



SPECTRUM

magazine

BWY

AT
THE
HEART
OF YOGA

60 sensational years in yoga

BWY's anniversary year celebrations

Covid – 5 years on

Supporting teachers, supporting students

Volunteering joys

spring 2025

£3.95 free to members

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British Wheel of Yoga Central Office
25 Jermyn Street, Sleaford, Lincolnshire, NG34 7RU

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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 publication made available to our members three times a year. 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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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/

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Dear members

As the days begin to lengthen and the first signs of spring appear, we find ourselves at the start of a very special year for BWY – our 60th anniversary. This is a time to celebrate not only our rich history but also the vibrant community that continues to shape the future of yoga in the UK.

Throughout the year, we'll be coming together at festivals across our regions and nations, marking this milestone in true BWY style – with practice, connection, and celebration. A particular highlight will be the publication of our Book of Practices, a collection of yoga sequences, pranayama, meditations, poems and illustrations shared by our members, celebrating yoga. This will include a very special recording from our founder, Wilfred Clark – a link to our roots as we look ahead to the future.

We're also launching an initiative within BWY to grow our community in a way that reflects the generosity of spirit at the heart of BWY. As a thank you for helping us welcome new members, we'll be offering a year's free membership to those who bring in additional members. It's a wonderful way to share the benefits of BWY while strengthening our network of yogis across the UK. More details to come later this spring!

And talking of member benefits – not only do all BWY members receive a free ticket for the Om Show this year but teaching members are also offered an opportunity to apply for one of our teaching spots at this national three-day event. Do apply swiftly, these will be snapped up quickly. Please see the news article on page 4 for more detail.

Across our volunteer communities, there have been exciting developments. In Wales, we've been restructuring to better support members, ensuring BWY continues to meet evolving needs. In the Midlands, a yoga project has been launched in collaboration with the NHS, bringing yoga to those who need it most. These initiatives are a testament to the dedication, commitment and adaptability of our volunteers, who remain the heartbeat of BWY.

Our Heart of Yoga Awards have seen a surge in the number of nominations this year, and I look forward to reviewing these, along with the Awards Panel, the meeting taking place as Spectrum goes to press. The winners will be announced at the AGM, so stay tuned! In this issue, you'll also find an inspiring feature with one of last year's winners, Jan Palmer, who reflects on how volunteering has enriched her life, the fun she's had and how easy it is to get involved in a way that works for you.



As we step into this anniversary year, I hope you'll find moments to reflect on your own journey with BWY and perhaps take part in the many opportunities to connect, contribute, and celebrate. Enjoy this issue of *Spectrum*, and I look forward to sharing this special year with you all.

Diana O'Reilly
BWY Chair

Change is a constant, and at BWY, we continue to evolve—embracing new ways to connect, support, and grow our community. This year brings three key developments that mark important steps forward for us as an organisation.

First, our AGM will be online for the first time. This change reflects our commitment to accessibility, allowing more members to participate, wherever they are. Full instructions will be provided, and we encourage you to take part in shaping BWY's future.

Second, yoga's role in supporting Long Covid remains as vital as ever. Five years on from the pandemic, Britain is still feeling its impact. Long Covid has changed lives, with over a million people still experiencing symptoms that affect their health, energy, and ability to work. The wider impact is visible across our communities—from young people struggling with anxiety and focus to record numbers of working-age adults unable to return to employment due to chronic fatigue and breathlessness. While there are no easy solutions, yoga offers a powerful and holistic approach to managing symptoms, supporting both physical recovery and mental resilience. At BWY, we remain committed to raising awareness, providing training, and supporting those who use yoga as a tool for healing. It is no surprise to me that we have expertise within BWY and teachers Fiona Agombar and Nadyne McKie come together, offer classes but also a book for teachers who find people with Long Covid in their classes. Let's not forget, Covid is still with us. If only it were truly in our past. This is an area that is of great personal interest to me as I am just now emerging from the shadow of my third bout of the virus, which I contracted last July, and certainly spending time on the mat and the meditation cushion has been an important part of my recovery.

Finally, our Advanced Integration Course is opening new doors. With the first intake in June, this course delivered online provides a route for teachers trained outside BWY to join our teaching community and access the full advantages of membership. This is a step-change for BWY and one of several membership growth campaigns we are developing in this anniversary year. This first course will be led by Chair of BWY's Training Committee, Pauline Fleming, with Vice Chair Michele Misgalla, guest tutoring. If you know a yoga teacher who trained to teach with another provider, do let them know about this opportunity.

As BWY moves forward, I invite you to explore these new opportunities and be part of the journey. Members who read The Observer may have spotted an article in the Magazine on Sunday 9 March on the Gregorian Bivolaru/Tara Yoga Centre abuse scandal, which is available online if you missed it. The article features one woman's highly disturbing experience and contains a number of quotes from me on behalf of BWY. I have to thank Di O' Reilly for the five-minute tutorial on the history of

Tantra shortly before I spoke to the journalist, Amelia Abraham!



Peter Tyldesley
BWY CEO

BWY'S HEART OF YOGA AWARDS: BUMPER NOMINATIONS

BWY's Heart of Yoga Award nominations are now closed and the awards panel will be meeting in April to consider this year's nominations.

It's a record year for nominations and the panel is already excited to see who has been put forward for honours this year.

The panel includes BWY Chair, Diana O'Reilly; Yorkshire Regional Officer, Lucy Croucher; Modules Officer, Clare Gibson; CEO, Peter Tyldesley; Head of Communications and Engagement, Deana Morris and Senior Administrator, Vickie Holman-Brown.

We'll be making the awards announcement at the online AGM in May and recipients will receive their awards later in the year.

- Turn to page 8 to discover 2024 award winner Jan Palmer's insights on the fun in volunteering.

AGM NOW ONLINE

Our AGM elections are approaching, with nominations open from Monday 24 March ahead of our AGM on Thursday 8 May, to be held online.

BWY is seeking a new member-elected Trustee to bring valuable expertise to our Board. If you have skills beyond yoga – especially in marketing, fundraising or finance – we encourage you to put yourself forward. Full details are on the website in Members Resources. Full role descriptions can be found in My Resources > AGMs, EGMs and Members Meetings > AGM 2025.

If you have questions about this role, please contact our CEO, Peter Tyldesley E: ceo@bwy.org.uk

NEW EDITOR FOR SPECTRUM

Spectrum magazine has a new Editor – Eve Boggenpoel.

Eve will take over the reins for the summer issue, joining BWY as a part-time member of staff. Deana Morris, current Editor, will move to a part-time role, focusing on the Head of Communications and Engagement work.

As well as training as a yoga teacher with Triyoga, Eve has studied with well known teachers such as Simon Low and Sarah Powers. She also has a career in magazine and news journalism, working most recently with Women's Fitness magazine as their Health Editor.

OM SHOW 2025 UPDATE AND FREE TICKETS

The dates for Om Show 2025 are out and all members will be able to download one free ticket to enjoy the event on whichever day suits them best.

The event runs from Friday 17 - Sunday 19 October and BWY will be there sharing yoga and the BWY membership offering to thousands of visitors across the three-day yoga show.

We're inviting BWY teachers to join us, teaching on the stage BWY sponsors – a great opportunity for you to showcase your offering and help us demonstrate the varied offering BWY yoga teacher training supports.

Anyone looking for more free ticket information or teaching members who want to teach for us at Om Show, please go to My Resources on the website and click on: Membership Resources / Om Show.

HAPPY BIRTHDAY BWY, 60 YEARS IN YOGA



Across BWY we have started celebrating our 60th anniversary with celebrations around our regions and nations.

There are dates in the diary with events to come and at central office we've an additional celebratory event for everyone, taking place online just before summer solstice.

Our founder Wilfred Clark's birthday was 1 April and on that date we'll be launching our 60th Anniversary Book for member practitioners and teachers. It's a useful reference guide, whether you want to use them for your own practice or leading classes. This collection of practices, poems and *Spectrum* articles from the past have been submitted by all of you. The book includes a meditation from Wilfred and an audio of him reading it aloud. We'll also be launching a new BWY scheme where you can gain a free membership for a year if you can help us grow BWY. More details to be announced later in April.

Celebrating across regions / nations

Across regions and nations the 60th anniversary events are diverse – from movement festivals to get-togethers to lectures on yoga and everything in between.

Our Yorkshire region have put together a residential weekend of yoga in Scarborough from 4-6 July at

Cober Hill, Cloughton. Eight yoga teachers have come together to bring accessible yoga to an event aimed at offering something for everyone.

BWY Wales and The Harmony Institute are coming together to celebrate Nature, Community & Wellbeing on 28-29 June at the Lampeter campus of the University of Wales Trinity St David, with a hybrid event offering for those who want to join the team online.

Eastern region has just completed a sell-out sangha celebrating the vital energy of spring and the summer months ahead. The festival was designed to help people shake off the usual routine and experience something new. Mary Griffiths took people through a spring Dru Yoga routine and Emma Turnbull shared insights into spring ayurveda and yoga. There was a gong bath with Andy Mapplebeck, Donna Negus closing the day to send everyone home refreshed.

Summer solstice celebrations

Tickets are now on sale for our online summer solstice 60th anniversary celebration of BWY.

Join us on Friday 20 June, from 9am-5pm, for an inspiring day of yoga led by four expert instructors: Vinayachandra Banavathy – pranayama and meditation

Annie Cryar – elements of yoga, shiatsu, and qi-gong
Gary Carter – exploring movement through the fascia

Hana Saotome – solstice flow: A yoga journey of abundance and light.

Tickets are £35 for members, £45 for non-members and are available via the website now. Here you can discover more 60th anniversary events as teams of volunteers from our regions and nations finalise event details.

WALES REUNITED: ST DAVID'S DAY LAUNCH FOR INITIATIVE

New Welsh language BWY logos and formally reuniting North Wales area with the Wales nation, previously part of the North West region, took place on St David's Day, Saturday 1 March.

North Wales rep, Eluned Hughes is pictured sporting the new logo. Eluned will work with the North West region and BWY Wales committees to offer local yoga fans a wide range of events.

There are also Welsh language logos for teaching members' websites and their marketing materials.

- To discover more about this change, turn to the article by National Officer for Wales, Jo Bogacz, on page 38.



A CARING, CHAIRING COMMUNITY

People supported by the NHS Staying Well Service in Staffordshire can now experience the life-changing benefits of yoga through free chair yoga classes funded by Midlands-based volunteers from BWY.

The BWY Midlands committee funds these classes as part of the Yoga in Action initiative, which aims to make yoga accessible to communities across Britain. By removing financial barriers, the funding ensures that people referred through the NHS Staying Well Service can attend for free.

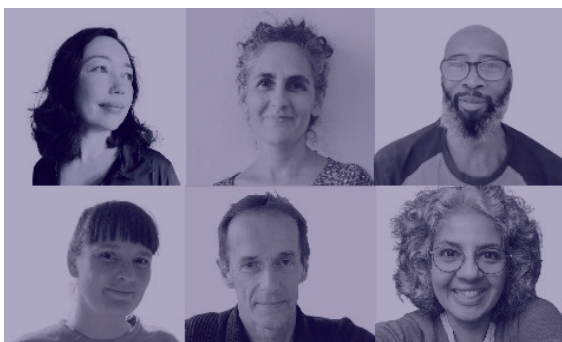
The classes, held bi-weekly at Barlaston Village Hall, are designed to help those needing extra support stay active, relax and reconnect with their bodies. Traditional postures can be challenging for many older adults, but chair yoga offers a welcome alternative, according to Sarah Dean, a Trentham-based yoga teacher who leads the sessions. Inspired

by her students' needs, Sarah began offering chair yoga classes last May. She soon realised how much of a difference they made.

'I've seen people come in feeling stiff, stressed and disconnected from their bodies and leave with smiles on their faces, able to move more freely,' said Sarah. 'I wanted to make yoga easier to access, so those people who need it most have the opportunity to experience it.'

One participant, Karen Foster said: 'Traditional yoga was never an option for me, due to my limited mobility and flexibility.

'But chair yoga has made a remarkable difference in my life – physically and mentally. The meditation leaves me incredibly relaxed and the best part is I get to enjoy it with a wonderful group of people.'



MEMBERS SESSIONS

Practitioners and teachers are enjoying a stimulating line-up of online Members Sessions this year. Led by renowned teachers and experts and free for BWY Members, these sessions are already providing valuable insights into yoga philosophy, diverse styles and modern approaches to practice.

In March, BWY teacher and SOAS PhD student Amelia Wood (pictured above, bottom row, left) helped us mark International Women's Day with a look at the women who shaped modern yoga. Full of revelations about women's leadership, Amelia's session included the news that Patanjali's Yoga Sutras were first published for Western world readers by an extraordinary spiritual adventurer, Helena Blavatsky and not Swami Vivekananda, as many of us have been told. She shared other fascinating insights into the history of yoga which you can discover if you listen to Amelia's session in your website resources – My Resources / video library.

Coming up:

- 6 August – Lina Mookerjee, Revisiting The Chakras: their relevance in today's Western society.
- 4 September – Carol Trevor, an introduction to Yoga and Neurodiversity.
- 19 November – Peter Blackaby, how the journey to an asana deepens self-awareness and quiets the mind.

BWY Chair Diana O'Reilly said: "These sessions showcase the exceptional quality of yoga education BWY offers, reflecting our commitment to equity and accessibility. By offering free access to members and low-cost options for non-members, we strive to reduce financial barriers and make education and professional development widely available."

MORE NEW CPD CHOICES

Launched recently, and now available to your local area reps, are a great selection of CPD sessions to choose from, bringing fresh opportunities for learning and development.

And while not all sessions may be available in person near you, keep an eye out for hybrid options – allowing you to join online and access expert teaching wherever you are. Check the latest listings and book your next session today! Talk to your area rep if you want these in your region / nation.

- Healthy Ageing and Yoga – Audrey Blow
 - Why Can't I Do a Yoga Pose? – Gillian Cawte
 - Yoga for Resilience – Claire Hall
 - Anxiety and Depression – Judy Hirsh Sampath
 - Pranayama: Lost in Translation – Angela Ashwin
 - Confronting the Inevitable – Lina Newstead
 - Sacroiliac Essentials: Stability and Injury Prevention – Carol Trevor
 - Sequencing Towards Meditation – Carol Trevor
 - Polyvagal Theory: A Yoga Teacher's Perspective – Melanie Devonald
 - Om, Consciousness and Daily Life – Rajesh David
 - The Cycle of Breath: Understanding and Remedies – Michael Hutchinson
 - Embodied Philosophy – Andrew Wren
 - Yoga and Hip Replacement – Bridget Thornborrow
 - Hypermobility: A Curse or a Blessing? A Fascial Perspective – Gary Carter
 - Exploring Parsvakonasana: Side-angle Pose – Zoe Knott
 - The Hips: The Power of the Psoas and Piriformis – Roberta Jesson
 - Anatomy and Movement: Exploring the Shoulder Girdle Complex – Julie Pons Woods.
- All with Nickie (Tulsi) Short:
- Ajapa Japa: Exploring Accessible Meditation Through Mantra, Breath and Psychic Pathways
 - Granthis and Bandhas
 - Mudras: Changing the Follow of Energy and Enhancing the Experience of Self
 - The Shatkarmas Made Accessible
 - Exploring Surya Namaskara
 - An Introduction to the Vigyana Bhairava Tantra
 - Kaya Sthairyam: Finding Stillness, Making Sense of the Material Tattwas (Elements or Types of Existence)



WHY NOT HAVE
A GO?

PADDLE INTO
VOLUNTEERING

Becoming a volunteer can sound onerous. Like joining a mission or taking on a vocation. But South East Training Officer, Jan Palmer, invites us to consider that volunteering with BWY can be rewarding and fun – it's a bit like learning to swim. The first step is to step forward and get your feet wet. There's no need to make it a daunting, 'deep-end' experience – just dip your toes into the water.

Jan is a veteran volunteer and winner of Heart of Yoga Ambassador of the Year Award in 2024. She stepped from teaching geography into teaching yoga, having enjoyed a long career working in a secondary school where she also spent time in pastoral roles including head of sixth form. Talking with Spectrum Editor Deana Morris about the joys of donating time to BWY for more than 20 years, Jan shares her top tips for getting the most out of volunteering.

Q: What are your favourite memories of BWY volunteering?

Oh there are so many, it's really hard to pick. Receiving the Heart of Yoga Award was such a great day but over the years there have been so many highlights. (Jan is pictured far left, receiving her award at the AGM last year). When we used to have Congress at Warwick, after the first year there, everyone moaned about the distances between rooms and as I was helping on the Congress Team, the time it took getting urgent information to tutors



and the Warwick Liaison Team people when you needed to. Way back then people just turned off mobile phones – if they had a mobile. The following year I brought my bike with me and I whizzed about campus from the helpdesk to different teaching rooms, delivering messages. That was great fun.

Q: Have you always been into volunteering?

I grew up in a village pub and so there were always community and charity events going on around us.

Being part of that was a big part of my life from childhood and so volunteering, in a way, was in my DNA I suppose, but I would never have called it that. It was helping out with community things in the village or at the pub.

I first volunteered for BWY during my Foundation course when I was asked if I could help out at a Zoe Knott CPD event, because it was in the hall at the school where I worked and Zoe had never taught there before. I was the table getter-outer and sorted the chairs and so on. Volunteering in a small way, really. Then I said I'd volunteer at the Harper Adams Congress on the helpdesk selling raffle tickets. That was a super event – Satish Kumar was our BWY Patron then and such an inspirational speaker at the Plenary.

I started small, both locally and nationally, in volunteering for BWY. There are lots of small things people who fancy trying volunteering can do.

Q: Would you say it's about 'having a go'?

Absolutely 'yes'. There's a big difference in how it sounds, isn't there, between 'having a go' and 'becoming a volunteer'. Becoming a volunteer sounds very serious, onerous – like a big commitment that's weighty. 'Having a go' feels so much lighter and if it's not for you then it's not for you, but if you don't have a go, you'll never know, will you?

My start in 'having a go' was 23 years ago and since then I've been Deputy Rep for the South East, Regional Officer, County Officer and now Training Officer.

Q: What's the best bit about volunteering?

Feeling useful, I think. Sounds so small doesn't it. But it's big. And so gratifying, to feel and know how thankful people are for your support. I always get a clap at the end of a live event and people email me to say 'thank you' when I run events online. You really feel part of a team as a committee member.

SUMMER SOLSTICE FESTIVAL

Featuring Vinayachandra Banavathy, Annie Crary,
Cary Carter and Hana Saitome



BWY

CELEBRATING
60 YEARS
AT THE
HEART OF
YOGA

FRIDAY 20 JUNE

ONLINE

SCAN FOR TICKETS & INFO



Everyone works to their strengths and helps each other. Plus, I have made many friends, other Committee Members (past and present) across the country – not just in my region – as well as invited tutors. It has enriched my life experience massively.

Q: What are the challenges?

Enlisting people, I think. They look at the role descriptions and the confidentiality agreement and suddenly it all seems too serious, but really there are very easy and small ways to be essential to the whole team. Helping out at an event or managing the attendance list, for example.

Q: What have you learned from volunteering?

Oh loads. Loads! Booking a balanced programme of events, regardless of your own personal choices was one. You end up learning so much more if you go for balance and often beyond your expectations, because it's not your natural inclination. And there's no doubt it's enabled me to develop a richness in my teaching through learning from a range of tutors.

Understanding that taking away two or three things from any day is enough. People want to know everything, absorb everything. They want notes on everything but often tutors want you to experience and learn by absorbing into the self that way. But really taking on and consolidating two or three things into your practice or teaching can be more than enough. 'Expect the unexpected!' is most definitely one to remember and not trying to second guess what change is coming – that's definitely a skill I'm still working on.

Q: What are your tips on finding balance?

Balance is hard – it's certainly a juggling act. Sometimes you win, sometimes you lose, but that's life. I use a couple of questions when I feel the balance slide.

1. Who can help me?
2. When should I say 'no'?

Time management is central and I love a neat, tidy desk. And car! And if I feel a bit overwhelmed then I get out into nature.

Q: When did you first become interested in yoga and what's been your journey so far?

I didn't get into yoga until my late forties when I joined a gym and went to yoga classes there to complement what I was doing in the gym. My teacher invited me to a BWY event and that led to some day

events with teachers Richard Adamo, Simon Low and Stephen Sturgess. That opened my eyes to what BWY could offer.

At the time I was a teacher doing a lot of GCSE and sixth form work, marking at a secondary school and getting increasingly fed up with having to keep sending back field work to be rewritten. I was thinking about other ways to generate a small income and teaching yoga seemed a good choice. I did a Foundation year course with Christine Knight locally, and then my teacher training with Janet Bond in Newhaven, East Sussex. I was coming over from Kent, a 90-minute drive each way but the travel was absolutely worthwhile.

Q: Do you teach and if so where and when and how often?

I teach four evenings and two mornings a week now. And I teach for a Mencap play group where the money raised goes to help the playgroup pay their fuel bills. It makes me feel useful. I've sat in a chair to teach, when I broke my arm and it was in a sling. As long as my body will keep going, I'll be teaching.

Q: What's your own yoga practice like?

Haphazard! (Jan laughs). When I was doing my Foundation course and teacher training, of course I had a daily practice, it was part of the course work, but these days it's very often based on what I plan to be teaching.

Q: How has volunteering changed over the years?

There's much more regulation than there was when I started but that has its benefits because you feel more supported, but it does make the role seem bigger.

Q: What does yoga mean to you?

Yoga is central to my existence. I don't have a religion, although Christian principles were part of my family and school life. I was a brownie and girl guide, but I always felt that religion was a crutch. Yoga I could relate to somehow. It didn't feel like a crutch, it had principles I could relate to and I find it a useful path to be on, serving us in the lightest and darkest of moments.

Inspired to discover more? Check out volunteering opportunities in your region / nation on the website or email your RO / NO directly

BWY YTT, FOUNDATIONS, AND MODULES

BWYQ Yoga Teacher Training

5 Apr
Diploma in Teaching Yoga with
Janet Long
Cheshire, WA15 6EF

14 May
Progression to Diploma in Teaching
Yoga with Roberta Jesson
Hybrid /Oxford OX2 0AU

17 May
Certificate in Teaching Yoga with
Hana Saotome
London, N5 1JT

15 June
Advanced Integration Course
with Pauline Fleming and Michele
Misgalla
Online

6 July
Certificate in Teaching Yoga with
Pauline Fleming and Michele
Misgalla
London, SW1W 9LX

4 October
Diploma in Teaching Yoga with
Tori Lang
Cardiff, CF64 1EU

11 October
Certificate in Teaching Yoga with
Sunnah Rose
London, EN5 4BW

BWYT Foundation Course 1

29 March
With Bindie Edwards
Suffolk, IP32 7AR

6 Apr
With Beverley Wheale
Hybrid/Lancashire, LA3 2BJ

17 May
With Catherine Eastwood
Huddersfield, HD3 3FH

14 September
With Diana O'Reilly
Swansea, SA1 5PQ

20 September
With Hayley Giles
Wimborne, BH21 1EA / Online
20 September
With Cristal Liddle
North Shields, NE30 2AY

11 October
With Anya Konefal
Norwich, NR11 6ER

16 November
With Sunnah Rose
London, EN5 4BW

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

BWYT Modules

29 March
How Can Somatics Influence our
Yoga Practice?
with Debby Wilkinson
Wiltshire, SN10 3PU

30 March
Yoga for Plus Size Bodies with
Gillian Dodd
Northumberland, NE66 3TF

2 April, 2 June and 2 July
Menopause Yoga with Petra
Coveney, Online

2 May
Menopause Yoga with Petra
Coveney
Hybrid / London N19 5AA

18 August
Menopause Yoga Retreat with Petra
Coveney
Sussex, BN25 4JS

21 September
Yoga Nidra with Nicki (Tulsi) Short
Online

21 September
Yoga Therapy: Whole Person Healing
with Barbara Dancer and Sabine
Dahn
Bucks, MK18 2LZ

27 September
Yin Yoga with Gillian Cawte, Online

19 October
Embodying the Teachings of Tantra
with Sarah O'Connor and
Tiffany Thorne, 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.

26 April
How to Introduce, Maintain and
Develop a Pranayama Practice in
the Class Situation with Philip Xerri

3 May
Exploring the relationship between
Buddhism and Yoga – Emma Slade
/ Lopen Ani Pema Deki

18 May
Advertising in a Modern World with
Olivia Noble

30 May
Dynamic Fascia and Functional
Connections between the Foot and
Pelvis with Gary Carter

6 August
Free Members Session: Revisiting
the Chakras: What is the relevance
in contemporary western society?
with Lina Mookerjee

17 August
OM, Consciousness and Daily Life
with Rajesh David

4 September
Free Members Session: Yoga and
Neurodiversity, an introduction
with Carol Trevor

27 September
Healthy Ageing and Yoga
with Audrey Blow

27 September
Working with Neurodiversity
with Carol Trevor

11 October
Masterclass Exploring Downward
Dog with Zoe Knott

12 October
Exploring Surya Namaskar with
Nicki (Tulsi) Short

18 October
Honouring Grief in our Lives with
Swami Krishnapremananda

15 November
The Bhagavad Gita: An
Exploration with Swami
Krishnapremananda

19 November
Free Members Session:
Quietenning the mind through the
body
with Peter Blackaby

Accredited Training Organisations

Intelligent Yoga Teacher Training
07747 196914
IntelligentYogaTeacherTraining.co.uk

Teach Yoga Naturally
07722 868397
info@teachyoganaturally.org

The Yoga Academy
07770 222042
theyogaacademy.org

Trueyoga
info@trueyoga.co.uk

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

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

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

CONGRATULATIONS!



A big round of applause for the following students, completing Foundation Course 1 with Claire Hall at Om Yoga Works, Farsley, Leeds. Their tutor, Claire Hall said: 'Good luck to Lisa, Melissa and Katy who have gone on to study the BWYQ Diploma in Yoga Teacher Training.' Claire's next course begins in April at Om Yoga Works, Farsley, Leeds. Pictured from left, are: Hannah Pettavel, Emily Carlill, Emma Harris, Lisa Foreman, Emma Walker, Sara Demaine, Mercy Webb, Katy Coe.

BWY Teacher Training

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

CPD listings

For CPD in your region / nation,
turn to our regions/nations' pages
from page 36

Full listings are on the website.

SUPPORTING YOUR YOGA JOURNEY WITH CPD

Continuous Professional Development (CPD) is the key to growth for yoga practitioners and teachers alike, but what exactly is CPD and how can you make the most of it through your BWY membership? We catch up with our CPD Officer, Robyn Creighton, to find out

Q: Why does CPD matter?

CPD refers to ongoing learning and development activities that enhance your skills, deepen your knowledge and help you stay updated with best practices. For yoga teachers, CPD is essential to ensure classes remain safe, effective and relevant. For general practitioners, CPD is an opportunity to advance your understanding, refine your practice and explore new aspects of yoga, from philosophy to in-depth explorations of yoga postures.

Yoga is a lifelong journey, and as our bodies, minds, and communities evolve, so must our approach to the practice. CPD isn't about starting from scratch; it's about building on your foundation, learning from others and growing in ways that make yoga more meaningful and accessible.

Q: What types of CPD does BWY offer?

The BWY is committed to supporting your development by offering opportunities that are accessible to everyone.

Free Members' Sessions

BWY offers free online sessions to members – a valuable resource to develop your personal practice as well as develop new ideas or skills, if you teach. These sessions hosted by renowned tutors, last around 1.5 hours and offer a way to learn from the comfort of your home.

All Members' Sessions are listed under Yoga Search on the BWY website. The online Video Library is also a great resource, where you can explore past sessions at your convenience.

If you want to attend live do please book. If you know you'll watch the recording and can't make the live event, all BWY members get free access to recordings in the online Video Library.



CPD events

BWY hosts a wide range of CPD days across our regions and nations. These are also led by experienced tutors. These sessions explore topics such as asana refinement, pranayama techniques, meditation and yoga philosophy. Whether you're a teacher seeking inspiration or a yoga enthusiast wanting to deepen your knowledge, there's something for everyone.

Find all CPD events listed under the CPD Training tab in Training Search on the website. Most CPD days run for six hours.

Festivals

At BWY our communities come together through festivals and sanghas, where we can all enjoy talks and hands-on workshops led by respected local teachers. These festivals are not only great CPD opportunities, as entry is discounted to members, but they're also a chance to connect, share ideas, learn from others and make new yoga friends.



TRAINING

National events

BWY hosts a day-long online event every year to celebrate the Winter Solstice, bringing together expert tutors from across the UK. This year, BWY marks its 60th anniversary with another online event around the Summer Solstice.

In collaboration with universities such as SOAS University of London, BWY hosts events that spark discussions on topical themes. These events are subsidised for members and are ideal for CPD.

Short courses

For those wanting to dive deeper or specialise, BWY offers short courses in areas including children's yoga, pre-and postnatal yoga, for older adults or people with mental health conditions. These range from 12 to 60 hours and can be taken in-person, online, hybrid or via distance learning.

Q: How many points can I claim?

Teachers are expected to collect 15 CPD points per year. Here's a quick guide to help you understand how points are allocated:

- BWY-approved CPD events – earn 1.5 points per hour.
 - All other learning activities – This includes festivals, national events, private study, teacher discussion or mentoring forums, other non-BWY training and first aid. Earn one point per hour.
- For full details about what you can claim, please refer to our How to gain CPD points document in the Teacher Resources section on our website.

Q: How can I make the most of my membership?

To get the best out of your BWY membership for CPD, here are a few tips:

Set your intentions

Think about where you want to grow. Do you want to refine your teaching techniques, explore yoga philosophy, or develop a specialism? Setting clear goals will help you choose CPD opportunities that match your needs.

Attend regularly

Take full advantage of the discounted events and free Members Sessions available to BWY members. Consistent participation will keep your learning fresh and your practice evolving.

Connect with your community

The BWY network is a great source of inspiration and support. Many communities organise coffee mornings, online teacher forums and list all their upcoming events in the local newsletters. These offer excellent opportunities to engage with other members, teachers, and local tutors.

Track your progress

When booking events through BWY, your CPD points will automatically accumulate. If you attend courses, workshops, or events elsewhere, remember to update your CPD points. Take time to reflect on what you learn and how it impacts your teaching or practice.



LISA'S STORY: HOW YOGA CHANGES LIVES IN PRISON

Yoga and meditation are helping women in prison heal from trauma and poor mental health. If you've ever thought about applying for the BWY Module Teaching Yoga in Prisons, read how it helped change Lisa's life in prison, shared here by Chris Holt from The Prison Phoenix Trust

When Lisa found herself in prison on her 40th birthday, starting an 18-month sentence, she was strangely relieved. She hoped it would give her a break from the chaos of drink, drugs and crime that seemed to have taken over her life.

'I was relieved to be removed from how dark my life had become,' she recalls. 'The overdoses and the chaos and the state of my mental health. At times I'd felt very suicidal, but I thought in prison I'd get the support and rehabilitation I needed.'

Instead, she discovered mental health services in prison were precariously stretched and the main treatment offered was the heroin substitute methadone.

'That's when it got scary and I didn't feel safe until, thankfully, I started re-engaging with my meditation practice,' said Lisa.

An article in the prison newspaper, Inside Time, introduced Lisa to The Prison Phoenix Trust (PTT), a charity that offered to support her with a mentor who would write, offering encouragement and advice to help her practise yoga and meditation in her cell.

'I wrote to them about my experiences,' recalled Lisa. 'I felt very cared for and loved. They supported me with the practicalities of yoga in the limited space of a cell, with suggestions to use my bed or my chair. But as well as the practical guidance, books and CDs, the emotional support around it was amazing.'

'I was able to talk about some of the stuff coming up for me around guilt, around shame. When I got a response back, I felt heard. It was that non-judgemental, positive regard that was being offered to me.'

'I'll never forget they were there for me during those dark times because I was at a loss. I was spiralling and I desperately wanted to be OK.'

Lisa's struggles with poor mental health are all too common for people in prison, especially women. According to the most recent report by His Majesty's Inspectorate of Prisons, some 82% of women in prison report mental health issues, compared with 59% of men. One third of women in prison self-harm regularly, with each individual self-harming 17.5 times on average in the year to June 2024. The self-harm rate in women's prisons is over eight times higher than in male establishments.

But mindful yoga and meditation are now being recognised as effective interventions supporting the rehabilitation of prisoners. This is, in part, due to evidence from academic studies on the impact of yoga in Swedish prisons.

In a series of studies, Dr Nora Kerekes of Sweden's University West found (Kerekes 2024, 2021, 2019, 2017) that yoga in prison:

- increased sense of responsibility, self-acceptance, and self-control
- improved impulse control and sustained attention
- decreased antisocial behaviour and negative affect states
- reduced psychological distress, paranoid and obsessive thoughts.

The Kerekes research builds on that of Amy Bilderbeck at Oxford University, whose 2013 study published in the Journal of Psychiatric Research found that over 10 weeks of yoga classes, prisoners increased their ability to override impulse – recognised by prison services as a skill critical in reducing recidivism. Prisoners continued to do better after the course than peers in a control group. They also experienced reduced stress, improved decision-making, concentration and mood.

Meanwhile, The PPT's most recent data from mindful yoga courses held in two women's prisons found 84% of the 40 participants experienced meaningful improvement in mental wellbeing;

- Participants with low mental wellbeing fell from 69% to 5%
- Moderate mental wellbeing rose from 31% to 78%
- High mental wellbeing rose from 0% to 18%.

The PPT, which last year supported yoga classes in more than 70 prisons across the UK and Ireland, delivers the British Wheel of Yoga (BWY) module Teaching Yoga in Prison. Applications will open this autumn for places on its 2026 programme.

Of the four prisons Lisa served time in, only one offered yoga classes. But with CDs and books sent by her mentor from The PPT, Lisa was able to focus on her yoga wherever she was.

'In prison, I approached yoga as if I'd never learned it before. I wanted to go right back to basics and The Prison Phoenix Trust really helped me with that. We had long periods of time being locked up in our cells. That was having an impact on my mental wellbeing.

'I have a real perfectionist side and prison taught me that it's totally impossible to have a perfect practice. You've got noise on the landing, the physical symptoms of detoxing, and on the outside family members struggling.

'What meditation offers us instead is that real compassion and acceptance without judgement, just holding space for whatever is happening. And the truth is that life is chaotic and so are emotions. That becomes an inescapable truth in prison.'

The insights Lisa gained practising yoga in prison still serve her today more than a decade after her release.

'I recognise when my drive to be perfect is creeping up. That's not that's how I approach my meditation and yoga now. Now I know to just show up messy, sharp, imperfect, just show up.'

Discover
more CPD
learning and
events in our
regional / national
pages

TRAINING

She's also deeply appreciative of the power of the physical aspects of yoga in supporting healing from trauma, which is so prevalent for women in prison.

- 50% of women in prison witnessed violence in their childhood homes
- 53% of women survived physical, sexual or emotional abuse in childhood
- 80% of women in Scottish prisons have brain injury from violence.

'Trauma manifests in different ways for everybody and for some there's an attempt at coping by separating mind from body, becoming numb from the neck down. But coping is not healing. Now that I've understood how trauma stores in the body, I appreciate how important it is to do some kind of somatic work, some physical movement as well as the stillness practices. That it can be a game-changer for people.'

She said a daily practice of yoga and meditation can be part of the process of cleansing the self of trauma stored in the body.

'If I'm not dealing with it, the trauma will pop up in different ways, such as perfectionism or other self-sabotaging behaviours. For me, it's important to be constantly sweeping that stuff away. And that's why yoga in prisons is so incredible; you are giving people the tools and understanding to empower themselves to sweep that trauma away on a daily basis.

'On the very occasional times when I've had to miss out my practice, I do notice the difference: I'm slightly less tolerant, slightly less patient, a bit more self-critical. There's just a harshness about myself when I'm not engaging in my practice and my life is immeasurably better when I'm doing that work.'

The offer of support from The PPT continued after Lisa's release from prison.

Lisa said: 'Leaving prison was really difficult, the intensity of the noise and the chaos and the insecurity of no housing, and now having a criminal record. I wrote to The PPT again and I was still able to receive the love and support that they offer. I really do believe that The PPT has been vital for me not re-offending. What they gave me through meditation and yoga was the fact that I'm not interested in hurting myself anymore.'



Jeremy Irons: why I'm making a charity appeal for The PPT

I've always felt an affinity with people in prison. I realise how thin the line is between being inside and being outside. I feel 'There but for the grace of God go I!'

That's why for over 30 years I've been proud to be a patron of The Prison Phoenix Trust.

Yoga and meditation calms you, centres you, gives you a sense of self and a sense of hope, gets you in touch with your heart and allows you to see clearly who you are, what you are. It is a simple way to give people in prison the structure, the grounding to begin to get themselves right.

Then, when you leave prison, which most prisoners do, you carry all that wealth of knowledge out with you and you can continue in life, giving yourself a sense of personal strength against all the things that will be fighting you when you get out.

It's very easy to think of people who go to jail as being just someone else, nothing to do with me. But it's to do with all of us.

Hear the BBC Radio 4 Appeal for The Prison Phoenix Trust

Sunday 11 May at 7.05am and 9.25pm

Thursday 15 May at 3.27pm

Or on the BBC website.

NEW TRAINING OPPORTUNITY OPENS DOORS TO BWY

FIRST ADVANCED INTEGRATION COURSE ONLINE,
STARTING IN JUNE



Do you know a yoga teacher who trained elsewhere and is now looking to deepen their knowledge?

Or perhaps you've completed a 200-hour course and are eager to expand your skills and teaching confidence?

BWY's new Advanced Integration Course (AIC) bridges the gap, offering teachers from other backgrounds a direct pathway to the BWY 500-hour Diploma – a level-4 qualification and the highest yoga teaching qualification in the UK.

BWYTraining (BWYT) has developed the course with a driving principle to offer yoga training that balances modern science with ancient wisdom. They say a solid understanding of anatomy and the science behind postures is essential for safe practice, but equally important is a deep appreciation of the ancient texts and the spiritual teachings passed down through generations.

The goal is to ensure teacher training programmes integrate both these elements, ensuring teachers are equipped to guide physical practice while honouring yoga traditions.

This course builds on the foundation of a 200-hour training, offering a deeper dive into yoga philosophy, advanced anatomy and teaching techniques. By refining skills and broadening understanding, yoga teachers on this course can boost their confidence, better support their students' diverse needs, and enhance their career prospects.

Available online, the first AIC course is to be taught by yoga teacher training tutor Pauline Fleming with Michele Misgalla as guest lecturer. The course starts on 15 June. You can discover more about the June online course on the BWY website or contact the primary course tutor, Pauline Fleming.
E: flemingpauline@aol.com

Pauline Fleming

Pauline is Chair of BWYT and a Diploma Course Tutor with the BWY. She began her yoga journey in 1982, inspired by Swami Indraj, and completed her BWY teacher training in the 1990s. Pauline says her eclectic teaching style honours the uniqueness of each individual and is guided by the wisdom of the Yoga Sutras of Patanjali.

Michele Misgalla

Michele is a BWY Foundation Course and Diploma Course Tutor, as well as a qualified Pregnancy and Postnatal Yoga Teacher. She is also Vice Chair of BWYT. Originally from the US, her background in teaching dance led her to discover yoga after moving to London. For more than 30 years, yoga has been an integral part of her life, offering a profound connection between mindfulness and movement.

AWAKEN YOUR INNER POTENTIAL: EMBODYING THE 112 MEDITATIONS OF TANTRA

Are you ready to explore the transformative teachings of Tantra and deepen your yoga practice? Whether you're a yoga teacher seeking CPD or a practitioner eager to enrich your spiritual journey, this immersive 11-month online course offers a profound opportunity to engage with the timeless wisdom of the Vigyana Bhairava Tantra

The path of embodied awareness

The Vigyana Bhairava Tantra is an exquisite and practical guide to meditation, presenting 112 unique techniques designed to cultivate presence, inner stillness, and expanded awareness. Rather than an abstract philosophy, Tantra is a lived experience, inviting you to integrate these meditations into everyday life.

Guided by two highly experienced and respected tutors, this course will support you in deepening your practice and refining your understanding of this ancient tradition.

Meet your tutors

Sarah O'Connor – Sarah is an advanced energy body practitioner with a deep understanding of the subtle body and energy systems. She brings an intuitive and experiential approach to embodying Tantra in daily life.

Tiffany Thorne – a Sanskrit scholar passionate about making ancient texts accessible and meaningful for modern practitioners, Tiffany specialises in bridging traditional teachings with contemporary practice.

Both tutors are BWY-accredited Diploma Course Tutors, bringing more than 50 years of combined experience in yoga, meditation, and philosophy.



What you'll gain

This course offers a structured yet flexible approach to integrating the 112 Tantric meditations into your life.

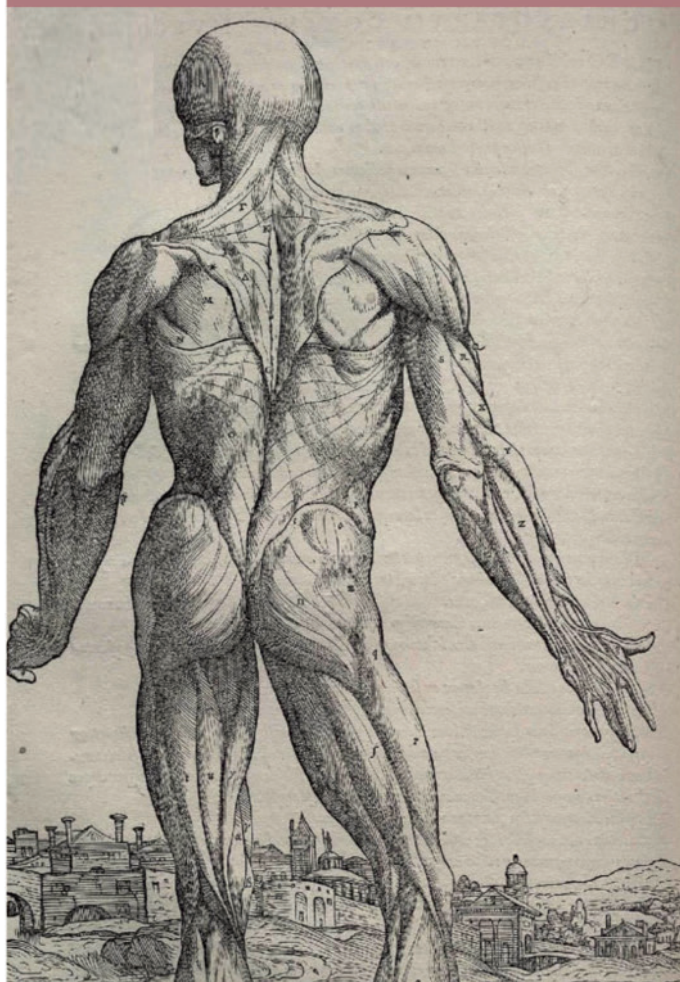
Through live teachings, guided practices, and personal mentorship, you will:

- deepen your understanding of Tantra as a path of embodiment and self-realisation
- develop practical skills to work with your energy body, enhancing vitality and connection
- learn the fundamentals of Sanskrit, enriching your engagement with ancient texts
- receive tailored guidance and mentorship to refine your practice
- connect with a supportive community of like-minded practitioners.

UNDERSTAND YOGA, FASCIA and the moving body

with the
MYOFASCIAL ANATOMY COURSES for YOGA,
PILATES & MOVEMENT TEACHERS 2025
with Gary Carter & guests

Discover the UK's leading 10-part myofascial anatomy course for movement. Regularly updated with the latest fascia research, Gary Carter brings the body to life with clear, engaging delivery using images, props, and movement. With 35+ years of expertise in movement and manual therapy, he shares transformative knowledge to deepen your understanding!



3 GREAT NEW COURSES COMING UP !

JULY 2025 Milton Keynes, Akarma Life studios
NOVEMBER 2025 Guildford, Surrey Yoga & Pilates
APRIL 2026 Leeds, Chapel Allerton Pilates

NATURALBODIES www.naturalbodies.co.uk

**For details and booking contact
info@naturalbodies.co.uk**

How the training works

This fully online course is designed to fit into your life, wherever you are in the world. Over 11 months, you will engage in:

- monthly live online sessions – deep dives into the meditations, philosophy, and practices
- recorded content – access to video teachings you can revisit anytime
- guided practices – meditations and energy exercises tailored to each month's focus
- community discussions – a space to share insights and experiences
- personal mentoring – individual support from Sarah and Tiffany.

Who is this course for?

This course is open to dedicated seekers, whether you are new to Tantra or looking to deepen your existing practice. It is ideal for:

- yoga teachers and practitioners eager to explore the roots of Tantra
- meditation enthusiasts seeking transformative techniques
- those longing for greater presence, peace, and connection in their lives
- yoga and meditation students with at least two years of practice.

A place is subject to a telephone interview and a character reference from your current teacher.

Course fees and payment options

BWY Members: £690 (includes course registration fee)

Non-Members: £690 + £20 BWY temporary membership fee

Payment options:

- One-time full payment (£690)
- Deposit (£290) + 10 monthly payments of £45
- Additional costs: Course books (purchased separately).

Following the completion of the course, there will be an optional immersive retreat in 2027 (dates and venue to be confirmed and priced separately).

How to apply

For more details or to arrange a conversation, please contact Sarah via email:

E: yogamindspace@gmail.com

Embrace this opportunity to awaken your inner potential and embody the teachings of Tantra. Join us on this transformative journey today!

ONLINE OPPORTUNITIES

Our regions and nations host and organise in-person events, festivals and workshops in England, Scotland and Wales but many, online, we can all share regardless of where we're based. 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 do book as far in advance as you can.

26 April

How to Introduce, Maintain and Develop a
Pranayama Practice in the Class Situation
with Philip Xerri

3 May

Exploring the relationship between
Buddhism and Yoga - Emma Slade /
Lopen Ani Pema Deki

18 May

Advertising in a Modern World with
Olivia Noble

30 May

Dynamic Fascia & Functional Connections
between the Foot and Pelvis
with Gary Carter

6 August

Free Members Session: Revisiting
the Chakras: What is the relevance in
contemporary western society?
with Lina Mookerjee

17 August

OM, Consciousness and Daily Life with
Rajesh David

4 September

Free Members Session: Yoga and
Neurodiversity, an introduction
with Carol Trevor

27 September

Healthy Ageing and Yoga with Audrey Blow

27 September

Working with Neurodiversity
with Carol Trevor

11 October

Masterclass Exploring Downward Dog
with Zoe Knott

12 October

Exploring Surya Namaskar
with Nicki (Tulsi) Short

18 October

Honouring Grief in our Lives
with Swami Krishnapremananda

15 November

The Bhagavad Gita: An Exploration
with Swami Krishnapremananda

19 November

Free Members Session: Quietening the mind
through the body with Peter Blackaby

To discover more go to Yoga Search on the
BWY website

NATIONS/REGIONS



BWY

Cober Hill
Scarborough



Celebrate BWY Yorkshire Sangha 2025

Friday 4 – Sunday 6 July

SANGHA
IN YORKSHIRE

A residential weekend with the option of either full board (en suite single rooms, all meals, 11 sessions) or day tickets.

Includes: Restorative Yoga and Sound Bath, Vinyasa, Accessible Ashtanga, Dru, Fascia Yoga, Yin, Iyengar, TSYP, Kundalini, Chair Yoga, a variety of meditation and pranayama techniques, philosophy, Qigong and Kirtan.
Tickets bwy.org.uk



Scan here

Eastern

with a joyful spring in our step

We are excited for this new year and all that we can offer you as a member of BWY. Our flagship event; Sangha in the East is our dedication to spring and a celebration of all that renews and nourishes us. As well as the arrival of spring we will also be celebrating the BWY 60th anniversary, a significant landmark for all its members. The day was held in person, in Boreham, Essex on Saturday 22 March just before you receive this issue of *Spectrum*.

We hosted four dedicated and insightful tutors who led us through the Dru Earth celebration. A practice that connects us to the circadian rhythms of life via the knowledge ayurveda can bring. A soothing gong bath and meditation was set to close the day and our celebration of life.

We also offer yoga days open to everyone and every ability.

Philip Xerri will be teaching pranayama online via Zoom on 12 April

Donna Negus is teaching a yoga practice that encourages you to bring along a friend for free on 10 May at Boreham in Essex. This aims to be a morning that welcomes those new to yoga as well as those of us who have been yogis for longer than we can remember!

Sarah O'Connor will be helping us explore the pranic energies on 12 July in Norfolk.

Nikki Jackson is introducing us to Yoga Therapy on 27 September in Bedfordshire

Please look at Eastern region's website for first aid days as well. The first aid days provide life skills which we need at any time and the content is suitable irrespective of whether you do yoga. The days offer good value and are open to all.

We are planning on providing more days of yoga and appreciate your continued support.

Please look out for our digital newsletter that gives more information, plus plenty of articles and yoga wisdom. This can be downloaded from our website and a link sent out via email so ensure your details are with the BWY Office. Thank you again for being part of our great region and we hope to see you soon.

**With spring tidings,
Eastern region committe.**

Events

Bring a Friend to Yoga Morning with Donna Negus

10 May, 10am-2pm

Boreham, CM3 3JD

You are very welcome to join us for this new event, aimed at encouraging those who are new to yoga, to join their more experienced friends in sharing the joy together. You may be a new or long-term devotee of yoga, or even a yoga teacher, who knows someone who would benefit from experiencing yoga for themselves. Have they always wanted to try, but never had the confidence to attend a class? Or perhaps they feel they lack the flexibility or strength required, or do they simply believe they won't be good at it. This is your opportunity to give your friend the gift of yoga, to challenge preconceived ideas and to discover and practice together in a supportive and caring environment. You just need to book yourself a place and then bring your friend along with you on the day. The best part is...your friend comes for free!

Pancha Vayus: Currents of Life with Sarah O'Connor

12 July, 10am-4.30pm

Costessey, NR8 5AH

A day aimed at yoga teachers keen to develop their practical and philosophical knowledge of Pancha Vayus; how they are relevant in our own lives and in the delivery of our yoga classes.

Connect more consciously to these subtle energies - prana, apana, samana, udana, vyana. Throughout the day we will explore the Vayus through the practice of: pranayama, asana, mudra, bandha, mantra, meditation and relaxation.

Mindful Recharge Day with Zoe Smith

13 September, 10am-4.30pm

Boreham, CM3 3JD

Join us for a rejuvenating day of mindful practices designed to restore balance and harmony. This full day event combines Qigong and Traditional Chinese Medicine (TCM) elements, Reiki meditations, Reiki group distant healing, a yoga practice based in mindfulness, and Yoga Nidra. Whether you're new to these practices or have experience, this lovely event is suitable for everyone, including those who prefer to practice from a chair. No previous experience in Qigong or Reiki is necessary, just bring an open mind and a willingness to recharge. Perfect for those looking to deepen their personal practice and gain valuable tools for their yoga journey.

Throughout the day we will explore the Vayus through the practice of: pranayama, asana, mudra, bandha, mantra, meditation and relaxation.

An Introduction to Yoga Therapy with Nikki Jackson
27 September, 10am-4pm
Wilstead, MK45 3BX

Come and join us for an introductory day aimed at yoga teachers keen to:

Gain a deeper understanding of a variety of common chronic physical and mental health conditions. Create and teach gentle, healing and self-compassionate practices appropriate for different chronic health conditions. Integrate yoga therapy practices into everyday life to Self-regulate own health, wellbeing and happiness. Gain further knowledge of a variety of breathing practices and traditional pranayamas suitable for certain chronic health conditions whilst highlighting those that could be contra-indicated. Learn a variety of relaxations and simple meditations suitable for certain chronic health conditions whilst highlighting those that could be contra-indicated. Experience the benefit of creating a self-compassionate approach towards practice.

Wales

uniting our nation

Opportunities for Wales and ways for members in devolved nations to have more equity as part of the BWY family were front and centre at a meeting of the BWY CEO, Chair, and regional officers for Wales and North West England.

There are tremendous advantages to being able to work both locally and across borders, an example of this can be seen through our BWY work in North Wales and there are geographical advantages for Wales-based BWY members accessing communications and events from the North West of England. BWY members in North Wales have been served well through committee representation and by local events in two BWY 'regions', both in the North West of England and across North Wales. This type of cross pollination is advantageous and is also an exemplar for best practice with two neighbouring BWY 'regions' coming together to put members first. Perhaps this collaboration is something that could be rolled out across the various BWY regions within the UK? One idea that has grown

is for rural and urban area reps to discuss their challenges.

Identity for those living in Wales is a diverse spectrum, a rich patchwork quilt if you like. History, culture and language all play a role in situating those who live in Wales or consider themselves Welsh. Welsh devolution presents opportunities and challenges to ensure BWY works more equitably for members in Wales, including awareness of Welsh legislation, the political landscape, Welsh language, relevant national institutions and governing bodies (such as NHS Wales and Sports Wales), etc.



Here are positive changes for BWY members in Wales to be aware of and also things members can get in touch about, to support changes:

1. There is already a bilingual BWY Cymru logo that can be downloaded from your member Resources area of the website. Branding of BWY Cymru was launched on St David's Day.
2. Wales is now being referred to as a nation by BWY and there have been further changes to Wales-based volunteer titles to support this more positive contemporary messaging and attitude.
3. For members who are Welsh speaking (with consideration of the dialectical differences in the Welsh language).

BWY would like to know who our Welsh speaking members are in Wales (and further afield), enabling the creation of a database of BWY's Welsh-speaking yoga teachers. Locally, volunteers are keen to run Welsh-speaking events and would like to know the

appetite for events of this nature.

4. BWY's North Wales representative will have an elected seat on the Wales committee and will also have a seat on the North West England committee.
 5. On March 1 St David's Day, Wales-based members whose primary region is currently North West of England began to receive communications from Wales as their BWY primary region. Their secondary region moved to North West, so members can retain access to North West communications,
- Jo Bogacz, National Officer**

Events

Spring Loaded and Light: Tensegrity and the Muscle Matrix Network with Gary Carter

5 April, 9.30am-4.30pm, Llanishen, CF14 5LZ

In contemporary Western culture, the art of poised and efficient movement often goes unrecognised. This workshop delves into exploring how we can restore dynamic stability within our physical systems to optimize movement efficiency and fluidity in daily activities and our movement practices.

We will examine the biomechanics of force transfer across muscles, connective tissues, and fascia, exploring the kinetic "spring-loading" potential embedded within our structure. Through targeted practices, we'll investigate how to harness this stored energy to facilitate poised, effortless, and graceful movement. Join us to deepen your understanding and refine your physical practice for a more balanced, resilient body.

Santosha: A Day of Contentment

22 June, 9am-5.30pm

Morganstown, CF15 8LE

Immerse yourself in a full day of relaxation, rejuvenation, and restoration at the 2025 Day of Yoga - Santosha: A Day of Contentment, a celebration of yoga, mindfulness, and the transformative power of contentment. Whether you're new to yoga or an experienced practitioner, this festival offers something for everyone—a chance to reconnect with your inner self and explore the timeless practice of Santosha (contentment).

We've brought together five experienced and passionate yoga teachers, each offering their unique wisdom and expertise. Together, they'll guide you through a rich variety of classes designed to meet you where you are in your journey.

Wales Sangha: Environment and Community

28 and 29 June, 8am - 6pm

University of Saint David, Lampeter, SA48 7ED

Healthy Ageing and Yoga with Audrey Blow

27 September, 10am-4pm

Rudry, CF83 3DF

There are many sides to healthy ageing. Some we are not able to control, such as our genetics. Others are within our influence, like appropriate exercise, a healthy gut, visiting the doctor regularly, and taking care of our mental health. Research has identified that practicing yoga can help us to manage our health, live as independently as possible, and maintain our quality of life as we age. This day workshop for yoga teachers is an exploration of how asana, pranayama, bandha, relaxation and dharana practices can be adapted to safely build and support resilience in our older years.

Midlands

In person events

Yantra Painting with Helena Turner

13 April, 10am-4pm

Papplewick, NG15 8FB

Join local artist and yoga teacher Helena for a fun and accessible day learning this ancient skill. Using sacred geometry techniques, we'll be guided step by step to draw then colour our own version of a Yantra diagram. With a wealth of experience in this area, Helena will explain how you can create your own symbols using simple geometry. All materials are provided and you'll finish the day with your own unique Yantra painting to take home.

Exploring Surya Namaskar with Nicki (Tulsi) Short

10 October, 10am-4pm

Mickleover, DE3 9GH

This day is suitable for all levels of practitioner. Surya Namaskara is often seen as a corner stone of traditional yoga practice. It can sometimes feel inaccessible to some students, or over time the practice can become stale.

In this workshop we will explore each of the postures within the Surya Namaskara sequence, making them increasingly accessible and

meaningful. We will develop the energetic aspects of the practice by discovering the impact of focusing on the chakras (energy centres) as we move through the practice and the impact of introducing mantra into the practice. Simple visualisation will be used to enhance the overall accessibility and experience of the practice.

North West

Events, CPD and workshops in person

Pranayama as a Gateway to Meditation

with Swami Krishnapremenanda

12 April, 10am-4pm

Lytham, FY8 5JY

We will be looking at the subtleties of pranayama practice and how it can be used as a gateway to meditation, in a clear and accessible way. There will be plenty of time to experience your own practice and explore the profound benefits of these practices and inspire your ongoing yogic sadhana and understanding. During this event, you will be given the opportunity to understand the practices on a deeper level and enhance your own practice. With the added benefit of yoga teachers then being able to share this with their own students.

Polyvagal Theory: A Yoga Teacher's Perspective

with Melanie Devonald

20 July, 10am-4pm

Lytham, FY8 5JY

This CPD day offers an opportunity for yoga teachers to consider Polyvagal Theory and how it might be relevant to their teaching. This is a very current topic, with many areas of health and wellbeing picking up Professor Stephen Porges' theory and considering how it might

be relevant to their areas of study / practice. Yoga is no exception, with many books now available on the subject.

As yoga teachers, we appreciate the significance of viewing the mind and body as a 'whole'.

Indeed, the very word yoga is translated from Sanskrit to mean 'yoke' or 'union', reflecting the significance of the bi-directional nature and influence between them.



South

asking can you help?

We are looking for members to help us on the committee. We need a treasurer, secretary, a media person to help Lara and reps for Hampshire and Bucks. They don't have to be current members, part of the deal is the membership element is refunded if you are in for 12 months, so class members or your students could volunteer.

It was great to see the yogis at the last festival we had, meeting face to face, and really enjoying getting together. The next one is planned for July, if you have any ideas then please let us have them. This is all part of developing our yoga community.

Log in to the website and you will see on your dashboard details of the CPD events and the first aid course at the end of March. The first aid day venue is not far from Banbury, which has a main train station, and there is a local line train station in King's Sutton village.

David Russell
Regional Officer

Introducing Qigong and Integrating it into a Yoga Class with Jennifer Hunt

31 May, 10am-4pm

Old Stratford, MK19 6NL

This training day (pilot for full CPD) will introduce the principles of qigong and a range of practices from this system which can be incorporated into a yoga class or self practice to deepen the experience of the subtle body within asana. You will learn a specific qi-gong forms and explore how they cross pollinate with yoga asana and offer new ways to approach asana mindfully with emphasis on embodiment and connection to the subtle energetic value, whilst maintaining respect for mechanics and alignment.

Additionally, we will invite everyone to join us in the lunch break for our South regional committee annual meeting.

Conscious Patanjali: Philosophy in Practice with Wendy Teasdill

14 June, 9.30am-4.30pm

Headington, OX3 7SS

This workshop is suitable for teachers and practitioners of yoga, keen to enhance their understanding of the Patanjali's Yoga Sutras and develop confidence in transforming theory into action on – and beyond - the mat.

Topics covered on this day include:

- asanas with attention on the fluctuations of the mind as expounded in Patanjali's Yoga Sutras
- discussion on how to integrate (abhyasa) and non-attachment (vairagya) into the practice and teaching of yoga
- debate on the cultivation of equanimity in a yoga class/ practice, dealing with the kleshas and antarayas
- the various meditation techniques listed by Patanjali
- sanskrit translations.

The day will include discussion, practical posture and pranayama with particular attention to rechaka and bahya kumbhaka, guided meditation and group work.

Working with Hypermobility in Yoga with Carol Trevor

7 September, 10am-4pm

Cumnor, OX2 9QF

Hypermobility is commonly evident in yoga classes

(and among yoga teachers), but is it catered for? Are adaptations optional or essential for a condition that can range from asymptomatic to debilitating, and what happens with age? Hypermobility may initially seem like a blessing in yoga, yet it can present unique - and possibly surprising - challenges, ranging from joint pain, stiffness and tension, a propensity for injury, compensatory imbalances, a scattered mind and difficulty with spatial awareness. With care and patience, yoga is a supportive practice for hypermobility, with benefits extending far into daily life. How can we, as teachers, best work with hypermobility, so that yoga remains safe, enjoyable, beneficial and sustainable? How can approaches for hypermobility benefit the whole class? Join us to explore this important subject and refine new skills and understanding in a supportive, interactive environment.

South East

Events, CPD and workshops in person

Exploring Parsvakonasana with Zoe Knott

10 May, 10am-3.45pm

Chart Sutton, ME17 3RQ

In this workshop, Zoe will guide participants through a staged approach to Parsvakonasana, breaking down the actions involved and providing techniques that allow all abilities to progress safely.

The workshop will cover:

- The purpose of working in Parsvakonasana
- Stages to enable safe progression for all abilities
- Safe transitions into and out of the pose.

Preparation will include techniques to stretch and strengthen the muscles relevant to Parsvakonasana.

Each stage will be broken down, ensuring participants find a version of the pose they can work with and a clear path for progression. This approach is valuable for personal practice as well as for teaching students.

Hypermobility: A Curse or a Blessing? A Fascial Perspective with Gary Carter

18 May, 10am-3.45pm

Bluebell Hill Village, ME5 9QR

Hypermobility is a term to describe a range of conditions and often misdiagnosed. This day aims to educate teachers about that and alert them to recognise that they are mere observers, not medical

practitioners qualified to diagnose. It should help them to have a better recognition of hypermobility in themselves and their students, as well as give them ideas as to how they can help their students safely and sensitively manage this condition.

Body Reading and Skilful Touch for Yoga Teachers

with Ade Belcham

21 June, 10am-3.45pm

Hassocks Keymer, BN6 8HQ

Effective body reading can help teachers understand their students in a way that includes but transcends anatomy, technical assessment and verbal inquiry. To do it well, we must learn to see the whole person while setting aside our expectations and preconceptions. Skilful touch is a topic that is ever more important in the modern yoga class. Many teachers are afraid to touch their students for fear of getting it wrong, and, worse, others are formulaic in their contact and have little sense of how wrong this can feel. In both cases, the huge potential of touch to both know and communicate is untapped. In this workshop we engage with body reading and skilful touch and consider why they could usefully be considered fundamental skills for the yoga teacher.

The Pelvic Floor with Roberta Jesson

14 September, 10am-3.45pm

Shoreham, TN14 7TB

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.

Chair Yoga with Mary Mackie

20 September, 10am-3.45pm

Ashington, RH20 3PG

Come and update your skills or learn new ones to meet the needs of people that require a mainly seated practice.

I aim to make yoga from a chair fulfilling and

restorative. The possibilities are many and depend on us as teachers being creative and thinking outside the box and our students being shown new possibilities and ways of moving. It's also about the psychological impact of being less-able, whether due to the ageing process or a chronic condition.

Strength in Asana – 20 years on with Zoe Knott

27 September, 10am-3.45pm

Woking, GU21 7SQ

Said Zoe: 'When I first considered the relevance of Strength in Asana 20+ years ago, this was quite a shock to many yoga practitioners as the focus of yoga at that time was on stretching and becoming more flexible; relaxing and letting go. Yet yoga is a balance of all things. We need to be able to both stretch and strengthen muscles; to recharge and re-energise, as well as relax and let go. My experience had shown me that working with the physical practice from the base of strength allows students to stretch safely.'



'Twenty years on, I am still on the same path.

However, the world beyond yoga (medical, physios, fitness gurus, etc) now agree yoga can be considered a resistance training practice, as we use our body as a weight, moving into and out of gravity in a controlled mindful manner in our yoga poses; in other words, a strengthening practice.'

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

Understanding the Impact of the Golden Years on the Body with Gary Carter

25 October, 10am-3.45pm

Hassocks Keymer, BN6 8HQ

Join us for an enlightening CPD yoga day focused on understanding how our bodies change as we age and how these changes affect movement and flexibility.

Throughout the day, we'll explore the physiology of joints, muscles, and connective tissue, providing insights into their impact on our overall well-being. With expert guidance, you'll learn various movements and postures to maintain flexibility, strength, and prevent muscle loss. Discover valuable strategies to embrace new adventures and live life fully as we age.

The Great Negotiator – The Knee Joint

with Gary Carter

26 October, 10am-3.45pm

Bluebell Hill Village, ME5 9QR

The knee is the largest joint in the body and one of the most complex. A google search will yield a plethora of painful conditions. It is vital that yoga teachers have a good understanding of this joint and how yoga practised carefully and sensitively can help keep the joint healthy and minimise the potential for painful conditions. Gary brings the body to life with his models, diagrams and dissection photos, so be prepared for plenty of learning interspersed with practice to consolidate understanding.

South West

welcoming new area reps

Hypermobility: A Curse or a Blessing? A Fascial Perspective with Gary Carter

6 April, 10am-4pm

Plymouth, PL2 3BY

Hypermobility is a term to describe a range of conditions and often misdiagnosed. This day aims to educate teachers about that and alert them to recognise that they are mere observers, not medical practitioners qualified to diagnose. It should help them to have a better recognition of hypermobility in themselves and their students, as well as give them ideas as to how they can help their students safely and sensitively manage this condition.

Strength in Asana – 20 years on with Zoe Knott

26 April, 10am-4pm

Ansford, BA7 7JJ

OR

27 April, 9.30am-3.30pm

Penzance, TR18 2PA

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

Exploring the relationship between Buddhism and Yoga with Emma Slade / Lopen Ani Pema Deki

3 May, 10am-4pm

Castle Cary, BA7 7JJ

Using the eight limbs of yoga as a framework Emma will talk about the shared heritage of yoga and Buddhism, its many similarities and key differences. She will give practical guidance on breathing and meditation practices, bringing in both a yogic and Buddhist perspective. The day will also include philosophy, concentration and mantra practices, as well as physical movement. This inspiring event will leave you with a wider perspective on what it is to walk a yogic path.

How to Bring Understanding of Compassion into your own Practice and into your Life with Emma Slade / Lopen Ani Pema Deki

4 May, 10.30am-4pm

Westbury Leigh, BA13 3SQ

Starting with the yogic principle of ahimsa and flourishing in the development of Mahayana Buddhism in India and Tibet, the development of compassion is a crucial part of a spiritual journey. Despite this, it can be hard to know precisely how to train in the methods of compassion. Emma has found her many years of studying in Bhutan have helped her to clarify key steps in the theoretical and practical accomplishment of compassion. This day will look at a clear definition compassion, different levels of compassion and various meditation practices.

An Introduction to the Feldenkrais Method with Jackie Adkins

17 May, 10am-1pm
Frome, BA11 3BY

This workshop will introduce some of the basic ideas of the Feldenkrais Method.

Moshe Feldenkrais discovered that by bringing a refined quality of attention and playful curiosity to doing specifically designed movement sequences, students could experience profound changes in their self-image (our internal sensory picture of ourselves) which resulted in them being able to move with greater ease, less pain and increased vitality. As you are led through carefully designed movement sequences you will be guided to pay attention to how you move. Along the way you will uncover unconscious patterns of holding and discover how to let them go, feeling greater comfort and freedom.

Touch and Go: Day of Yoga with a Roling Perspective with Tara Fraser

15 June, 10am-4pm
Tiverton, EX16 5JJ

Fascia is the 'organ of perception'. We know where we are in the world because of the way we feel and the aim of this day is paying attention to the role fascia plays in building our world view. Of course this is nothing new for yogis! Yoga has always been deeply entrenched in the capacity for building wider self awareness through the felt sense of the body. Roling and modern fascial research help us to understand these ideas from a different perspective.

Non-residential Weekend Retreat in Somerset with Marye Wyvill and Rajesh David
27 and 28 September, 10am-4pm
Ansford, BA7 7JJ
Through the movement intelligence practices of

Bones for Life, Walk for Life and Mindful Eating, Marye will be looking at our habits of posture and movement – how we sit, stand up, walk, and even how we eat. How can we find greater ease and pleasure in everyday tasks? Working with yogic concepts, the heart chakra, and centring prayer meditation, Rajesh will explore the emotional habits that trap us in a subject / object operating system, and leading us through heart-opening practices designed to dissolve barriers to perception of the Self.

North

exploring hips and mandalas

Yoga and Hip Replacement with Bridget Thornborrow

30 March, 10am-4pm
Barnard Castle, DL12 9PH

This event will focus on how degeneration in the hip initially manifests in yoga practice, looking at common warning signs and restrictions, and how we can rehabilitate and adapt our yoga practice following hip replacement. The day will be experiential, exploring different approaches to posture work post-surgery and will incorporate some therapeutic exercises drawn from physiotherapy. We will interrogate and challenge some commonly held assumptions about hip replacements and yoga and there will be scope to discuss and evaluate participants' individual experiences. There will be an emphasis on the anatomy of the hip joint and related structures.

Working with Mandalas with Lindsey Stevenson

13 April, 1pm-4pm

Newton, NE43 7UL
This workshop will be slightly different in that the first session will be an artistic/craft activity where you can choose and decorate your own mandala, and the second will allow you to investigate how to be a mandala (with several others!) and use a mandala as an aid for meditation and breath work. The first session is with tutor Lindsey Stevenson, a local artist who designs and produces mandala artwork. There will not be time for you to draw a mandala from scratch, but Lindsey will bring pre-drawn mandala patterns she has created, and you will be able to select one to decorate as you wish. All materials for decoration will be provided on the day. For the second session, Jacqueline Stevenson, BWY Regional Officer for North region, will lead the

group in asana and pranayama, involving mandalas and allowing you to finish with a meditation on the mandala you have created. While we often concentrate on asana and pranayama work, it is always interesting and informative to investigate other aspects of the discipline and we hope that this workshop will enable you to do just that.

Yorkshire

coming together

Why Can't I Do a Yoga Pose? with Gillian Cawte

30 March, 10am-4pm

Sutton upon Derwent, YO41 4DJ

This day is aimed at students and teachers and helping them to understand their unique full range of movement and potentially their students. It may answer questions such as: 'Why can't I do a yoga pose?'. It will offer students and teachers the opportunity to understand how their unique skeleton affects every pose they do.



How Life Moves with Mary Mackie

12 April, 10am-4pm

Felliscliffe, HG3 2LN

How life Moves is about adapting to change including ageing and reduced mobility. A subtle difference to working with Chair Yoga – this session aims to remind us of the evolutionary pathway that we all are on and to explore how different people require different adaptations at various stages. There will be some recap of anatomy and physiology, looking at the body's communicating systems from the perspective of the felt experience / somatic awareness of change throughout life.

Yoga for Resilience with Claire Hall

11 May, 10am-4pm

Felliscliffe, HG3 2LN

Storms will come, how can we ride the storms, what can we learn from them and how can we come out

stronger? The ancient teachings of Patanjali offer answers to all these questions and give us guidance on how to build resilience in our lives. During this day we will explore how these teachings can guide us towards being more resilient beings - through asana, pranayama, mudra, mantra, meditation and relaxation.

This day is very relevant to the current way we live. How to be more resilient in the world we live in is so important not only for ourselves but for the students we teach. Storms are certain in our lives, we cannot avoid them. Being resilient means we can live our lives fully and be ready to meet any pain as it comes.

Yorkshire Sangha

4-6 July

Scarborough, YO13 0AR

A chance to experience a wide range of yoga styles and traditions, meet new people and old friends. A residential weekend with the option of either full board for the whole weekend or day tickets (see below). Tutors:

Lee Bloomfield: Restorative Yoga and Sound Bath / Vinyasa

Emma Conolly-Barklem: Accessible Ashtanga

Mona Fairholme: Dru Yoga

Jayadhara: Fascia Yoga / Yin Yoga

Christine Rumley: Iyengar Yoga

Michelle Tarling: TSYP Yoga

Louise Wray: Kundalini Yoga

Sacred Feminine with Reva Adie

12 October, 10am-4pm

Farsley, LS28 5LY

This day will introduce the concept of embodied shakti, and an awareness of the sacred feminine and how this is expressed in our lives. The aims and learning outcomes for day include:

- experience and learn how we can invoke specific goddess qualities and energy through yogic practices including asana, mantra, meditation, chanting, contemplation, and yoga nidra
- reflect on their conditioned perspective of the feminine, increased awareness of female life stages from a spiritual perspective, enhancing and applying to our teaching
- practice asana, allowing intuitive and somatic based movement, trusting and deep body listening
- learn how this is relevant to women particularly at specific times in menstrual cycle, pregnancy, and perimenopause/menopause.



BWY

60 YEARS
AT THE
HEART
OF YOGA

Enriching lives through practice,
sharing and training in yoga

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