



BWY

AT  
THE  
HEART  
OF YOGA

# SPECTRUM

magazine

First BWY-SOAS summit

Set for autumn launch

Celebrating our volunteers

Heart of Yoga Awards

AI and you

summer 2024

£2.95 free to members

## Central Office enquiries:

If you have a question about your membership, we are here to help:

Telephone: 01529 306851

Email: [office@bwy.org.uk](mailto:office@bwy.org.uk)

Visit: [www.bwy.org.uk](http://www.bwy.org.uk)

British Wheel of Yoga Central Office

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## Safeguarding

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01529 306851

The British Wheel of Yoga (BWY) is the largest yoga membership organisation in the country and the Sport England recognised national governing body for yoga. Spectrum magazine is our quarterly publication made available to our members. At our core remains our guiding philosophy to promote a greater understanding of yoga and its safe practice through experience, education, discussion, study and training.

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## Letters for publication

The Editor and Spectrum reserve the right to select or reject letters for publication and to edit for grammar, length and style. We will only publish items appropriate for a magazine that promotes the principles of yoga and harmony and reflects the values of BWY.

Advertising rates and specifications are now online at: [www.bwy.org.uk/explore/publications/](http://www.bwy.org.uk/explore/publications/)

Deana Morris, Editor

Email [spectrum@bwy.org.uk](mailto:spectrum@bwy.org.uk)

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BKS Iyengar



## Dear Members,

I trust by the time you've received your *Spectrum*; the summer weather will have emerged. What with the heavy rain during the winter months, this year is looking especially green and abundant. The summer feeling is one of activity. No more hibernation of the winter months or preparation of the spring months. We can now head out to enjoy and celebrate.

The overarching feeling I had on reading this edition was to start booking myself into the excellent events coming up. The regions have organised some superb Sanghas all over the country between the months of June and October. This is our second year in which the regions are taking on this festival atmosphere and pulling people together for learning, practice and community. The line-up of teachers is top-notch so don't hesitate to book as places are often limited.

Bigger events include the Om Yoga Show, in which you'll get a free ticket as a BWY member. Don't miss the SOAS University Summit, Yoga: Health, Harm and Healing. This exciting collaboration with SOAS illustrates the BWY's commitment to collaborative work that is high-level, exploratory, thoughtful and challenging. It will be as interesting to non-teaching yoga practitioners as to advanced teachers seeking to delve deeper into the philosophy of yoga.

Both these events will trumpet the BWY's 60th Anniversary, coming up in 2025. It's amazing to think that the BWY is the oldest yoga organisation and charity in the UK and certainly one of the oldest in Europe. It's a testament to the strong commitment of our members and volunteers and the power of yoga to do amazing things.

Please read about the winners of the Heart of Yoga Awards and the Wilfred Clark Bursary on page seven. All these winners have given an enormous amount of time to make the BWY work well for its members. Perhaps you know one of these volunteers and are even inspired to nominate someone to win the awards next year.

Don't miss Theo Wildcroft's article on AI. (I failed the accompanying quiz completely.) If you have questions about insurance, make sure to read the Q&As on our new policy. As I said at the AGM, our insurance policy is now one of the most robust covering a myriad of practices. You can also find out about our insurance on the website at [www.bwy.org.uk/user/resources/index?category=53](http://www.bwy.org.uk/user/resources/index?category=53).

Lastly, if you are a yoga teacher, you'll be interested in Donna Noble's research on resistance to yoga on page four. I'm sure we all know people who refuse to take up yoga despite knowing all the good it can do for them. If you do, point them in Donna's direction as she's researching perceived barriers to yoga. We'll all benefit from the output of her research so have a read about her work and help if possible.



**Diana O'Reilly**  
BWY Chair

I am writing this the week before the Summer Solstice, and so far June shows no signs of flaming, or even flickering for that matter. This cold and damp start to summer, following on the heels of the warmest spring on record, is another symptom of the planet's climate becoming increasingly chaotic.

Last month saw the BWY AGM and my thanks to all those who volunteered their time to serve as Trustees or members of the Training Committee, and congratulations once again to all the award winners. This year, in response to feedback from members, the Regions are running their own processes to elect members to Regional committees, decoupled from the more cumbersome AGM election process (which is necessary when we are electing Trustees).

The long and winding road to finally approving the new Articles has unfortunately been extended due to the Charity Commission changing its guidance part way through our process, the result of which is that we may have to hold another EGM next January to approve the deletion of one line of text! I apologise in advance for having to call on you once again to vote but (to use an expression I dislike) I don't make the rules. The upshot of all this will be that we will be able to hold the 2025 AGM via Zoom in a way that gives a better experience than the previous 'hybrid' approach.

The AGM also saw the launch of our new strategy, which sets out our priorities for the next three years:

- As the National Governing Body for Yoga, championing accessibility to serve the whole yoga community in all its diversity
- To raise the profile and enhance the reputation of the BWY
- To increase recruitment of new members and retention of existing ones
- To invest in the development of our people: members, staff, and volunteers
- To maximise our delivery of environmental projects and sustainable working practices
- To generate sufficient funds from a diversified range of sources, to enable us to continue to grow to serve our members and the wider yoga community
- To continue to strengthen our governance framework.

The strategic plan can be accessed via the Resources section of the website.

An exciting initiative that contributes to at least two of these priorities, and which you can read about in this issue of *Spectrum* is our partnership with SOAS University of London to deliver our inaugural Autumn Summit on Saturday 2 November. This unique day-long hybrid event brings together eight leading scholars and yoga practitioners to explore the latest research and spark thought-provoking discussions on yoga and its relationship with health, harm and healing, and we hope this autumn summit will become a regular prominent fixture in the yoga calendar.

Enjoy the summer: hopefully it will be worth waiting for.



**Peter Tyldesley**  
BWY CEO

## HAPPY DIAMOND YEAR TO US!

### Be part of our commemorative book

Next year is the 60th anniversary of BWY, Britain's longest serving yoga membership organisation and charity.

It is an opportunity to highlight our unique place in UK yoga's history and celebrate your lives in yoga today.

Our planned celebrations include marking the occasion with our regions and adding a new spring online event to our calendar for 2025.

And as a memento of the year, we aim to create a digital book that celebrates our members' talents – one we can all share in when it's published, free for BWY members.

Now we're calling out for contributions – your yoga poems, meditations and illustrations – creations you'd be happy to share with the world.

Submissions must be your original work and, should your work be selected, it will be one of the 60 pieces chosen for the anniversary year memento. All work selected will be bylined.

For more information and a BWY 60th Anniversary Submission Form go to Members Resources on the website. W: [bwy.org.uk](http://bwy.org.uk)

## FREE TICKETS: OM SHOW 2024

BWY is getting ready for Om Show, London.

Taking place from Friday 18 to Sunday 20 October, BWY will be there in force, celebrating yoga with BWY teachers leading join-in free sessions and talking to show visitors about what BWY has to offer new members.

Our members all get one free day ticket to the annual show at Alexander Palace.

You need to download that ticket by 1 October, if you want to claim yours.

To download your ticket go to:  
W: [london.omyogashow.com/bwy-guest-registration/](http://london.omyogashow.com/bwy-guest-registration/)

## DONNA NOBLE RESEARCH INPUT APPEAL

Do you know people who resist the call of yoga?

If you do, can you point them in the direction of Donna Noble? The inclusive yoga teacher and author of the book Teaching Body Positive Yoga has a research project running that aims to discover more about perceived stereotypes and the barriers that might be keeping people from trying yoga.

The survey only takes five minutes and can be completed by the person who's yoga resistant or on their behalf.

'Together, we can break down these barriers and make yoga more diverse, inclusive and accessible to all,' said Donna.

You can find the link to the survey on Donna's social media profiles, (Insta: @donnaoble yoga) or go to the news story on the BWY website homepage.

## PREMIER EVENT IN SOAS-BWY SUMMIT SERIES ON 'HEALTH, HARM AND HEALING' IN YOGA



BWY and SOAS University of London (SOAS) are excited to announce their inaugural Autumn Summit – Yoga: Health, Harm and Healing – taking place on Saturday 2 November.

This unique day-long event brings together seven leading scholars and yoga practitioners to explore the latest research and spark thought-provoking discussions on yoga and its relationship with health, harm and healing.

Headlining the event is Sat Bir Singh Khalsa PhD, Associate Professor of Medicine at Harvard Medical School and a leading authority in yoga therapy. He will present insights from his groundbreaking research, discussing the integration of yoga therapy into modern medicine.

Sat Bir Singh Khalsa, PhD is a Research Associate at the Benson Henry Institute for Mind Body Medicine, a Research Affiliate at the Osher Center for Integrative Medicine, and an Associate Professor of Medicine at Harvard Medical School at Brigham and Women's Hospital. He has conducted research on yoga and yoga therapy since 2001 and has been a practitioner/instructor of yoga since 1973.

His research has evaluated yoga for insomnia, chronic stress, and anxiety-related disorders, and also in workplace and public school settings. He works with the International Association of Yoga Therapists promoting yoga research as scientific director for the annual Symposium on Yoga Research and as editor-in-chief of the International Journal of Yoga Therapy. He is medical editor of the Harvard Medical School Special Report Introduction to Yoga, and chief editor of the medical textbook The Principles and Practice of Yoga in Health Care.

Professor Rosie Meek from Royal Holloway, University of London and Rose Parkes, Associate Dean at the Institute of Law in Jersey will examine yoga's contributions to rehabilitation and prison reform.

Carola Chiarpenello from Kings College London will delve into groundbreaking cognitive neuroscience research, joined by Umā Dinsmore-Tuli PhD, founder of the Yoga Nidra Network, exploring the effects of yoga nidra on mental health.

The sessions will be moderated by Dr Tina Cartwright, Reader of Social Sciences at the University of Westminster, whose current work explores the impact of yoga and mind-body practices on health and wellbeing.

Attendees can join online or attend the Brunei Gallery Lecture Theatre at SOAS University of London. The summit includes Q&A sessions with the speakers and two yoga sessions, one of which will be led by Ranju Roy.

Join online or in person, with early-bird tickets at £60 (in-person) and £30 (online) until Friday 2 August. Prices increase to £70 and £40 after that date. For details and to book go to [W: bwy.org.uk](http://W: bwy.org.uk)

## AGM RESULTS AND COMMITTEE MEMBER POSTHOLDERS

BWY announced its election results and held its Annual General Meeting at the Friends House in London on Thursday 9 May.

Diana O'Reilly (pictured) was re-elected as Chair. She will steer BWY through its 60th anniversary year and beyond.

Within BWY Training, Clare Gibson now serves as Modules Officer, taking on the role from Tarik Dervish who has stepped down. Alongside Clare, the BWY retains the expertise and dedication of Felicity Leigh, Roberta Jesson, and Robyn Creighton, who will continue to innovate and expand our training and events programmes.

BWY also acknowledged a motion regarding the expulsion of Paul Fox which called for an independent mediator to review the situation. After a democratic vote, the motion fell short of the required 75% majority (section 283 of the Companies Act 2006 and Article 23.1 of the BWY's Articles), achieving 58.5% of 347 votes cast.

Said CEO, Peter Tyldesley: 'We recognise that this result may be disappointing for some members of our community. However, the votes cast for the motion represented less than four per cent of our total membership and we must represent our members' interests.'

'Thank you to those who voted to help us continue to build a BWY that remains committed to inclusivity, and high governance standards.'

Full details of the election results including a recording can be found on our website under AGM 2004 / AGMs, EGMs and Member meetings / My Resources. Don't forget to login, to view the link.



### BWY Board of Trustees

Chair, Diana O'Reilly  
Vice Chair, Michele Misgalla  
Treasurer, vacant  
Training Chair, Pauline Fleming  
Training Vice Chair, vacant  
Regional Officer, Keith Hart  
Regional Officer, Janet Long  
Regional Officer, Alex Yates

### Training Committee

Chair, Pauline Fleming  
Vice Chair, vacant  
Teacher Training Officer, Roberta Jesson  
Diploma Course Officer, vacant  
Foundation Course Officer, vacant  
CPD Officer, Robyn Creighton  
Modules Officer, Clare Gibson  
Course Development Officer, Terri Hilder  
Distance Learning Officer, Felicity Leigh

### Regional Officers Committee

Eastern – vacant  
London – Alex Yates  
North – Jacqueline Stevenson  
North West – Janet Long  
Scotland – Christie Wood  
South – David Russell  
South East – Declan Wooloughan  
South West – Keith Hart  
Wales – Jo Bocagz  
Yorkshire – Lucy Croucher



## BWY HONOURS AND AWARDS 2024



The dedication and invaluable contributions of volunteers nationwide have been celebrated, as the winners of the BWY's Heart of Yoga Awards were announced at a ceremony following the Annual General Meeting in London on Thursday 9 May.

The awards acknowledge the dedication of BWY's network of volunteers who support our charitable mission: to enrich lives through yoga, increasing accessibility and promoting inclusivity. Seven volunteers were celebrated across the six award categories.

Monica Burton BEM was awarded the Anthony Grover Award for her service to BWY, spanning almost 40 years. During this time, she initiated BWY's first CPD programme and developed the Yoga for the Third Age module which earned her the British Empire Medal for services to yoga.

Jan Palmer was awarded Ambassador of the Year for sharing best practices and collaborating with regional and central teams. Christina Bosley won the Education Champion Award for her long-term support of the South West community and her mentorship of other regions. Lynne Jones received the Community Champion Award for her work

supporting vulnerable people in South Wales. WengYee Loke and Melanie Guffogg-Hornby shared the Rising Star Award for their innovative thinking and exceptional event planning skills, while Sue Harding-Smith was presented with the Event Volunteer of the Year Award for elevating the Sangha festival to be a flagship event for the BWY North community.

Diana O'Reilly, BWY Chair, expressed gratitude for the winners: 'We're truly thankful for the dedication and creativity of our volunteers, from finding more efficient ways to work to driving initiatives that boost our membership. Their commitment is inspiring.'

The award ceremony also featured the presentation of the Wilfred Clark Bursary Award, designed to encourage BWY teachers to bring yoga to individuals with additional needs. It is named in tribute to BWY founder, Wilfred Clark.

Peter Tyldesley, BWY CEO, who presented the awards, said: 'It has been an honour to recognise these hard-working volunteers, whose selfless contributions not only enrich yoga communities but also reflect our shared values and mission.'

Volunteers are at the heart of our organisation and they are key to our success moving forward.'

## The Anthony Grover Award

This award marks tribute to Anthony Grover who served BWY for more than 20 years.

### Winner: Monica Burton BEM

Monica, a BWY member since 1986, served as a DCT before becoming London's Regional Officer in 2000. Her innovative initiatives, such as free yoga shows at Battersea Park and the Royal Albert Hall, expanded London's committee team and membership. Monica initiated BWY's first CPD programme and developed the Yoga for the Third Age module, inspiring the Gentle Years Yoga courses. Her remarkable contributions earned her a British Empire Medal in the 2023 Kings Honours List. Having trained more than 40 teachers and countless individuals in yoga, Monica remains an active and inspiring teacher today.

## Rising Star Award

### Winners: Melanie Guffogg-Hornby / WengYee Loke

As Lancashire rep, Mel has infused new life into the North West community. Through diverse events, from CPD to First Aid, Autumn Festival to beach tidies, Melanie has created a vibrant community. Her positive attitude and networking skills are essential to BWY moving forward.

Since joining the London Committee in 2023, WengYee has brought fresh energy and practical solutions. She's developed a new template for the regional newsletter using Canva software and supported volunteering colleagues in other BWY communities sharing innovation.

## Community Champion Award

### Winner: Lynne Jones

Lynne Jones is passionate about bringing yoga to vulnerable populations in South Wales. She has taught yoga at the Caswell Clinic, supporting people with mental health challenges and those at risk of offending. Lynne also collaborates with the Prison Phoenix Trust, offering yoga at Parc Prison. During lockdown, she continued her commitment by recording instructional videos, ensuring yoga's benefits reached those in need.

## Ambassador of the Year Award

### Winner: Jan Palmer

Jan has been instrumental in organising successful events in the South East, playing a key role in its growth to become one of the largest BWY communities. She generously gives her weekends to represent BWY at local shows such as the Brighton Yoga Festival. Her invaluable contributions to the BWY central office team, particularly in website development, have supported BWY's initiatives.

## Education Champion of the Year Award

### Winner: Christina Bosley

Christina Bosley has been a dedicated member of the South West committee since 2015. From Wiltshire Rep to Regional Training Officer, Christina then became a mentor for other regions, helping to support BWY's growth in the South through the launch of a new committee team.

## Event Volunteer of the Year

### Winner: Susan Harding-Smith

Sue organises the annual Festival in the North for BWY, securing notable teachers such as James Rafael and Brenda Ward. She celebrates local BWY teachers with multiple sessions and promotes their work while supporting local businesses through yoga-related stalls.

## Wilfred Clark Bursary

### Natasha Harvey from Cardiff in Wales.

Natasha will use the award to finance further training and support her work for children with additional needs in nursery settings, schools and the NHS Wellbeing hub in South Wales. Natasha is a long-standing BWY member who has dedicated the past 17 years to teaching children's yoga. She now brings the wellbeing benefits of yoga to Early Years children (0-4 years) in nurseries throughout South Wales, through her work with the Flying Start Project. Flying Start is a successful Welsh Government initiative providing much-needed services to both children and families through early years to support healthy development and wellbeing. The bursary award will help Natasha to pursue specialised training in Special Education Needs (SEN) Yoga.

• Pictured from left: Jan Palmer, Natasha Harvey, WengYee Loke and Christina Bosley

## YOUR INSURANCE QUESTIONS ANSWERED

We recently asked members if they had questions about the new insurance provision for those teaching. Thank you for your feedback – here is a flavour of the most popular areas causing questions. If you have checked the insurance documents in your Resources and still have a query, do please email us at E: [insurance@bwy.org.uk](mailto:insurance@bwy.org.uk)

**Philippa:** I'm currently training as a yoga therapist and my understanding is that once I qualify as a yoga therapist, then my BWY teaching insurance will also cover me for offering yoga therapy. Please can you confirm that my understanding is correct? Thank you.

**A:** Hello Philippa – BWY insurance does cover you for Yoga Therapy, if you took your original yoga teacher training with us or with one of our Accredited Training Organisations. We hope you find that helpful.

**Lucy:** Are sound meditations/healing/baths included now please? To host and for equipment? Both metal and crystal bowls, gongs and other instruments?

**A:** We have good news and bad news for you, Lucy. Yes, you're covered to host sound yoga events, whatever type they might be – meditations, healings or sound baths. However, you will need separate insurance for your equipment and every yoga teacher needs to know equipment is not covered by your yoga teaching insurance. Our insurance is for teaching and complementary therapies, not for objects. We suggest you talk to your home or business contents insurers, or a similar company, about how you can link your equipment to your insurance with them. As you might for a bike or anything especially valuable you own and take out on a regular basis.

**Dawn:** Do you also cover Reiki?

**A:** Yes, we do. Reiki is one of the many complementary therapies and modalities your BWY insurance covers. Details can be found in the Approved Activities document in My Resources / Insurance on the website.

**Helen:** Can we now put our teaching out there online, confident we are insured? That is a big change.

**A:** Your BWY insurance now covers you for both live

and recorded online teaching. This means you can create advertisements of you teaching, if you want. You can have tasters or full classes open to anyone viewing online and you are covered by our insurance. Yes, that's a big change we've been able to secure for our members.

**Lorna:** Am I covered for teaching yoga in the park?

**A:** Hello Lorna, this is a 'depends' unfortunately and we'll explain as clearly as we can as to why. If you teach yoga in a park you need to take a register, if you want to be covered by your insurance. This is to protect against anyone passing by, seeing you teaching and later making a spurious claim when they had no experience of being in the session you are teaching. How would you know, without that register? Unfortunately, false claims are a part of twenty-first century life and protecting everyone against this must be borne in mind.

**Vicky:** I am now over 70, am I still covered for accidents or injuries?

**A:** Yes, we were able to improve the cover in this respect so that the full Personal Accident cover remains until age 79. For those age 80-89 there is a slight reduction in cover but the Public, Products and Professional Liabilities remain unaffected due to a teacher's age. The full information on this can be found in the FAQ document and the policy stored in My Resources/Insurance.

**Hajnal:** Does the new insurance cover me for counselling (fully qualified level 5 integrative counselling)? I have trained with BWY as a yoga teacher.

**A:** Good news – yes it does!

**Gaye:** Am I covered for loss of earnings?

Unfortunately the policy does not cover teachers for loss of earnings. There is optional Income Protection Cover available as an add-on to the BWY policy, do get in touch with Howdens to get a quote - the contact details are in My Resources / Insurance.

*Continued on page 12*

## BWY YTT, FOUNDATIONS, AND MODULES

### **BWYQ Yoga Teacher Training**

9 July

Progression to Diploma with  
Roberta Jesson and Laura Le

Feuvre

Hybrid / Oxfordshire, OX2 7BY

21 September

Certificate in Teaching Yoga with  
Tiffany Thorne

Cambridge, CB4 3DX

22 September

Diploma in Teaching Yoga with  
Audrey Blow and Diana O'Reilly  
Swansea, SA1 5PQ

28 September

Diploma in Teaching Yoga with  
Brenda Ward

Lytham St Annes, FY8 5JY

29 September

Certificate in Teaching Yoga with  
Roberta Jesson

Oxford, OX2 7BY

12 October

Diploma in Teaching Yoga with  
Emily Buckley, Zoe Knott and  
Deena Davis

London, BR2 9AW

24 November

Certificate in Teaching Yoga with  
Clare Gibson

Surrey, KT10 8LF

For more info go to Training Search  
on the website and search Diploma,  
Certificate or Progression.

### **BWYT Foundation Course 1**

5 August

with Charlotte Prud'Homme  
Distance Learning

7 September

with Hayley Giles  
Wimborne, BH21 1EA / Online

7 September

with Victoria Ayling  
Distance Learning

8 September

with Paula Wade  
Hertfordshire, SG13 7JY

14 September

with Cristal Liddle  
Tyne and Wear, NE12 7NP

14 September

with Pauline Fleming  
Essex, E4 7DP

15 September

with Kate Plummer  
Online

21 September

with Tori Lang  
Cardiff, CF64 1EU

21 September

with Hana Saotome  
Online

6 October

with Louise Fortunato  
Essex, CO7 8AT and online.

12 October

with Jane Cluley  
York, YO32 3JS

19 October

with Tracy Harris and Andrea  
Newman  
Online

19 October

with Hester Clack  
Norfolk, NR2 4PA

20 October

with Lorna Chapman and Tamsin  
Kelly  
Hampshire, SO20 6LQ

27 October

With Sunnah Rose  
London, EN5 4BW

### **BWYT Foundation Course 2**

13 July

With Catherine Eastwood  
Huddersfield, HD3 3FE

14 September

with Kate Pummer  
Online

For more information go to  
Training Search on the website and  
search Foundation.

### **BWYT Modules**

3 July, 6 August or 2 September

Menopause Yoga with Petra  
Coveney  
Online

12 July or 21 August

Menopause Yoga Retreat with  
Petra Coveney  
Sussex, BN25 4JS

7 September

Pregnancy Yoga with Judy  
Cameron

Edinburgh, EH7 5LH

13 September

Embodied Anatomy with Julie  
Pons Woods  
Online



14 September  
Beginning your Ayurveda Journey  
with Brenda Ward  
Online

14 September  
Yin Yoga with Gillian Cawte  
Online

19 September  
Yoga for Healthy Fascia with Vicky  
Arundel  
Online

20 September  
Teaching Yoga in Prison Intensive  
Selina Sasse, Victoria Green and  
Chris Holt  
Wantage, OX12 0EJ

21 September  
How Can Somatics Influence  
our Yoga Practice? With Debby  
Wilkinson  
Devizes, SN10 2LT

28 September  
Restorative Yoga with Carol Trevor  
Online

29 September  
Yoga Nidra with Nickie Short / Tulsi  
Online

10 November  
Cancer Module with Kari Knight  
Online

For more info go to Training Search  
on the website and search Module.

## Distance Learning Modules for Yoga Teachers

There is a wide range of specialist  
courses available via Distance  
Learning, so you can set your  
own study schedule with a tutor  
alongside for guidance.

For more info go to Training Search  
on the website and search Distance  
Learning.

## CPD Online Opportunities

These are not all official CPD days  
(7.5 points per full day) but are all  
great opportunities to learn, reflect  
and collect one CPD point per  
hour. Our online events fill up very  
quickly, so book as far in advance  
as you can.

6 July  
Yorkshire Regional Sangha with  
Hannah Penn, Emma Conally-  
Barklem, Carolyn Clarke and  
Mookaite Jasper

9 July  
Free Members Session: Self-  
transformation, the heart of  
Mantra-sādhana with Anuradha  
Choudry

10 August  
Stability 2: Stabilisation of the  
Spine and Shoulders with Andrea  
Newman

11 August  
Welsh Dragon Yoga Festival  
with Lynne Jones, Diana O'Reilly,  
Dr Nicholas Campion, Rajesh  
David, Marye Wyvill and  
Swami Krishnapremananda

7 September  
Sound: A Journey Between our  
Internal and External Worlds with  
Sabine Dahn

8 September  
A Healing Journey from Trauma  
to Gentle Reintegration and  
Connection with Sabine Dahn

## Approved Training Organisations

Adamo School of Yoga  
adamoyoga.co.uk

Intelligent Yoga Teacher Training  
07747 196914  
IntelligentYogaTeacherTraining.co.uk

Mindflowyoga  
mindflowyoga.com  
contact@mindflowyoga.com

Shiatsu College  
info@meridianyoga.co.uk  
meridianyoga.co.uk

Teach Yoga  
020 8202 9188 teachyoga.com

The Yoga Academy  
07824 600619  
theyogaacademy.org.uk

Trueyoga  
info@trueyoga.co.uk

Yogacampus  
020 7042 9900  
teachertraining@yogacampus.com  
www.yogacampus.com

Yoga Satsanga Ashram  
01437 562200  
www.yogasatsanga.org

Yoga Wise  
emma@yoga-wise.co.uk  
www.yoga-wise.co.uk

For info on Accredited Training  
Organisations  
contact: AGLO@bwy.org.uk

## BWY Teacher Training

A full list of upcoming BWYQ courses  
can be found on the BWY website at  
W: [bwy.org.uk/training](http://bwy.org.uk/training)

## CPD listings

For CPD in your region, turn to our  
Regions' pages from page 36  
Full listings are on the website.

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12 September  
Free Members Session:  
Maharishi P's Ultimate  
Handbook of Mind Control  
with Roopa Pai

22 September  
Working With Neurodiversity  
with Carol Trevor

28 September  
Power, Devotion and Agency  
with Amelia Wood

5 October  
Asana Practice with an Ayurvedic  
Approach with Tarik Dervish

12 October  
Yoga, Postural Stability and Falls  
Prevention with Anna Semlyen

13 October  
Hypermobility and Yoga with  
Carol Trevor

19 October  
Strength in Asana: 20 Years On  
with Zoe Knott

20 October  
Integrating a Student on a Cancer  
Journey into a Mixed Ability Class  
with Kari Knight

27 October  
Postural Stability and Falls Prevention  
with Anna Semlyen

For more info go to Yoga Search on  
the website – Advanced Filter / Select  
Event Type / Choose Online.  
For in-person opportunities, see the  
regional pages at the back of this  
magazine.

## INSURANCE QUESTIONS ANSWERED

*Continued from page 9*

**Tabitha:** I've been with the BWY for 20 years now and have just opened a studio. I contacted the insurance company you use to include my studio and the quote was huge. Do you know of any other insurers?

**A:** Congratulations on launching your studio, Tabitha. The insurance brief we have been asked to meet has traditionally focused on individual yoga teachers, rather than yoga businesses who might need insurance for a building and an operation that hosts multiple teachers. If you email [insurance@bwy.org.uk](mailto:insurance@bwy.org.uk) we'll see if we can help you find an alternative who specialises in this area.

**Karen:** I'm a yoga teacher and a hypnotherapist but BWY didn't cover for hypnotherapy in the past, so I got my insurance elsewhere and just had membership with you. Combining membership and insurance would be a considerable saving – is that possible?

**A:** Good news for you, Karen, hypnotherapy is one of the modalities our insurance now covers so you could combine both with us, if you trained in yoga teaching with us or an ATO.

**Mark:** Which modalities and complementary therapies are covered now?

**A:** The list is huge, Mark. Longer than we have space for here. Please check the full list. Go to My Resources / Insurance on the website in your

members area and you'll find a PDF called Approved Activities. Everything from Acro Yoga to Yoga in Prisons, Aromatherapy to Tai Chi is listed – more than 100 in total! If there's something you'd like considered when the insurance package is reviewed, email [insurance@bwy.org.uk](mailto:insurance@bwy.org.uk).

**Sally:** Is the health questionnaire compulsory for insurance?

**A:** The health questionnaires are not an insurance requirement; they are best practice. If someone were to make a claim and you can show that you have provided them with the opportunity to fill one in and they haven't taken that, then you are showing that you were diligent in trying to look after them. It would be prudent to document that they have agreed that they are not participating against medical advice. One of the benefits of the HQ is there is a section with a disclaimer if they decide not to disclose anything. If they verbally tell you issues, then it would be sensible to document them.

**Heather:** Are there any restrictions on the type of venue I use and can I teach outdoors?

**A:** The teaching insurance requires you to assess whether the space is fit for the purpose of teaching the class you want to offer. That can be outside, inside, in a purpose-built studio, home environment or busy shopping centre for that matter. It is up to you to make sure there is enough safe space to physically do the practice in the class and there are no hazards. Additionally, if you are teaching in a public space, it is advisable to take a register or give the option of a sign in sheet so that in the event of a claim, you can demonstrate that you have given people the option to prove that they were present.



BWY

AT  
THE  
HEART  
OF YOGA

**Train with us. Develop with us.**

Turn to pages 10-11 for our full yoga training  
and development opportunities.

**[bwy.org.uk](http://bwy.org.uk)**