

# SPECTRUM

magazine

BWY

AT  
THE  
HEART  
OF YOGA

## Hidden voices

The women who shaped modern yoga

## The heat is on

Cooling practices with Esther Ekhart

## Partners in yoga

summer 2025

£3.95 free to members

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

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Cover: yoga teachers Janet Long  
and Olivia Peers



## Dear members

As summer unfurls, there's a sense of abundance in the air – warmth in the breeze, colour in the trees and a vibrant energy of growth all around us. This blossoming mirrors what we're experiencing at BWY – a time of flourishing, connection and purposeful expansion.

I'm delighted to be serving you for a third term and, as we look forward after this year's AGM, our vision is to grow in ways that serve our members more fully and extend our reach further, sharing the depth and breadth of BWY's knowledge with wider communities and future generations of practitioners. One of our key focuses is to evolve our training and development opportunities – building a diverse, flexible portfolio that meets the needs of 21st-century yogis. This means expanding on-demand learning, developing accessible resources, creating meaningful partnerships and continuing to uphold the high standards of BWY education while remaining open and adaptive to the changing world around us.

Indeed, coming together is at the heart of who we are, so it was a joy to celebrate our Heart of Yoga Awards recently – with more nominations than ever before. This year, we recognised the dedication of our volunteers across five categories, including the Anthony Grover Award, Rising Star and Ambassador of the Year awards. We're also thrilled to announce we're changing the name of the Education Champion Award to the Irene Yates Education Champion Award, celebrating exceptional service to yoga in the spirit of one of our most respected teachers.

Community remains the cornerstone of BWY and there are so many ways to get involved locally. Whether you're looking to deepen your practice, support others or simply connect with like-minded people, I encourage you to explore your regional events via our website. Your contribution, big or small, helps keep our community dynamic, inclusive and strong.

This issue of *Spectrum* also reflects on the power of shared community through the lens of Karma yoga. On page 10, Emma Slade brings this philosophy to life in action, while on page 34, we're honoured to feature part one of the late Trevor Leggett's writings on Karma yoga in the *Bhagavad Gita* – a thoughtful exploration of selfless service and spiritual growth.

Elsewhere in the issue, we reflect on how summer's heat brings its own challenges – not just to our bodies, but also to our minds. Esther Ekhardt offers timely advice on how to become cool, calm and reconnect with breath and presence (page 30), while other practices help you awaken your inner warrior or find release and expansion through twists – practices that ground us and help us stay balanced in both body and mind.



We're also delighted to feature new research from SOAS PhD scholar Amelia Wood on page 26, where she uncovers the often-overlooked role of women such as Indra Devi in the development of modern yoga – a vital and enriching perspective.

Enjoy the warmth of this season – and of this community.

**Diana O'Reilly**  
BWY Chair

As BWY celebrates its 60th anniversary, we're taking this moment to renew our commitment to our charitable purpose: advancing the education of the public in yoga and enriching more lives through the practice. It's both a time of reflection and of forward movement – and there's much to share.

I'm pleased to say that our first-ever online AGM was a great success. Making the event digital helped us welcome more members, no matter where they live – one of the key aims of our current strategy. I'm also delighted that Diana O'Reilly has been re-elected as BWY Chair, a reflection of the dedication and leadership she has brought over the past three years. We warmly welcome Emma Thomas as our first member-elected trustee and I look forward to the perspective she will bring. The Regional Officers' Committee will also appoint three members to the board at their next ROC meeting.

Having spent the past few years stabilising the organisation, we're now focused on growth – creating more opportunities for people to connect with BWY and each other. One way you can help is by taking part in our Refer a Friend campaign. To celebrate 60 years of BWY, this initiative aims to grow our community, while thanking you for helping us spread the word.

When you refer five new paying members, you'll receive a free year of standard membership (worth £46) at your next renewal. If you already receive complimentary membership as a volunteer, we'll offer you a ticket to our Winter Solstice event for every five successful referrals. Every person who joins strengthens our collective voice and helps ensure that yoga continues to thrive across the UK – with more resources, events and advocacy for our shared passion.

We're also deepening our training offer. The vocational education landscape is shifting and we're working to ensure BWY continues to set the standard for excellence. BWYQ has achieved recognition for new Level 3 teacher training and CPD qualifications with IfATE and Ofqual. These could unlock Department for Education funding and open up high-quality training pathways to a more diverse range of aspiring teachers. You'll find more about these qualifications – including new courses in antenatal and postnatal yoga, plus mind-body practices for older adults – on page 14.

Partnerships are also central to our strategy, and I'm pleased to confirm the return of the SOAS/ BWY collaboration event. With stress, burnout and mental health issues ever increasing, yoga is uniquely positioned to offer a range of ways to support these challenges. This year's event is designed around the theme of Yoga and Mental Resilience in an Age of Overload, and will include a full day of discussion of scientific and philosophical perspectives on how yoga helps navigate modern pressures, along with two practice sessions. It's an event that brings together academic insight and the wealth of experience within our membership – something truly unique to BWY.



Thank you, as always, for being part of this journey. Whether you've just joined us or have been with BWY for decades, your presence makes all the difference. Here's to the next chapter – rooted in tradition, evolving with purpose.

**Peter Tyldesley**  
BWY CEO



Clockwise from top left: Sabine Smith, Jean Nicolas, Emma Nicholson, Keith Hart, Irene Yates, Dave Fowler

## BWY'S FIRST ONLINE AGM MAKES GOVERNANCE MORE INCLUSIVE

BWY held its first fully online Annual General Meeting (AGM) on Thursday 8 May – a significant milestone in our journey towards modern, inclusive governance. We're grateful to you, our members, who embraced the new digital voting process with relative ease.

We are pleased to announce that Diana O'Reilly has been re-elected as BWY Chair for a further three-year term. Diana plans to continue building strategic partnerships to raise awareness of yoga, develop new income streams and create innovative learning opportunities to reach more people.

Since becoming Chair in February 2022, she has helped expand access to yoga and encouraged people to take yoga beyond the mat and into daily life through the work of the Yoga in Action committee. This has included projects in schools and environmental work with Stump Up For Trees.

Joining Diana on the Board of Trustees, we welcome our first member-elected trustee, Emma Thomas. With over two decades of yoga teaching experience and eight years as a school governor, Emma brings a wealth of insight to the Board. Her role will focus on supporting the strategic plan and strengthening BWY's role within the wider yoga community.

Members also voted to shorten the Training Committee Vice Chair's term to two years, helping ensure changes within the Committee do not disrupt BWY's operations.

Following the AGM, we proudly announced this year's Heart of Yoga Award winners, celebrating the extraordinary dedication of our volunteers.

● *Visit the website to see a video of the winners.*

## A CELEBRATION OF BWY VOLUNTEERS

The Heart of Yoga Awards highlight the exceptional dedication of BWY's volunteers who give up their time and energy to help make yoga more accessible. From organising local events to creating new initiatives that welcome people into yoga, BWY's volunteers are at the heart of its mission to build an inclusive yoga community across Britain.

'Our volunteers are the lifeblood of BWY,' said Diana O'Reilly, BWY Chair. 'Their enthusiasm, innovative

thinking and tireless commitment continuously strengthen our organisation. Their passion and dedication help create the vibrant yoga community we're so proud of today.'

This year's Heart of Yoga Awards recognised five outstanding volunteers across five categories. The winners are as follows:

#### THE ANTHONY GROVER AWARD

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

#### Winners: Irene Yates and Jean Nicholas

IRENE YATES was a member of our yoga community since 1968, when she joined the Western Yoga Foundation (now BWY) and trained with founder Wilfred Clark. For over 50 years, Irene shared her love of yoga, teaching three classes weekly around Stafford. As County Rep for BWY Midlands, she organised weekend events at Harper Adams College and the University of Warwick and also started the Stafford Yoga Group, which held four popular annual seminars for three decades. Remarkably, at 97, Irene continued teaching until March this year.

JEAN NICOLAS served as London's Regional Treasurer for over 23 years. He has supported BWY through key milestones, including organising the 40th anniversary celebration at the University of Hertfordshire. Jean helped modernise BWY, championing the introduction of computers with funds raised through London festivals. His dedication, teamwork and steady leadership have left a lasting impact on the organisation.

#### RISING STAR AWARD

##### Winner: Dave Fowler

Dave trained as a BWY teacher in the lockdowns and now offers affordable and free classes at his local library, helping to make yoga more accessible to all. As the main festival organiser for BWY Wales, he creates sell-out events that bring the community together. Dave is recognised by the Welsh committee for his sunny smile and generous spirit.

#### COMMUNITY CHAMPION AWARD

##### Winner: Emma Nicholson

Emma has dedicated nearly two years to teaching weekly yoga and meditation to young men in youth offenders' institution. Using her BWY Prison Phoenix Trust training, she creates a

trauma-informed, compassionate environment where students feel safe and supported. Despite facing complex challenges, Emma's calming presence and tailored sessions help them build focus and emotional resilience.

#### AMBASSADOR OF THE YEAR AWARD

##### Winner: Keith Hart

Keith has been the centre of the South West region for eight years, as Regional Officer and Newsletter Editor. He also served as a Trustee. Through challenges such as Covid and organisational changes, his dedication never wavered. Keith's expert proofreading, guidance on newsletter redesigns and commitment to promoting BWY values and volunteering make him a vital force.

#### EVENT VOLUNTEER OF THE YEAR

##### Winner: Sabine Smith

Sabine has been a dedicated BWY volunteer for more than 13 years, energising the North Kent region with her passion and tireless event co-ordination. From sourcing fresh workshop talent to inspiring others to present, she brings people together and makes things happen – all while facing personal challenges with grace and good humour.

## REMEMBERING IRENE YATES

BWY is proud to announce its Heart of Yoga Education Champion of the Year award will now carry the name of Irene Yates, in recognition of her long-standing contribution to yoga education.

Irene, a much-loved teacher and mentor, sadly passed away on Thursday 29 May, 2025, after having experienced a stroke earlier in the year.

The award, given to acknowledge the most creative and effective approach to promoting yoga education within the BWY community, recognises innovative and impactful projects undertaken by volunteers.

The renaming of the award has been made possible thanks to the generous support of Irene's daughter, Melanie J. Jackson. From this year, it will be known as the Irene Yates Education Champion Award, continuing her legacy of nurturing teaching talent.





## STRENGTHEN OUR COMMUNITY

Have you experienced the transformative benefits of yoga being part of the BWY community? Now's your perfect opportunity to share that experience and receive something in return.

We've launched our Refer a Friend campaign, designed to expand our yoga community while thanking you for spreading the word about BWY membership.

### How you benefit

When you successfully refer five new paying members to BWY, you'll receive a free year of standard membership (worth £46).

Are you a BWY course tutor? As you enrol people onto your courses, you can enjoy free standard membership after referring 15 new members.

If you're already volunteering and receiving free membership, for every five successful referrals, we'll gift you a ticket to our magical Winter Solstice event, instead.

### Why your referral matters

Yoga unites us through shared practice and purpose. Each person you bring into our community helps BWY grow stronger, ensuring we can:

- continue developing high-quality resources
- expand our event offerings nationwide

- advocate effectively for yoga in the UK
- create more opportunities for connection.

### How it works

Referring friends couldn't be easier:

- 1) Share a referral link with friends, students or colleagues.
- 2) Ask your referrals to include your full name during their registration.
- 3) Once your referrals become paying members, you will get rewarded.

There's no time limit. Referrals above the required number simply roll over to the next membership year, helping you earn rewards continuously.

### Who can you refer?

Anyone! Friends, family members, students, colleagues and even former BWY members joining afresh all count toward your referrals. People living at the same address can join at our household discount rate of £25, and still count as separate referrals.

### Ready to start sharing?

We've created a comprehensive Refer a Friend toolkit with everything you need – detailed information, a shareable link, FAQs and promotional materials. Find the kit in the Membership Resources folder under My Resources on the BWY website. Together, let's share the transformative power of yoga and build an even stronger BWY community.



## CLAIM YOUR FREE ENTRY TO OM YOGA SHOW

The British Wheel of Yoga (BWY) returns to the Om Yoga Show from 17–19 October, 2025, at Alexandra Palace, London. Europe's biggest yoga festival, it's your opportunity to immerse yourself in yoga – and as a BWY member, you attend for free!

Our recent member survey highlighted how much you value being part of a supportive yoga community, so why not visit our stand, where our friendly BWY team will be waiting to welcome you? Pick up the latest course prospectus, preview upcoming events or just stop by for a chat.

We're proud to sponsor the Open Stage again this year, showcasing nine BWY teachers offering complimentary classes throughout the weekend. Sample everything from gentle somatic movement to dynamic Vinyasa flow – all reflecting the rich diversity within our teaching community. The full line-up of classes and our stand details will be shared on our website and social media channels soon.

If you have questions about advancing your practice, teacher training or membership benefits, our knowledgeable staff and volunteers will be available for one-to-one conversations to help guide your yoga journey. Whether you're

a seasoned teacher or just beginning your yoga exploration, this year's Om Yoga Show will offer you countless opportunities to forge meaningful connections with fellow enthusiasts who share your passion.

To claim your FREE ticket, head to members resources on the website, navigate to the Om Yoga Show section and register before 3 October 2025 to secure your place.

## BWY APPOINTS NEW TRAINING OPS MANAGER

Kirstin Ficu, who has been with the organisation since 2017, will now permanently take on a new role within the British Wheel of Yoga (BWY) – Training Operations Manager.

This post has been created to help with the development of training within the organisation and to support the ongoing work of the BWY Training Committee.

Kirstin had previously worked within the organisation as Quality Assurance Officer. Throughout her time within BWY, she has supported the BWY Training Committee, IQAs, DCTs and learners. She is looking forward to taking on this new role and looking at developing training within the organisation and the opportunities available to our members.

Not only does Kirstin have a great understanding of the training we offer through the BWY/T, but she has a wealth of knowledge from across both the education and fitness sectors.

When she's not in the office, Kirstin is a dance fanatic. She also enjoys days out with her family, visiting the theatre and travelling.

BWY is currently employing a new Quality Assurance Officer, so Kirstin will be able to focus on her new position. Further details of the person appointed to the quality assurance role are to follow in due course.



## YOGA BOOSTS MENTAL WELLBEING

A five-week yoga programme at South Wigston High School in Leicestershire has made a powerful difference to students' mental wellbeing – helping girls feel calmer, sleep better and manage emotions effectively. The initiative, delivered by the British Wheel of Yoga (BWY) with the South Leicestershire School Sports Partnership (SLSSP), was launched in response to worrying local mental health data.

According to HealthWatch Leicestershire, 38 per cent of female teens in the county reported experiencing anxiety, with the same proportion saying they have self-harmed. To help tackle this growing crisis, a group of girls in Years 7 to 9 were invited to take part in weekly yoga sessions designed to support emotional wellbeing and build resilience. Using gentle movement and breathing exercises led by Desford-based BWY teacher, Lucy Pearce, the participants learned practical techniques for managing stress – and the results were striking.

Average stress levels among participants dropped from 3.56 to 2.38 on a five-point scale, while mood scores – where a lower score indicates better

emotional wellbeing – improved from 3.44 to 2.50. Energy levels saw a notable increase from 3.22 to 3.88, with students also reporting better sleep, improved concentration and feeling more in control of their emotions.

Sara Fletcher, Principal at South Wigston School, said: 'The impact of this yoga programme has been transformative for students. We've seen increased engagement in lessons and students saying they feel calmer and more focused. This complements our wellbeing strategy and provides practical tools our young people can use throughout their lives.'

Peter Tydlesley, CEO of BWY, said: 'These results speak for themselves. In just five weeks, we've seen clear improvements in the students' ability to manage stress and improve their overall wellbeing. This reflects the real, practical value of yoga as a tool for emotional resilience.'

Following this success, BWY and SLSSP are now exploring opportunities to expand the programme to other Leicestershire schools, potentially offering vital support to hundreds more young people across the county.

● For a link to the report, visit BWY Newsroom at [W: bwy.org.uk](http://W:bwy.org.uk)



## AWARD OF A LIFETIME FOR MONICA BURTON

BWY teacher Monica Burton recently received a Lifetime Achievement Award from London Sport, at the London Sports Awards in Guildhall, recognising her decades of commitment to community health. Now 90, the former Chair of BWY has championed yoga's benefits for older adults, running remedial classes at Roxbourne Hospital, Middlesex, and launching a free yoga festival in London's Battersea Park. She has also played a key role in BWY's teacher training, inspiring hundreds through her Yoga for the Third Age module. Her efforts helped yoga gain recognition from the Sport and Recreation Alliance. Receiving a standing ovation, Monica said she remains inspired to teach, believing everyone, regardless of age or ability, deserves to enjoy the transformative power of yoga.



Henrike Fröchling (left), with Esther Ekhart

## NEW ERA FOR STREAMING

Earlier this year, yoga streaming sites YogaEasy and EkhartYoga merged to create an expansive online platform offering more than 5,000 yoga and meditation classes in a bid to make high-quality yoga accessible to a wider audience.

YogaEasy, Germany's first online yoga studio, features respected teachers such as Anna Trökes, Dr Ronald Steiner and Nicole Bongartz, while EkhartYoga, founded by Esther Ekhart, is renowned for the quality of its instructors, including David Lurey, Tashi Dawa and Katy Appleton.

Dr Henrike Fröchling, YogaEasy founder, said: 'We decided to join forces with EkhartYoga as we share a single mindset regarding both content quality and esteem for our teachers. I'm looking forward to working on our vision to create the best online yoga experience.'

Esther Ekhart echoed this sentiment: 'I'm delighted to work with YogaEasy. Together, we can bring the beautiful and transformational practice of yoga to even more people. Our family is growing and I'm excited about what we'll be able to bring to the yoga world!'

Reflecting the company's mission to make yoga a part of everyday life, the merged platform is keeping the name YogaEasy. The new site offers a diverse array of yoga, meditation and Pilates classes and programmes, along with a range of complementary practices and resources – including talks, articles and courses on mindfulness, qigong, anatomy and

yoga philosophy. There's also content to support holistic wellbeing, such as seasonal practices, recipes and ayurvedic advice.

The platform's on-demand nature means practitioners can tailor their yoga practice to their own schedule and needs. It also offers a weekly schedule of live classes, allowing members to practice and connect with teachers and fellow yoga practitioners in real time. Additionally, more than 90 guided programmes and challenges are designed to help practitioners work towards specific goals or deepen their practice in a structured way.

This merger is a significant step toward making quality yoga classes easier to access for people everywhere – and helping the global yoga community feel more connected and supported.

● Turn to page 30 for a summer yoga practice with Esther Ekhart, and for details of a special BWY members' discount at YogaEasy.

## NEWS IN BRIEF

● **YOGA IMPROVES BRAIN FUNCTION** and eases depression, according to new research published in the journal *Depression and Anxiety*. The study found regular yoga practice significantly increases levels of brain-derived neurotrophic factor (BDNF) – a protein vital for the health and growth of nerve cells.

Low BDNF levels are often linked to depression, while higher levels support improved mood and resilience. 'Scientists call it "fertiliser for the brain";' said Timothy Burgin, founder of YogaBasics.com. 'It helps neurons grow and thrive.' The research also showed that yoga outperformed aerobic activities such as jogging and swimming, as well as other mind-body practices including qigong and mindfulness meditation.

To see the benefits, the researchers recommend two-to-three weekly yoga sessions, each lasting 35-to-55 minutes.

● See our autumn/winter issue for a brain-health practice by Timothy Burgin.



# KARMA YOGA IN ACTION





*Both yogic and Buddhist teachings emphasise ‘walking the talk’  
– connecting spiritual practices to being a force for good in the world.  
These aspirations link to the development of compassion, non-harming and  
enforce our realisation of the inter-connected nature of all beings.*

In founding her charity, Opening Your Heart to Bhutan, Emma Slade, a yoga teacher and Buddhist nun, has sought to dig deep and make acting out of compassion a key aspect of her practice. Ten years after founding her charity, she has decided to challenge herself to help the children with special needs that her charity supports, by walking across Bhutan from West to East – and over 12 mountain passes. Here she shares the vast and profound ways in which we can define the simple word ‘karma’.

‘From a Buddhist point of view, when we use the word karma, we are referring to the fundamental understanding that negative actions (acting, speaking, thinking) lead to suffering, and positive actions (also acting, speaking and thinking) lead to liberation from suffering. In terms of how we choose to live our daily lives, and indeed the contribution of our whole lifespan in this world, this is such a key principle to bring to heart and to remain mindful of. If we can all use this key point to guide our actions then it is clear our minds will be peaceful and full of compassion for others.

‘When I am in Bhutan with Buddhist practitioners, they speak of karma as part of a complete phrase “...intention, action and result”. In particular, the intention or motivation behind any action is seen as key to determining its karmic results. Thus, when we do something good it is important to do so with a mind full of joy, and awareness at acting in a good way. For example, we can examine the action of giving some food to a stray dog. Clearly from the outside this would appear to be a virtuous activity which will lead to a virtuous result, yet we cannot know the mind of the person performing this action.

**‘The intention or motivation behind any action is seen as key to determining its karmic results’**



If, behind the action, is a mind full of love for the dog and a wish to relieve it of its hunger, then the karma created is purely good. If the mind is thinking what a pain the dog is and a that wish it would go away, then the karmic result from this action will not be so good – and may even be negative.

‘I will be walking across Bhutan with our charity representative, Ugyen Tshering. He says that for him, “This is an opportunity now, for me in my life, to generate so much good karma for myself, and to know in myself I am prepared to overcome obstacles and difficulties in order to help these children. The action will not be an easy thing but the results will be very great.”

‘When it comes to seeing the results of good actions, of good karma, we may see them immediately or after some time, or they may ripen in future lives. In this way, we cannot separate the study of karma from the workings of rebirth and future lives. As meditators, we are encouraged to reflect on these contemplations regularly to keep us on the right path.’

● To find out more about Emma’s work in Bhutan, or to follow her walk live from Bhutan from October 17, visit W: [openingyourhearttobhutan.com](http://openingyourhearttobhutan.com)

## BWY YTT, FOUNDATIONS, AND SHORT COURSES

### BWYQ Yoga Teacher Training

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

21 Sep  
Certificate in Teaching Yoga  
with Carolyn Clarke  
Retford, DN22 8EW

28 Sep  
Certificate in Teaching Yoga  
with Eliane Codioli  
Hertford, SG13 7JY

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

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

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

### BWYT Foundation Course 1

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

20 Sep  
With Hayley Giles  
Wimborne, BH21 1EA / Online

20 Sep  
With Cristal Liddle  
North Shields, NE30 2AY

25 Sep  
With Anna Ferla and  
Michele Misgalla  
London, EC3R 9DU

28 Sep  
With Wendy Teasdill  
Glastonbury, BA6 9JY

11 Oct  
With Anya Konefal  
Norwich, NR11 6ER

12 Oct  
With Anna Knowles  
Surrey, GU9 7SW

16 Nov  
With Sunnah Rose  
London, EN5 4BW

### BWYT Short Courses

2 Jul  
Menopause Yoga  
with Petra Coveney  
Online

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

12 Sep  
Anatomy Embodied  
with Julie Pons Woods  
Online

21 Sep  
Yoga Nidra with Nickie (Tulsi) Short  
Online

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

27 Sep  
Yin Yoga with Gillian Cawte  
Online

11 Oct  
Beginning Your Ayurveda Journey  
with Brenda Ward  
Online

19 Oct  
Embodying the Teachings of Tantra  
with Sarah O'Connor and  
Tiffany Thorne  
Online

4 Nov  
Aerial Yoga  
with Emmaline Maxwell  
Glastonbury, BA6 9FT

9 Nov  
Yoga for Back Care with Anji Gopal  
London, W5 5RG

23 Nov  
Meditation – Enhancing your own  
Practice and Teaching Others  
with Nickie (Tulsi) Short and  
Nick Edge (Sw SatyaDaya)  
Online

10 Jan  
How Can Somatics Influence our  
Yoga Practice  
with Debby Wilkinson  
Wiltshire, SN10 3PU

1 May, 2026  
Teaching Yoga in Prison  
with the Prison Phoenix Trust  
OXON / Hybrid



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

## Distance Learning Courses for Teachers

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

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

## CPD Online Opportunities

28 June  
Exploring Parsvakonasana (Side Angle Pose) with Zoe Knott

28 June  
Welsh Festival of Yoga – Nature, Community & Wellbeing

6 August  
Members Session: Revisiting the Chakras – what is the relevance in contemporary Western society? with Lina Mookerjee

17 Aug  
Om, Consciousness and Daily Life with Rajesh David

4 September  
Members Session: Yoga and Neurodiversity – an Introduction with Carol Trevor

28 September  
Postural Stability and Falls Prevention with Anna Semlyen

11 October  
Masterclass: Exploring Downward Dog with Zoe Knott

11 October  
Om, Consciousness and Daily Life with Rajesh David

12 October  
Exploring Surya Namaskar with Nickie (Tulsi) Short

18 October  
Honouring Grief in Our Lives with Swami Krishnapremananda

16 Nov  
Better Balance with Kate Knowles

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

## Accredited Training Organisations

Intelligent Yoga Teacher Training  
07747 196914  
[IntelligentYogaTeacherTraining.co.uk](http://IntelligentYogaTeacherTraining.co.uk)

Teach Yoga Naturally  
07722 868397  
[info@teachyoganaturally.org](mailto:info@teachyoganaturally.org)

The Yoga Academy  
07770 222042  
[theyogaacademy.org](http://theyogaacademy.org)

Trueyoga  
[info@trueyoga.co.uk](mailto:info@trueyoga.co.uk)

Yogacampus  
020 7042 9900  
[teachertraining@yogacampus.com](mailto:teachertraining@yogacampus.com)  
[yogacampus.com](http://yogacampus.com)

For info on Accredited Training Organisations contact,  
E: [aglo@bwy.org.uk](mailto:aglo@bwy.org.uk)

## BWY Teacher Training

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

## CPD listings

For CPD in your region / nation, turn to our regions / nations pages from page 40. Full listings on the website.



## BREAKING DOWN BARRIERS IN EDUCATION

**New Level 3 Teacher Training Courses, from initial qualification to additional professional development, help make yoga more accessible**

The landscape of vocational education recently shifted as the Department for Education (DfE) introduced a series of skills reforms under the 2022 Skills and Post-16 Education Act.

A key part of this transformation involves the Institute for Apprenticeships and Technical Education (IfATE), soon to be part of Adult Skills England, which set the occupational standards for thousands of careers – including yoga teaching.

Recognising this opportunity, British Wheel of Yoga Qualifications (BWYQ) submitted proposals to IfATE as well as the Office of Qualifications and Examinations Regulation (Ofqual) for new yoga teacher training and professional development qualifications at Level 3.

The BWY Board of Trustees sent an enthusiastic letter of support to Ofqual for this expansion.

‘We are making progress with BWYQ towards launching these Ofqual- and IfATE-approved Level 3 qualifications that will provide cost-effective access to high-quality teacher training and potential DfE funding,’ said BWY CEO Peter Tyldelsey. ‘This has the potential to make regulated yoga teacher training and CPD more accessible for people from all backgrounds.’

A new BWYQ-recognised centre, Mindbody Wellness Training, led by senior BWY Diploma Course Tutor Rosemary Bennett, has been established to pilot these courses from September.

‘The Level 3 qualifications are for everyone and they broaden the scope of the BWY teaching membership. They allow learners from diverse socioeconomic backgrounds to bring the benefits of yoga to underserved communities – helping reduce health inequalities nationwide,’ said Rosemary.



## LEVEL 3 INITIAL TEACHER TRAINING

This course is ideal for those with at least two years of yoga experience and Level 2 Maths and English (or equivalent):

- The BWYQ Level 3 Technical Specialist in Teaching Yoga (320 hours)
- DfE-approved for Level 3 Legal Entitlement and Advanced Learner Loan funding

The training blends BWYQ's streamlined e-learning resources with tutor-led practical sessions. It covers anatomy and physiology, biomechanics of yoga postures and safety for common health conditions. Students are introduced to the philosophy of yoga, Raja yoga, mantra, pranayama, mudra, bandha, kriya and meditation. The Level 3 Certificate offers a pathway to the BWYQ Level 4 Diploma by providing Recognised Prior Learning for the earlier units of the Diploma.

## LEVEL 3 ADDITIONAL PROFESSIONAL DEVELOPMENT

For already-qualified yoga teachers, BWYQ is launching three new Level 3 qualifications. Each is DfE-approved for Level 3 Legal Entitlement:

- Teaching Antenatal Yoga (64 hours)
- Teaching Postnatal Yoga for Mums and Babies (64 hours)
- Adapting and Developing Mindbody Exercises for Older Adults (66 hours).

## FLEXIBLE LEARNING OPTIONS

Introductory sessions are scheduled for this summer, with courses beginning as early as 30 August. Designed for accessibility, courses are either 100 per cent online or offered in hybrid formats. One venue is the spacious and recently



renovated Rixton with Glazebrook Community Hall in Greater Manchester, where students can join in person or via Zoom, thanks to the excellent large screen and IT equipment.

To learn more and to register for an introductory session, visit W: [mindbodywellness.org.uk](http://mindbodywellness.org.uk) or email E: [office@mindbodywellness.org.uk](mailto:office@mindbodywellness.org.uk)

## COURSE DETAILS

BWYQ Level 3 Technical Specialist in Teaching Yoga (Certificate)

Total Credits: 32

Guided Learning Hours: 175

Total Qualification Time: 320 hours

BWYQ Level 3 Technical Specialist in Teaching Antenatal Yoga (Award)

Total Credits: 6

Guided Learning Hours: 36

Total Qualification Time: 64 hours

BWYQ Level 3 Technical Specialist in Teaching Postnatal Yoga for Mums & Babies (Award)

Total Credits: 6

Guided Learning Hours: 36

Total Qualification Time: 64 hours

BWYQ Level 3 Technical Specialist in Adapting and Developing Mindbody Exercises for Older Adults (Award)

Total Credits: 7

Guided Learning Hours: 38

Total Qualification Time: 66 hours

## Rosemary Bennett

Rosemary is BWY teacher, Diploma Course Tutor (DCT) and Gentle Years Yoga Tutor, and will be launching the training this autumn in Warrington, Greater Manchester and online.



## RAISING THE STANDARD, HONOURING THE TRADITION

How BWY is supporting excellence and diversity in UK yoga teacher training through its ATO accreditation programme

At BWY we have a reputation for excellence in our yoga teacher training qualifications and we share that commitment to excellence with others. We believe it is important UK yoga teacher training should be diverse in both teaching and traditions. We help support that by offering recognition to the high standards of yoga teacher training offered by other organisations.

As the National Governing Body for yoga, BWY offers accreditation, via a rigorous application process. Organisations successfully completing this process are awarded Accredited Training Organisation (ATO) status.

Becoming a BWY ATO is a way for organisations to show their teacher training programmes meet a high-quality standard. The BWY ATO logo is intended to be a benchmark of quality and validation.

ATOs play an important role within the yoga community as they offer wider opportunities to train as yoga teachers. Each maintains a commitment to embracing courses that go through quality assurance with BWY, establishing the professional quality in training that sustains long-term teaching. All of them can display the BWY quality mark.

Said BWY Chair, Di O'Reilly: 'Yoga in the UK is rich with knowledge, tradition and innovation. Through our ATO programme, BWY is building a connected future where diverse yoga schools can thrive while upholding shared values of quality and integrity. This is about more than accreditation – it's about nurturing a strong, inclusive foundation for the next generation of yoga teachers.'

'Each group has gone through the process of accreditation with BWY and has committed to engage with the standards of professionalism that bring longevity in teaching careers and to substantiate their training with authenticity and connective interpersonal development.'

'You can read about the impressive organisations partnering with us here and, if you run yoga teacher training school and you're interested in joining our ATO programme, please do get in touch.'

### INTELLIGENT YOGA TEACHER TRAINING (IYTT)

**W:** [intelligentyogateachertraining.co.uk](http://intelligentyogateachertraining.co.uk)

Offering an incisive, thoughtful and intelligent approach, driven by scientific developments in anatomy and movement research, IYTT is renowned for delivering teacher training with senior yoga teachers at the top of their field. With decades of practical experience, IYTT offers an immersive modular structure which provides time and space for 'profound learning, integration and growth'.

IYTT's approach is inspired by Scaravelli, dance, Feldenkrais and somatic, embodied practices. Lead teachers are Catherine Annis (core tutor and course leader) and Gary Carter (myofascial connections).

Said Catherine: 'IYTT will transform your experience and yoga practice. If you'd like to go deeper – physically, psychologically and spiritually – join us to learn to teach practical, accessible and functional yoga, with confidence. This approach is a journey of growth, connection and discovery that reshaped my entire relationship with yoga – which I'd love to share with you.'





## TEACH YOGA NATURALLY

**W:** [teachyoganaturally.org](http://teachyoganaturally.org)

Delivering teacher training that develops a more playful and exploratory bodywork experience, the Teach Yoga Naturally approach will appeal to those curious to learn more about the meridians. The Scaravelli approach to yoga and qigong are also influences, exploring the common ground between the wisdom traditions.

‘This unique teacher training honours the roots of yoga that link our practice and teaching to our connection to nature; the emphasis is on yoga as a ‘life practice’. Created by yoga, shiatsu and qigong teachers at The Shiatsu College, founded in 1984, the TYN team says it is ‘not a style but an approach rooted in connection’.

Said Annie Cryar, Co-Director of the college’s teacher training programme: ‘Having studied yoga, qigong and shiatsu for over 50 years, the theme of “making connections” threads through my life. I hope to discover and foster connections on all levels: in the body, with community and between wisdom traditions. What better way to make connections in the yoga community than becoming an ATO with the British Wheel!’

## TRUE YOGA

**W:** [trueyoga.co.uk](http://trueyoga.co.uk)

True Yoga is a training and teaching organisation led by Colin Dunsmuir dedicated to supporting, encouraging and facilitating education, research and clinical expertise in yoga and yoga therapy. It delivers foundation training, teacher training, postgraduate training, one-off workshops and private consultations, according to the tradition of T Krishnamacharya and TKV Desikachar.

As means of complementary therapy, the philosophical schools of yoga and ayurveda are given a real-life application in the western therapeutic context, to target the physical, mental, emotional and spiritual aspects of both health and disease.

## YOGA ACADEMY

**W:** [simonlow.com](http://simonlow.com)

Yoga Academy was founded in 2003 by Simon Low and since then it has established itself as a world leader in yoga teacher training, offering foundational teacher trainings as well as ongoing training for qualified teachers.

All courses are held at residential venues. The foundational training is not specific to any one contemporary school or style of yoga, but offers broad-based education in yoga, offering a sound platform of knowledge.

‘We endeavour to give each student teacher an effective and purposeful training that responds to the evolving demands on human society, in harmony with current developments in health and wellness. We balance this contemporary approach with the respect for, and sharing of, the ancient foundational teachings of yoga and eastern medicine,’ said Simon.

## YOGACAMPUS

**W:** [yogacampus.com](http://yogacampus.com)

With bases in London, Manchester and York, Yogacampus offers yoga teacher training in an authentic, inclusive and non-dogmatic learning experience through one of the UK’s longest-running yoga teacher training courses.

Rather than limiting students’ focus to any school or mode of yoga, the Yogacampus training covers a wide spectrum of yogic teachings, empowering you to embody your practice and teaching style without ego and dogma. Running over 16 months, the trainings aim to immerse student teachers in the lineage and traditions of yoga while developing their own unique teaching style, using yogic principles to enrich 21st-century lives.

● To discover more about the BWY ATO scheme, what it could mean for your students and your yoga teacher training, contact Carolyn Clarke at [E: aglo@bwy.org.uk](mailto:E: aglo@bwy.org.uk)





BWY

60 YEARS  
AT THE  
HEART  
OF YOGA

Enriching lives through practice,  
sharing and training in yoga

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





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## Eastern

Growth and renewal



Eastern Region began spring with a celebration of both growth and renewal. Our Sangha was held on 22 March and we were blown away by the support and joy that we felt on the day. Everyone had a wonderful time and it was great to catch up with old friends and make new ones.

Special thanks to the tutors that contributed to the event: Emma Turnbull for her wonderful ayurvedic-themed session, Mary Griffiths for her Dru Yoga session, Andy Mappleback for a gong bath that filled the hall with vibrations and energy and Donna Negus (our Regional Editor) for closing the day with internal mantra. Also, extra special mentions to our amazing Reiki therapist, Carolyn Finch, Songul Yesilyurt for the wonderful food, and our volunteer, Dominique King. Thank you also to everyone who joined us and made this day so special.

This Sangha was also an opportunity for us to recognise the 60th year of BWY. We're proud to be part of this organisation, which ensures we are part of a growing community of like-minded people, as well as offering high-standard training. Your Eastern Region volunteers have organised some great days for you to take part in and these can be booked on our page on the website; W: [bwy.org.uk](http://bwy.org.uk) (filter eastern)

Thank you for your continued support, and remember to read our Newsletter, *In the Loop*, available on Eastern Region's page and via email.

Wishing you a fantastic summer,  
**Eastern Region volunteers**

## Events

### **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.

### **Ayurveda and Yoga for Summer**

with Emma Turnbull

19 July, 10am-4pm

Boreham, CM3 3JD

Join Emma, yoga teacher and ayurvedic consultant to prepare for summer with yoga and ayurveda. The day will focus on seasonal practices to support you through the summer. Both yoga and ayurveda offer simple daily practices that can enhance your health and wellbeing – you will leave armed with many simple practices to continue at home.

### **Pop-up Summer School** with Michelle Helstrip and Kate Lemon

2 August, 10am-1pm

Hemingford Abbots, Cambridgeshire, PE28 9AH

Remember summer school? It's back with this pop-up summer event. Enjoy a morning session of different styles of yoga to further your practice, maybe satisfy your curiosity about something new or keep your yoga topped up over the summer period.

### **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.

**Mantra and Kirtan Workshop** with Louise Roach and Ivana Prekopova

20 September, 10am-1pm

Bury St Edmunds, Suffolk, IP33 2QA

Join us in this extended practice that blends the rich tapestry of tantric Hatha Yoga, kriya meditation, mantra and yoga philosophy. With an emphasis on the energetics and subtle body, you will be guided through the movement, breath work, vibrational power of harmonium and mantra to move you beyond the physical. Opening to the experience of moving deeper into the more subtle dimensions of the Self.

**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 as well as 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 your 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 benefits of creating a more self-compassionate approach towards practice.

**What is Yoga?** with Hester Clack

15 November, 10am-1pm

Costessey, Norfolk, NR8 5AH

A morning of practice together in the context of Patanjali's Eight Limbs of Yoga. Often yoga practice is focused on asana and pranayama but the eight limbs provide a wider focus of a fuller yoga path. This morning will provide an opportunity for a brief refresher of Patanjali's Eight Limbs and then practicing in this wider context with asana, pranayama, Yoga Nidra (pratyahara) and meditation.

## Midlands

### In-person events

**Exploring Surya Namaskar** with Nickie (Tulsi) Short

12 October, 10am-4pm

Mickleover, DE3 9GH

This day is suitable for all levels of practitioner. Surya Namaskara is often seen as a cornerstone of yoga practice, but it can sometimes feel inaccessible or become stale. In this workshop we will explore each posture of the sequence, making them accessible and meaningful. We will develop the energetic aspects of the practice by discovering the impact of focusing on the chakras (energy centres) and introducing mantra. Simple visualisation will be used to enhance accessibility and experience.

**A Practical Guide to Holding a Trauma-informed Yoga Class** with Laura Penn Roffey

2 November, 10am-4pm

Mickleover, DE3 9GH

This day's training is designed to give you the skills to help teach yoga in a more trauma-informed way. Delivery of the content will be through presentations, discussions and Q&A, but the focus will be on allowing you to engage on a more practical level, with the opportunity to practice teaching in a trauma-informed way during the training.

**Kriya Yoga for Busy People** with Hayley Giles

23 November, 10am-4pm

Papplewick Village, Nottinghamshire, NG158FB

With life increasingly busy, it is easy to drop the practice, but Kriya Yoga is the key to keeping things ticking over. There will be new ideas and practices to facilitate all aspects of Kriya Yoga in a fresh, and useful way, along with seamless linking to Kundalini Yoga and the kleshas. The day will be full of creative ideas, to inspire and keep teaching fresh and current. Chanting will be from all traditions, to reaffirm the essence of Ishwara.





## North

A warm welcome from us all

Welcome to BWY in the North. We are a large area, comprising five counties – County Durham, Tyne and Wear, Cleveland, Cumbria and Northumberland – with a wonderful, friendly and close-knit volunteer committee, many of whom have been with us for more than a decade.

We are short of a couple of area representatives though, for Cumbria and Northumberland. All parts of the region benefit from having a representative based in the county, but especially Cumbria, which is the most isolated county of the region. So, if you'd like to join our wonderful committee and bring the BWY and yoga more easily to more of the region, please contact us at E: [north.ro@bwyregions.org.uk](mailto:north.ro@bwyregions.org.uk)

Over such a large area, arranging training days and workshops available to all is a tricky proposition. Online events have been a boon for us, as it means that people can attend from all around the region. Do check the BWY website regularly for upcoming events online, as they are by definition available to all BWY members not just those in the North region, and days with popular teachers fill up quickly!

We also have in-person events, of course, and we try to move our events around the region when we can and hopefully that makes them more accessible to all parts of the area. Please do contact any of us via our page on the website if there is something you'd like us to cover or if there's venue you can recommend for us to use.

**Jacqueline Stevenson**  
North Regional Officer

## Events

**BWY North Sangha Festival 2025** with Rajesh David and local teachers

27 July, 9am-5pm

Tynemouth, NE30 2AY

Following the impressive presentations at his CPD day on pratyahara for us, in Rajesh David, Sue Harding-Smith has recruited a wonderful headline teacher. Rajesh's theme will be Nada Yoga – the yoga of sound and silence. We have a full complement of local teachers who will be supporting Rajesh at the festival in the more active sessions in the morning, the relaxing sessions after lunch, or the winding up sessions at the end of the day. The festival is also open to non-members and we would love it if you would invite a friend who is not a member along so they can see what we do and, hopefully, join us.

## Discovering the Magic of AUM

with Nickie (Tulsi) Short

31 October, 6.30-8.30pm

Newgate, DL12 8NQ

An evening workshop exploring some of the subtleties of the mantra Om through the practices of Yoga Nidra, pranayama, mudra and meditation. Suitable for all levels of practitioner.

## Exploring Surya Namaskar with Nickie (Tulsi) Short

1 November, 10am-4pm

Broomside Lane, DH1 2QR

This day is suitable for all levels of practitioner. Surya Namaskar is often seen as a cornerstone of yoga practice, but it can sometimes feel inaccessible or, over time, become stale. In this workshop we will explore each of the postures within Surya Namaskar, 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) and introducing mantra as we move through the sequence. Simple visualisation will be used to enhance accessibility and experience.

### **Introducing Somatic Practices and Techniques into a Yoga Class** with Jaqueline Gunnion

9 November, 10am-4pm

Newton, Stocksfield, Northumberland, NE43 7UL

Dive into the fundamental principles of somatic movement and unlock its application in both your personal practice and teaching sessions. This immersive day combines theory, hands-on practice and collaborative group work to deepen your understanding and skills.

## **North West**

### **In-person CPD**

#### **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. When following the path of Hatha Yoga, we know that the full range of yoga practices encompassed within its eight limbs can bring health and wellbeing benefits at the physical, emotional, psychological, social and spiritual levels.

## **Scotland**

### **New committee for Scotland**

I am happy to have taken on the role of National Officer for Scotland and will do whatever I can to help Scotland BWY move forward smoothly.

Firstly, a little about me. I live in the Highlands of Scotland in a small village that was once a fishing village. I have been a BWY yoga teacher since 2004 and a holistic health practitioner.

Please help if you can. We need more lovely members to help with running and organising events for our members in Scotland, with Area Representatives, Editor, Secretary and Marketing Officer vacancies currently available. A few hours a week is a very good karma yoga practice!

If you have any ideas for events for Scotland please email them to me, E: [scotland.ro@bwyregions.org.uk](mailto:scotland.ro@bwyregions.org.uk)

**AngelaThompson**  
**Scotland National Officer**

### **Events**

#### **Strength in Asana (20 Years On)** with Zoe Knott

26 October, 10am-3.45pm

Aberdeen, AB10 1TP

This CPD day is all about looking at how views have changed on the importance of strength in asana over the past 20 years. We will look at key areas that require strength, and how that is relevant to our everyday yoga teaching. By understanding current research and practicing strengthening sequences, you will learn ways to incorporate strengthening techniques through specific sequences into your general class teaching.

## South

### Festival, hypermobility and sound

**Yoga Festival South** with Roberta Jesson, Hazel Faithfull, David Russell, Lara Lambert, Louise Willis, Joanne Hart, Mark Robinson and Ananda/Freddie and Sumitra/Cindy

26 July, 9.30am-4pm

Upper Basildon, Berkshire, RG8 8NU

Join us to celebrate 60 years of BWY! We've created this special event for everyone – whether you're just starting out or have been practising for years. Our friendly local teachers will guide you through a variety of sessions including back care, breathing techniques, partner yoga and much more. The highlight of our festival is the Crystal Sound Activation, where the beautiful sounds of crystal singing bowls will wash away tension, restore your natural balance and leave you feeling thoroughly refreshed. It's a perfect chance to meet like-minded people, try something new, and be part of our wonderful yoga community.

### 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 of the class? Join us to explore this important subject and refine new skills and understanding in a supportive, interactive environment.

### Moving Through Sound with Lesley Isaacson

1 November, 9am-4pm

Hampshire, RG21 5PB

The day is aimed at any teacher who wishes to broaden their teaching approach and offer their students a more integrated experience of holistic yoga. We will be working with very simple chants, so no prior chanting experience necessary.

## South East

### Pelvic floor, Chair Yoga and strength

**The Pelvic Floor** with Roberta Jesson

14 September, 10am-3.45pm

Shoreham, TN14 7TB

The group of muscles we call the pelvic floor is integral to the health of women and men. These muscles 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 to stretch them or is it all about strength? How often should you do your pelvic floor exercises and what's the best technique?

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 more than 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.'

This 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 wellbeing. With expert guidance, you'll learn various movements and postures to maintain flexibility and 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

### Weekend retreat and kriya yoga

#### **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 be exploring the emotional habits that trap us in a subject/object operating system, and leading us through heart-opening practices designed to dissolve the barriers to perception of the Self.

#### **The Hips - the Power of the Psoas and the Piriformis**

with Roberta Jesson

4 October, 10am-4pm

Gotherington, Gloucestershire, GL52 9EP

Hip stability and flexibility are integral to the health of the whole body. An issue with the hips can move up or down the physical body (the kinematic chain) affecting backs, knees, ankles, shoulders, the hips themselves and even the ability to take a deep breath causing anxiety and even panic attacks. Learning how to build strength in this area helps create a more elastic muscle that will be more willing

to stretch. In this workshop, we will explore two of the main muscles of the hips – the psoas (hip flexor) and the piriformis (hip abductor and lateral rotator). When strong and healthy, the psoas and piriformis can improve back, hip and knee stability. The psoas, being a key element of the core muscles of the body, can even promote deeper breathing. But do you really know how to activate these muscles? Should you try to stretch them? Or is it all about strength?

This workshop is designed to teach you how to connect with the psoas and piriformis through breath, theory, practice and visualisation. It is suitable for yoga teachers, students and those interested in increasing their A&P knowledge of this critical group of muscles.

#### **Kriya Yoga for Busy People** with Hayley Giles

11 October, 10am-4pm

Wimborne, BH21 1LN

With life becoming increasingly busy, it is all too easy to drop the practice, but Kriya Yoga is the key to keeping things ticking over.

There will be new ideas and practices to facilitate the inclusion of all aspects of Kriya yoga in a fresh, everyday and useful way, along with seamless linking to Kundalini Yoga and the kleshas. The content will be useful as it will be full of creative ideas, to inspire and keep teachers fresh and current. Chanting will be from all traditions, to reaffirm the essence of Ishwara.

#### **Introducing Chanting & Meditation in a weekly Hatha & Raja yoga class** with Sharon

Ramdassingh – Dow

30 November, 10am-4pm

Devon, EX5 1LP

In this session we will practice Hatha and Raja yoga together using the feel and sound of the breath, as a way to warm up your students to experiencing and focusing on vibrations that can lead to a place of stillness that prepares you for meditation. Can the breath guide us into opening mentally and physically into stillness?

The session will include chanting in Sanskrit and seated and walking meditation. We will discuss and share ideas on how best to introduce chanting and meditation in a class setting. We will explore what stillness means to you, on and off the mat.







## Wales

### Celebrating growth and connection

BWY Wales continues to strengthen its presence and partnerships across the region. We're actively cultivating valuable links with the University of Wales Trinity Saint David and The College of Medicine, and we're excited about building future collaborations with Sport Wales.

Our commitment to professional development remains strong. Gary Carter's recent in-person CPD event was nearly sold out, a testament to the demand for high-quality training. We're also delighted that Carol Young's pilot CPD event has been approved, reflecting our growing expertise within Wales.

A highlight of the year was the Welsh Sangha Festival of Yoga in June – a joyful weekend of wellbeing, learning and connection. In collaboration with The Harmony Institute and Sophia Press, the festival celebrated the wealth of talent in Wales, including yoga teachers, complementary therapists, healthcare professionals, educators and yoga academics. It was a heartwarming occasion, bringing together old friends and welcoming new faces.

We're also proud of our vibrant BWY teachers' group, now with more than 60 members sharing ideas, resources and mutual support. Our next online meeting is on Saturday 6 September, from 3-5pm.

As we mark the 60th anniversary of British Wheel of Yoga, we are proud to be part of a vibrant,

like-minded community dedicated to excellence in yoga education. Keep an eye out for more CPD and community events, and don't miss our newsletter, *Beyond the Mat*, available online and in print.

**Joanna Bogacz**  
Wales National Officer

### Events

**Better backs, Yoga for Healthy Lower Backs**  
with Kate Knowles

12 October, 10am-4pm

Llandudno, Conwy, LL30 2TQ

Yoga can be a great way to maintain and improve people's back health. This CPD event will provide the necessary knowledge to support people with back pain in your classes. We will also study how back health impacts emotions and wellbeing, and consider the importance of relaxation for people with back pain.



## Yorkshire

### Regional Sangha and neurodiversity

As you read this, your BWY Yorkshire committee will be making its final preparations for the Yorkshire Regional Sangha 2025 – a three-day retreat taking place between 4-6 July at Cober Hill, near Scarborough. If you've booked a place, we look forward to seeing you; if not, there may be a few spaces left – either full-weekend tickets at £300 for members, or day tickets (Saturday: £90 for members; Sunday: £50). For more information and to book your place at the event, please visit W: <https://portal.bwy.org.uk/user/events/858>

Peter Graves, our Treasurer since 2009, has sadly had to step down due to ill health; please join us in thanking Peter for all his dedication and hard work over the years – we will definitely miss his expertise. If you are interested in taking on this role, please contact me at E: [yorks.ro@bwyregions.org.uk](mailto:yorks.ro@bwyregions.org.uk)

Looking forward to seeing you on the mat soon, either in person or via Zoom.

**Lucy Croucher/DharmaKirti**  
Yorkshire Regional Officer/Newsletter Editor

## Events

### 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.

The tutors will be:

Lee Bloomfield: Restorative Yoga & Sound Bath/  
Vinyasa

Emma Conally-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

OM Yoga Works, Farsley LS28 5LY

When we can deepen our awareness of embodied spirituality we can welcome all of our experiences. At this time, there is a re-emergence of the Sacred Feminine and an invitation to honour and restore knowledge of the Goddess in all her forms. Through different yoga practise and contemplations focused on the sacred feminine, we can bring more holistic wellbeing to our lives.

This day will aim to introduce and deepen awareness of the sacred feminine and embodied Shakti, and understand how we can invoke specific Goddess energies through yogic practices including asana, mantra, meditation, chanting, contemplation and yoga nidra.

# Yoga with Ruth White

## Weekend in Yoga at Hawkwood

Friday 3rd – Sunday 5th October 2025



Painswick Old Road, Stroud, GL6 7QW

All abilities welcome from Teachers Training to beginners

Take a further step into the peace and quiet of the mind  
through the practice of asana, pranayama, meditation  
& philosophy

Hawkwood is set in 42 acres of beautiful wooded gardens  
at the head of the Stroud Valley. Renowned for its  
delicious organic cuisine. It truly is a magical weekend for  
rest of mind and relaxation



Similar days held at

### **A Different Day in Yoga**

Every month at Beaconsfield Hall, OX7 5BQ

9.45am – 3.30pm

Wednesday 17th September, 15th October,

5th November & 3rd December





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