell," he recalls. "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 also got support one-to-one from a mentor from The PPT. They wrote to him in prison, supporting and advising on his yoga and meditation practice. He wrote back and they listened, without judgement, as he put his experiences down on paper.

"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 is a PE Officer at a prison in the south of England who has been through the training. When their regular yoga teacher in the prison left he decided to take up the challenge. He was in his 50s when he qualified, and he then deepened his studies by taking The PPT's module. Now he teaches once a week and has a dedicated group of students.



Jason works with older prisoners with co-morbidity – people with combined lifestyle and age-related conditions such as diabetes and heart disease – and he witnesses how it supports their health and well-being. When teaching a drug and alcohol rehabilitation group, he saw at first-hand 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 was formerly a gym instructor at a young offenders’ institution where he worked with some of the most difficult and dangerous young prisoners in the region. There was a high degree of violence and self-harm. He witnessed first-hand the effect yoga can have when some prisoners who were kept in segregation attended a yoga class regularly.

‘After being introduced to yoga they wanted to come to class and we gradually saw a change in mentality. It is a cliché to say some found inner peace, but it is as if we could actually 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.’



Now that Pete works at Grendon he supports the teaching of yoga at the prison. He added: ‘It is not a clearly defined outcome for everybody. But what we see is that people find their own individual improvement.’

If you are interested in The PPT’s training module, please go to <https://www.theppt.org.uk/for-yoga-teachers/yoga-teacher-training>.

## TREASURER'S REPORT

## BWY YORKSHIRE - ACCOUNTS 2022-23

## INCOME &amp; EXPENDITURE

	<b>2022-23</b>	2021-22
<u>Income</u>		
Central	<b>200.00</b>	2,072.00
Events	<b>7,585.00</b>	6,415.00
Adverts	<b>670.79</b>	508.30
Donations	<b>0.00</b>	0.00
Interest	<b>338.16</b>	49.91
	<b>8,793.95</b>	9,045.21
<u>Expenditure</u>		
Events	<b>(6,948.76)</b>	(5,399.80)
Admin/Travel	<b>(40.62)</b>	(215.01)
Committee Grants	<b>(321.00)</b>	(2,131.00)
Irrecoverable VAT	<b>0.00</b>	0.00
Bank Charges	<b>(60.00)</b>	(151.00)
	<b>(7,370.38)</b>	(7,896.81)
<u>Surplus/(Deficit)</u>	<b>1,423.57</b>	1,148.40

## BALANCE SHEET

	<b>2022-23</b>	2021-22
<u>Current Assets</u>		
Bank balances	<b>29,469.95</b>	28,582.52
Input VAT Debtor	<b>0.00</b>	0.00
Accrued income	<b>234.00</b>	382.86
Prepayments	<b>0.00</b>	0.00
	<b>29,703.95</b>	28,965.38
<u>Current Liabilities</u>		
Output VAT Creditor	<b>(41.68)</b>	(36.68)
Accruals	<b>0.00</b>	(140.00)
Deferred income	<b>(700.00)</b>	(1,250.00)
	<b>(741.68)</b>	(1,426.68)
<u>Net Assets/Liabilities</u>	<b>28,962.27</b>	27,538.70
<u>Reserves</u>		
Surplus bt fwd	<b>27,538.70</b>	26,390.30
Surplus/(Deficit) for year	<b>1,423.57</b>	1,148.40
	<b>28,962.27</b>	27,538.70

## BOOKING DETAILS FOR CPD EVENTS

BWY guidelines state that participants for a CPD day can be

- 🌀 BWY DCTs and Diploma Holders
- 🌀 Recognised and Accredited Teachers
- 🌀 BWY Diploma and Certificate Course Students
- 🌀 Teachers of other Yoga Organisations (BWY members)
- 🌀 BWY Members can attend if spaces are available
- 🌀 The maximum for each event is 30 attendees

Please book early via the regional website

<https://www.bwy.org.uk/yorkshire/>

If you do not have internet access, please contact the appropriate Area Rep providing the following

- 🌀 Your name, BWY number, address & telephone number
- 🌀 Course Reference, Tutor / Subject
- 🌀 A cheque, made payable to **BWY Yorkshire Region**

### **COST**

In-person events: £50 (full price), £40 (BWY members).

Zoom events: £40 (full price), £30 (BWY members).

### **REFUND AND TRANSFER OPTIONS:**

If you are unable to attend a particular event you should contact the event organiser.

Cancellation prior to 60 days of event date – full refund.

Cancellation within 15 to 59 days of event date – 50% refund.

Cancellation within 14 to 0 days of event date – no refund.

Transfers to an alternative event can only be made 15 days or more before the event and only to an event on the same platform (Zoom or in-person).

If the event is cancelled, you will be refunded in full

## Yoga and Alexander Technique in Scarborough a Residential Course 21 - 23 June 2024

With David Moore  
Venue Cober Hill, Scarborough  
Workshop Fee:  
Early-bird fee up to 25<sup>th</sup> March  
Single Room £420 or £385 early-  
bird  
Shared Room £380 or £345  
early-bird  
This fee includes all meals and  
accommodation



**smart yoga**  
AT THE ALEXANDER TECHNIQUE  
FOR ANATOMY, PHYSIOLOGY, PRACTICE, THEORY,  
AND HISTORY OF YOGA  
DAVID MOORE



in ensuite rooms and tuition.

In this intensive weekend David will introduce you to a personalized approach to yoga outlined in his book "Smart Yoga: Use the Alexander technique to enhance your practice, prevent injury and increase body awareness."

This event is open to everyone who is interested.  
**Contact Marilyn Dean 01759/318795**  
**marilyn@smartyogayorkshire.co.uk**