



# SPECTRUM

magazine

BWY

AT  
THE  
HEART  
OF YOGA

Conscious breathing

Pranayama with Mark Stephens

Strength & support

Keeping your SI joint safe

Journey to oneness

autumn/  
winter 2025  
**£3.95** free to members

## Central Office enquiries

If you have a question about your membership, we are here to help:  
 Telephone: 01529 306851  
 Email: [office@bwy.org.uk](mailto:office@bwy.org.uk)  
 Visit: [www.bwy.org.uk](http://www.bwy.org.uk)  
 British Wheel of Yoga Central Office  
 25 Jermyn Street, Sleaford, Lincolnshire, NG34 7RU

## Safeguarding

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 01529 306851

The British Wheel of Yoga (BWY) is the largest yoga membership organisation in the country and the Sport England recognised national governing body for yoga. *Spectrum* magazine is our 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.

## Submissions & claims by contributors

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## Letters for publication

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

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Autumn-Winter	21 August	late October



## Dear members

As I write to you from Canada, I'm reminded how yoga connects us across geography and culture. Wherever we are in the world, our practice offers a shared language of breath, movement and values. This spirit of connection is also at the heart of BWY's work, and it's something we are celebrating this season through our events, campaigns and community outreach.

It's almost time for the OM Yoga Show, where once again we'll be offering nine yoga sessions on the BWY-sponsored Open Stage. Highlights include Awakening the Chakras with Janet Long, and The Meaning of Om and its Role in Yoga with Lucie Landau. This is not only a wonderful opportunity to showcase the quality of teaching within BWY and the strength of our volunteer network, but also a chance for you to connect with members beyond your own region. We always love meeting members we don't yet know – so if you're attending, please do come and say hello.

We're also looking forward to our second SOAS / BWY Summit in November, an important part of our Yoga in Action campaign. Last year's event brought together academics and BWY teachers to reflect on yoga's impact on mental health and prison reform. This year, we turn to another pressing theme: Yoga in the Age of Overload. The day will be hosted by Professor Ulrich Pagel, Chair of the SOAS Centre of Yoga Studies, and will feature an excellent line-up of speakers including Dr Theo Wildcroft, who will be taking questions both in person and online. There will also be the chance to put theory into practice, with sessions from Rajesh David and Judy Hirsh Sampath that support the summit's theme. You can read more about what to expect on page 4.

This issue of *Spectrum* also carries a special contribution from renowned yoga expert Mark Stephens. Many of you will know his books *Yoga Teaching*, *Yoga Sequencing* and *Yoga Adjustments*. On page 24, we're fortunate to share his exclusive article on pranayama, ahead of his forthcoming book *Breathing: The Art and Science of Pranayama* (2026). As he writes: 'Breath connects us to every living being. When we breathe with awareness, we remember we are not separate, not alone'.

That sense of connection – to ourselves, to one another and to the wider world – is something BWY continues to nurture. Whether it's through our national events, regional gatherings or simply by turning the pages of this magazine, our community is strengthened by every member's presence. Thank you for being part of it, and for helping us ensure that yoga's heritage continues to inspire, support and unite.

**Diana O'Reilly**  
BWY Chair



The change of season always feels poignant, as the natural world prepares to let go of summer's abundance. This autumn, we too mark a transition, as we say farewell to two much-valued members of the BWY team.

Deana joined us in 2018 as Editor of *Spectrum* and later became our first Head of Communications. A highly experienced communications professional and leader, in this role she built BWY's Communications Team from the ground up, shaping new ways of connecting with members and strengthening our relationships with the wider yoga community. Her vision and dedication have left a valuable legacy and a firm foundation upon which BWY's communications, engagement and marketing work can be further developed.

We also say goodbye to Katherine, who has been our Events Manager, also since 2018. Over the past seven years, Katherine's work has been instrumental in creating opportunities for members to connect and share knowledge. She played a central role in establishing the SOAS / BWY Summit, building a respected partnership that continues to bring leading research and insight into our community. She also launched our Summer and Winter Solstice Festivals and expanded our popular Members' Sessions, giving you access to some of the best-known yoga specialists in the UK and beyond.

While their departures leave big shoes to fill, they also open the door to exciting new possibilities. We are now recruiting a full-time Marketing & Events Manager – a pivotal role that will strengthen BWY, support volunteers, grow membership and lead inspiring national campaigns and events.

I'm also pleased to share news of an important development in our membership structure. We have introduced a new Associate Teacher Membership to recognise the expertise of experienced teachers who have completed a minimum 300-hour training plus 150 hours of teaching experience through non-BWY schools, as well as being able to demonstrate an ongoing commitment to CPD. This initiative extends our welcome to a wider group of experienced teachers while continuing to uphold the high standards that BWY is known for. You can read more about this on page 5.

Change is never without its challenges, but it also brings fresh energy and opportunities. As we step into this new era of BWY, I look forward to walking that path with you – guided by our values, strengthened by our community and inspired by yoga's enduring wisdom.

**Peter Tyldesley**  
BWY CEO



# SOAS / BWY SUMMIT EXPLORES YOGA IN THE AGE OF OVERLOAD

We are delighted to once again be partnering with SOAS University of London for an autumn summit exploring how yoga and ayurveda can address the pressures of modern life.

'Yoga in the Age of Overload' takes place on Saturday 1 November, both online and at the SOAS Gallery Lecture Theatre, SOAS University of London. The day-long summit brings together scholars and yoga practitioners to discuss the latest research and thinking on these ancient disciplines.

Professor Ulrich Pagel, Chair of SOAS Centre of Yoga Studies, said: 'We're asking whether yoga and ayurveda can bring balance in a world drowning in data, where we are hyperconnected yet experiencing an epidemic of loneliness. This summit creates a space for meaningful dialogue between academic research and lived practice, exploring how ancient wisdom traditions can offer practical solutions to contemporary challenges.'



Award-winning entrepreneur and author Julia Hobsbawm OBE will open the summit with a keynote on how 'toxic' work environments can fuel stress in the body. She will explore the latest thinking on the link between workplace culture and physical wellbeing, marking the 10th anniversary of her landmark book: *Fully Connected: Social Health in an Age of Overload* (Bloomsbury, 2018).

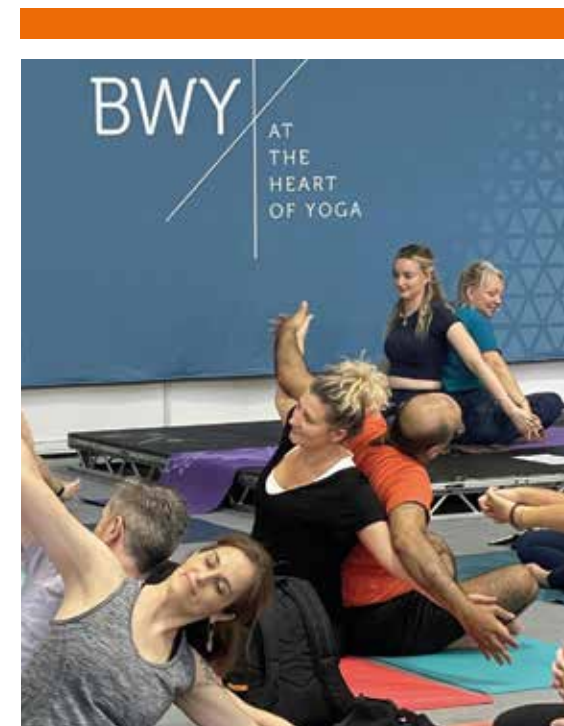
Carefully curated panels feature leading experts, including Dr Theo Wildcroft from the Open University, Amarjeet S Bhamra, lecturer in Indian Traditional Sciences and Emeritus Professor Dominik Wujastyk, expert in classical Indian society and polity. Dr Finnian Gerety concludes by sharing clinical research on his pioneering MANTRAMS project, about how mantra practice may support mental health and build emotional resilience.

Practice sessions will be led by experienced BWY tutors Rajesh David and Judy Hirsh Sampath, who will guide participants through sound yoga and therapeutic yoga practices specifically designed to counteract the effects of digital overwhelm and restore inner balance.

We're thrilled to be collaborating with SOAS again, and, as Diana O'Reilly, chair of BWY, said: 'What's fascinating is seeing how modern research is validating what yoga practitioners have known for centuries. All the speakers are bringing evidence-based insights that show how these ancient practices can offer real, measurable benefits for people struggling with stress and overwhelm today.'

Attendees can join in person and online, with tickets priced at £75 and £45, respectively. For details and to secure your spot, please visit our website. New visitors will need to register for a Free User account.

▲ Last year's SOAS / BWY Summit showcased sessions on Yoga Nidra – Hiraeth, Reconnection and Coming Home with Joanna Bogacz, BWY Wales National Officer (left), and Honouring Yoga Nidra Sakti – the Healing Power of Rest, with Dr Uma Dinsmore-Tuli PhD.



## JOIN US AT THE OM YOGA SHOW

We're gearing up for the Om Yoga Show at Alexandra Palace, London (17-19 October), and we'd love for you to join us.

This year is particularly special as we celebrate our 60th anniversary. We'll be launching our new Associate Teacher Membership (see right), a membership category developed in response to feedback from our community and show visitors. It will open the doors wider to yoga teachers who want to be part of the BWY community. Come and see us at Stand S2 to learn more or simply say hello.

All weekend, BWY teachers will also be sharing their expertise on the BWY-sponsored Open Stage (right beside our stand), offering nine free sessions across a mix of styles, as below:

### THE BWY OPEN STAGE SCHEDULE

Friday 17 October

12.15 – 12.45 | Lucie Landau: Meaning of OM and its Role in Yoga

1.45 – 2.15 | Alex Yates: Growing Your Tree

3.15 – 3.45 | Janet Long: Awakening the Chakras

Saturday 18 October

12.00 – 12.30 | Perry Lewis: Get Your Mind in the Right Place

1.30 – 2.00 | Carolin Roth: Yoga, Sex and Happiness  
3.00 – 3.30 | Diana O'Reilly: A Whole Lot of Shaking Going On

Sunday 19 October

12.00 – 12.30 | Andrea Teja: Nature's Rhythm

1.30 – 2.00 | Saurabh Jain: Yoga for Nervous System Reset

3.00 – 3.30 | Gowri Kalyani Verma: South-Indian Inspired: A Journey Through Mantras, Movement and Mindfulness

## NEW MEMBERSHIP CATEGORY

BWY is launching an Associate Teacher Membership at the Om Yoga Show in London (17-19 October). This new membership will invite experienced yoga teachers with 300-hour qualifications from other schools into our supportive national community.

Associate Teacher Membership offers all the benefits you'd expect, including affordable CPD, comprehensive insurance and a rich library of resources, as well as opportunities for career development and connection.

To be eligible, you'll need 150 hours of teaching practice over three years, plus 45 hours of relevant CPD in the past three years. If you don't meet the 300-hour requirement but have substantial teaching experience and CPD, we'd love to hear from you.

For £103, the same price as full Teacher Membership, Associate Teachers enjoy:

- comprehensive insurance across a wide range of yoga specialisms
- discounts on events, products and training
- free member publications
- access to affordable CPD events and short courses
- a library of resources
- career development opportunities including tutor training pathways
- a supportive and welcoming yoga community.

To apply, simply join as a Free Account, create your profile and then select Update Membership under your membership details. See full details at W: [bwy.org.uk](http://bwy.org.uk) > My Resources > Membership resources > BWY Membership.





Photography: Cliff Booth @ Pexels

## APPLICATIONS OPEN FOR THE WILFRED CLARK BURSARY

Applications are now open for the 2026 Wilfred Clark Bursary, a fund dedicated to helping BWY teaching members continue their professional development and share yoga with people with additional needs.

Each year, the bursary supports teachers who want to expand their skills and bring yoga into new settings. It's an opportunity to explore specialist training, gain confidence and create meaningful impact through teaching. The application form is available now in the Teaching Members' Resources section of the BWY website.

To show what the award can mean in practice, we spoke to two recent recipients, Sarah Gott and Jenny Loe, whose stories show how the award has shaped their teaching and the lives of their students.



### SARAH'S STORY Yoga bends to your needs

Sarah Gott believes yoga should be for everyone. With 15 years' experience, she has made it her mission to make classes accessible for those with learning difficulties,

autism and complex needs. Her journey began with a free weekly session at a special college for young people with additional needs, which she found challenging and rewarding:

'I learnt through trial and error what worked best in that environment. Some sessions looked nothing like a conventional yoga class – but that's what made them meaningful. Yoga can look very different depending on who is taking part.'

Sarah was soon invited to teach one-to-one sessions with an 18-year-old with autism and complex needs. Working closely with the young man's support team, she experimented with mirroring, counting, visual cues, repetition and props. The results were clear – improvements in mood, sleep, balance and co-ordination, as well as a growing sense of trust and connection.

Word of her work spread and before long Sarah was asked to teach at a creative education setting for young people living with special needs. She expected a class or two each week – they asked her to take on nine. What she thought would be a small project became a three-year post as the college's Yoga Tutor.

'The first few weeks were exhausting and I wondered if I could continue. But gradually I got to know the students, understood their personalities and found ways to engage them on their own terms.'

It was during this time that Sarah applied for the Wilfred Clark Bursary. The funding enabled her to attend specialist training with Special Yoga ([specialyoga.co.uk](http://specialyoga.co.uk)), which was a turning point:

'The training confirmed I was on the right track. It reminded me that less is often more, and helped me stop being so hard on myself when classes looked very different from what people imagine yoga to be. The bursary gave me confidence and extra tools to make my teaching even more accessible.'

Her favourite mantra sums up her approach: 'You don't need to be flexible to practise yoga. Yoga is flexible – it bends to your needs.'

Sarah is now sharing her experiences with other teachers and hopes to inspire more yoga in special education settings.

● Find Sarah at W: [yogaloves.uk](http://yogaloves.uk)



### JENNY'S STORY Creating inclusive spaces

For Jenny Loe, teaching yoga is a natural extension of her background in special needs education. Having trained with BWY in 2019, she gravitated towards students who might not be able to join in a more conventional yoga class.

'My background as a special needs teacher with a Master's in Special Educational Needs and Inclusion was the preparation for this path,' said Jenny, who supports people across a broad spectrum of needs including physical disabilities, learning disabilities, autism, ADHD, Down's syndrome and dementia.

The Wilfred Clark Bursary supported her to undertake Special Yoga's 'Yoga for Adults with Disabilities and Autism' course. The training introduced her to new techniques – from sound and chanting to co-creating sessions with students – and deepened her own practice.

'We learned to be open to adapting a class in the moment, drawing on a range of skills and practices, and encouraging co-creation with the students. The use of sound in yoga is something I use in my own practice and we were shown how to weave it into teaching sessions for maximum benefit. Chanting and sound is something my students really enjoy.'

Jenny says the bursary not only enriched her teaching but also increased her confidence:

'The specialist training I completed, funded through the Wilfred Clark Bursary, has significantly boosted my confidence in teaching this underserved community. I encourage anyone who feels called to bring yoga to a wider community to apply for the bursary – it's an invaluable opportunity to gain new skills and make a positive impact.'

● Find Jenny at W: [facebook.com/jennyloeyoga](https://facebook.com/jennyloeyoga)

### COULD YOU BE NEXT YEARS WINNER?

The Wilfred Clark Bursary is about opening doors for BWY teachers and for the communities they serve. Whether you want to train in specialist yoga for autism, develop therapeutic approaches or learn new ways of making yoga accessible, the award can help you take that next step.

Visit the Teaching Members' Resources section of the BWY website for full details and the application form.

## CELEBRATE YOUR LOCAL HEROES

Do you know a BWY volunteer who deserves recognition? The Heart of Yoga Awards 2026 honour the outstanding contributions of BWY volunteers who give their time to share the benefits of yoga in communities across the country.

Award categories are listed on our website at [About BWY > Heart of Yoga Awards](http://About BWY > Heart of Yoga Awards).

Nominations open on International Volunteers Day, Friday 5 December 2025 – if you'd like to start thinking now about who you'd like to put forward, and we'll publish the winners in the Spring issue of *Spectrum*.



## PARTNERSHIP BOOSTS CAREER OPTIONS FOR BWY YOGA TEACHERS

We're pleased to announce a new partnership with Exercise, Movement & Dance UK (EMD UK), the national governing body for group exercise, which will provide additional career recognition and support for yoga teachers who train through BWY or one of our training partners.

This collaboration will help safeguard the professional status of yoga training and open doors for BWY teachers working in gyms, leisure centres and other group-exercise settings, where clearer governance is being introduced across all disciplines.

Qualified yoga teachers and student teachers – whether trained through BWY, an Accredited Training Organisation or a Recognised Centre Member – will have the opportunity to be listed for free on a central registry for exercise professionals managed by EMD UK and backed by Sport England.

The registry recognises qualifications, skills and experience, making it easier for both employers and the public to understand what yoga teachers have been trained to deliver. In its pilot phase, the register will be managed by EMD UK until an independent body is appointed to oversee it as a cross-sector national register.

BWY is also working with EMD UK to develop a scope of practice framework that reflects the different levels of yoga training. This will help distinguish traditional yoga teaching from fitness-focused approaches, and provide clearer guidance for employers on what teachers are qualified to deliver.

CEO of BWY, Peter Tyldesley, said: 'Good governance is essential to safeguard the integrity of the yoga profession and to clearly differentiate between fitness-based approaches and traditional yoga training. The register will provide the professional visibility yoga teachers deserve, validating the depth of their training and opening new opportunities to work across a wider range of settings. This partnership is a key part of our commitment to champion high standards in yoga teaching.'



### WHAT DOES THIS MEAN FOR BWY TEACHERS ?

There will be a range of benefits for both BWY teachers and training partners, including:

**Professional recognition:** All qualified yoga teachers and student teachers trained through BWY or a partner organisation can request to be added to the register for free. To do this, email the office at E: [office@bwy.org.uk](mailto:office@bwy.org.uk)

**Greater visibility:** The registry enables potential employers to easily find and verify suitably trained yoga teachers, supporting employability and professional standing.

**Marketing tools:** Teachers included in the registry will receive a logo to showcase their credentials in promotional materials and on digital platforms. Further information can be found on the BWY website in our FAQs in Miscellaneous Resources for Teachers in Teacher Resources.

**Discounted membership:** BWY members get a reduced rate for EMD UK membership, which gives you access to a wide range of resources.

● EMD UK is the national governing body for group exercise and a system partner of Sport England.

## CURIOUS ABOUT YOGA THERAPY?

Thanks to our new partnerships with The Minded Institute and Yoga Focus, BWY members can now enjoy exclusive discounts on a wide range of Continued Professional Development (CPD) and on-demand courses in yoga therapy.

Yoga therapy is often confused with the term therapeutic yoga, but it goes a step further. It takes a personalised approach, combining postures, breathwork, relaxation, mindfulness and meditation to support people's unique needs as well as help them reach their full potential.

If you're already teaching and considering a new direction, why not explore how yoga therapy could enrich your practice and your students' experience?

● The Minded Institute's trainings integrate yoga with mindfulness, neuroscience and psychotherapy, and BWY members receive 10 per cent off.

● Yoga Focus, led by Nikki Jackson, provides short online seminars covering a wide range of topics from marma points to myofascial release and healing mantra. BWY members receive five per cent off, with most courses around £25.

For full details, visit the BWY Partners page on our website. You'll find your discount codes under Membership Resources.

## NEW ADDITION TO BWY STAFF

We thrilled to welcome Hannah Macklin to the team as our new Quality Assurance Officer. Hannah has extensive knowledge within both the quality assurance, training, yoga and fitness sectors.

Her role is to help administer BWY's quality improvement and assurance processes, and provide advice to tutors, DCTs and IQAs on the administration of quality processes and procedures. I am sure you will join us in welcoming her to BWY.



## TWO FAREWELLS FROM OUR COMMS TEAM

As we step away from our roles at BWY as Head of Communications & Engagement and Events Manager, we wanted to take a moment to say thank you. It's been a privilege to work alongside such a committed community of members, volunteers and colleagues. Together we've seen new projects grow, shared ideas and found fresh ways of connecting and making yoga happen together. None of this has been down to any one individual – the collective energy and generosity of this community has kept everything moving forward. We're proud of what's been built and confident the organisation is in a strong position to continue developing. The work of sharing yoga, building community and supporting members will carry on, and we look forward to seeing what we've helped drive forward flourish further. Most of all, thank you to each of you for your encouragement, your presence and your trust. It's been a privilege to serve you, and we leave with gratitude and warm wishes for all that lies ahead.

Deana Morris and Katherine Nicholls





## SANGHA IN A POST-COVID WORLD

*After the pandemic, meeting and sharing in person has felt particularly important. Here we report on how we thrived as communities in BWY's 60th Anniversary year*

WORDS: Natalie Lyndon

Covid-19 transformed how we connect and learn, making online platforms essential for yoga instruction and expanding access to remote areas and budget-conscious practitioners. As we move beyond the pandemic, the value of physical gathering has become clear. The Q4 2024 IPA Bellwether Report showed live events were the fastest-growing category, reflecting renewed confidence and desire for shared experiences.

While online sessions remain vital for accessibility, the real magic happens in person – through conversations over tea, the energy of a shared practice and the friendships that form and last long after the event ends. As the Sangha season draws to a close, we reflect on how our regional and national Sanghas across Britain bring this to life, showing that community truly thrives when we gather together.

### NORTH

The North Sangha Festival at the Linskill Centre in North Shields has evolved over the years from a residential weekend into a one-day event, making space for community and connection while remaining affordable.

North Regional Officer, Jacqueline Stevenson, explained: 'Our festival has developed from a residential weekend to a one-day event, giving people more time to chat, mingle and visit the marketplace. We always aim to provide variety and keep the event affordable, and the feedback on the day, especially about the organisation and the food, was wonderful.'

'In-person teaching is so much more satisfying – to share lively discussions, see people's faces and, most

importantly, meet like-minded individuals as we progress together in yoga and community.'

'This year's headline teacher, Rajesh David, shared his joyful Nada Yoga approach, and was supported by 13 local teachers offering everything from fascia yoga to Scaravelli, mantra, qigong and somatic practice. The breadth of styles reflected the festival's inclusive spirit and its commitment to creating a shared space for all.'

### WALES

In July, more than 30 people gathered in Lampeter, Ceredigion, for a weekend themed Yoga as Harmony. Organised with the Harmony Institute, the programme combined lectures, yoga and meditation, weaving together the themes of community, nature and wellbeing.

Regional Officer for Wales, Jo Bogacz, and BWY Chair, Diana O'Reilly, reflected: 'Over 30 people gathered to explore Yoga as Harmony through the themes of community, nature and wellbeing. The importance of belonging, or cynefin, was woven throughout. The quiet campus setting created space for reflection, and practices such as a walking meditation and a mandala meditation deepened our connection.'

'The weekend held a quiet magic, weaving together people, ideas and practices. From that came a profound sense of friendship, interconnectedness and shared humanity. The remoteness of Lampeter was part of its appeal, giving participants space to step away from daily life and reconnect with themselves and one another.'

### YORKSHIRE

From 4-6 July, Yorkshire Sangha embraced the joy of connection at its gathering in Scarborough.



More than 30 people gathered in Lampeter, Wales



Members from Yorkshire came together in July

Clare Walker, North Yorkshire Representative, recalled: 'Members and non-members came together for a sunny weekend of yoga, and valued the wide range of tutors and sessions. We welcomed guest teachers in Iyengar, vinyasa flow, dru, ashtanga, yin, fascia, kundalini and kirtan, while the committee led meditation, chair yoga, qigong, pranayama and philosophy.'

'With four sessions running at a time, the event required careful planning, but feedback praised how smoothly it was organised. The Conservatory served as a welcoming hub, with tea, coffee and a Yoga Swap offering books, mats and set texts – sparking conversations and new friendships.'

'A highlight was a moving kirtan led by Swami Gyan Dharma and Claire Hall, where the collective voices of attendees created a powerful sense of unity. People travelled from across the UK – Wales, Kent, Newbury, Northumberland, Lancashire, Cheshire and London – showing how Sangha builds connections far beyond their borders.'

### A RENEWED SENSE OF COMMUNITY

Across the regions and nations, Sangha offers far more than just yoga. It offers connection, friendship and the chance to step away from daily pressures to share experiences that build personal practice and community spirit.

BWY Chair Diana O'Reilly beautifully summed it up: 'Friendships aren't formed online – they're made through sharing experiences and conversations. These moments are what make communities.'

● The South West Sangha is taking place in Ansford, Somerset, on 8-9 November. You can attend in-person or online. For more details, see page 42.

# BWY YTT, FOUNDATIONS, AND SHORT COURSES

## BWYQ Yoga Teacher Training

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

12 November  
Progression to Diploma in  
Teaching Yoga with Roberta Jesson  
Oxfordshire, OX2 0AU

8 February  
Certificate in Teaching Yoga  
with Eliane Codioli  
Hertfordshire, SG14 1AS

11 April  
Progression to Diploma  
in Teaching Yoga with Perry Lewis  
and Dawn Wesselby  
Leicestershire, LE17 4JX

12 April  
Certificate in Teaching Yoga  
with Perry Lewis  
Leicestershire, LE17 4JX

17 May  
Certificate in Teaching Yoga  
with Roberta Jesson  
Oxfordshire, OX2 0AU

6 September  
Certificate in Teaching Yoga  
with Clare Gibson  
Surrey, KT10 8EG

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

## BWYT Foundation Course 1

11 October  
With Anya Konefal  
Norwich, NR11 6ER

12 October  
With Anna Knowles  
Surrey, GU9 7SW

8 November  
With Hana Saotome  
Online

16 November  
With Sunnah Rose  
London, EN5 4BW

## BWYT Foundation Course 2

25 October  
With Jane Cluley  
Husthwaite, YO61 4QA

18 January  
With Lucie Landau/Anna Knowles  
Online

## BWYT Short Courses

11 October  
Beginning Your Ayurveda Journey  
with Brenda Ward  
Online

12 October  
Chakras and The Human Energy  
System with Lina Mookerjee  
Online

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

1 November  
Menopause Yoga  
with Petra Coveney  
Online

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

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

14 November  
Polyvagal-informed Restorative  
Yoga with Judy Hirsh Sampath  
Online

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

29 November  
Yoga Therapy: Introduction  
with Judy Hirsh Sampath  
Online

10 January  
How can Somatics Influence  
our Yoga Practice? with Debby  
Wilkinson and David Wilkinson  
Wiltshire, SN10 3PU

21 March  
Yoga Therapy Foundations  
with Nikki Jackson  
Oxfordshire, OX7 5HF

## Distance Learning Courses for 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 the website  
search function, select Courses,  
then Distance Learning under the  
Course Type filter.

## CPD Online Opportunities

1 November  
SOAS / BWY Summit: Yoga in the  
Age of Overload

7 November  
Teachers' Discussion Group

8-9 November  
Southwest Sangha

15 November  
The Bhagavad Gita: An Exploration  
with Swami Krishnapremananda

19 November  
Members Session:  
Quietenng the Mind through  
the Body with Peter Blackaby\*

19 December  
BWY Winter Solstice Festival  
24 January  
A Staged Approach to Asana  
with Zoe Knott

30 January  
Breath Spine and Movement:  
with Gary Carter

31 January  
Exploring the Use of Animal  
Metaphors in The Upanishads  
with Lesley Isaacson

1 February  
Healthy Ageing and Yoga  
with Audrey Blow  
7 February  
Working With Neurodiversity  
with Carol Trevor

8 February  
Bones for Life  
with Marye Wyvill

21 February  
Yoga and Ayurvedic Dosha  
with Anna Semlyen

22 February  
Integrating a Student on a  
Cancer Journey into a Mixed  
Ability Class with Kari Knight

28 February  
Classical Pranayama with  
Philip Xerri

For CPD in your region/nation,  
turn to page 38. Full listings on  
the website.

## Recognised Centre Members

Gain nationally recognised  
Level 3 and Level 4 yoga  
qualifications through  
BWYQ-regulated courses.

Mindbody Wellness  
07875 578223  
[mindbodywellness.org.uk](http://mindbodywellness.org.uk)

BWYQ Yoga Teacher Training  
8 November  
L3 Teaching Yoga Certificate  
online

21 March  
L3 Teaching Yoga Certificate  
Greater Manchester, WA3 6JZ

BWYQ Additional Specialist Teacher  
Training (for qualified teachers)

15 November  
L3 Adapting and Developing  
Antenatal Yoga  
Online

7 February  
L3 Adapting and Developing  
Mindbody Exercises for Active  
Older Adults  
Online

21 February  
L3 Adapting and Developing  
Postnatal Yoga for Mums & Babies  
Online

Find info on Mindbody Wellness  
courses at W: [bwy.org.uk/train-rcm](http://bwy.org.uk/train-rcm)

## Accredited Training Organisations

Accredited Training Organisations  
deliver high-quality yoga teacher  
training. While these courses do  
not lead to a BWYQ Level 3 or Level  
4 qualification, they provide a  
valuable route to teaching.

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)

\* The live event is fully booked, but a recording will be available on the website via the video library 48 hours after the event.



# WINTER SOLSTICE FESTIVAL

## BWY

AT  
THE  
HEART  
OF YOGA



FRIDAY 19 DECEMBER  
ONLINE  
SCAN FOR TICKETS

## SUPPORT AND STRENGTHEN

### KEEPING THE SI JOINT SAFE IN YOGA

*The sacroiliac joint plays a quiet but crucial role in stability and movement – yet it's often overlooked in yoga practice. Osteopath and yoga teacher **Anji Gopal** explains how to recognise problems, adapt your teaching and keep this vital joint strong and pain-free*

Yoga is well known for building strength, flexibility and body awareness. But for practitioners with hypermobility or poor alignment habits, certain asanas can sometimes aggravate existing issues – particularly in the joints.

As both an osteopath and yoga teacher, I often meet students whose physical practice, though well-intentioned, doesn't always support the body's structural needs. One area I frequently see affected is the sacroiliac (SI) joint. In fact, SI joint dysfunction may be the source of pain in up to 15-30 per cent of people with chronic lower-back issues – yet it often goes undiagnosed. So what exactly is the role of the SI joint and how does yoga affect it?

The SI joints sit at the base of the spine where the sacrum (the triangular bone at the spine's base) meets the iliac bones of the pelvis. We each have two SI joints – left and right – positioned just in front of the bony dimples at the top of the buttocks.

These joints are designed for stability rather than movement. Acting as shock absorbers, they transfer weight between the upper body and the legs and pass movement from the legs into the spine. Movement here is tiny – only a few millimetres – but is crucial for pelvic and spinal alignment. For example, when you walk, the pelvis subtly shifts from side to side, and the SI joints help to transmit that motion upwards.

#### WHY SI JOINT PROBLEMS ARISE IN YOGA

The SI joints are reinforced by strong ligaments, but in people with naturally more elastic connective tissue, those ligaments can allow more movement than is ideal. Others may have restricted, or even fused, joints. Ligaments, once overstretched, do not recover like muscles, which means SI pain – whether from excessive mobility or stiffness – can take time to heal.

In yoga, SI problems often develop when certain postures or transitions place uneven strain on the pelvis, often the result of poor alignment or lack of core strength. In my experience, several things





## Living in awareness



**Centred In the Now: In Conversation with Gyan Dharma**  
– *Journey to Oneness* by Gyan Dharma (Gyan Dharma, 2025)

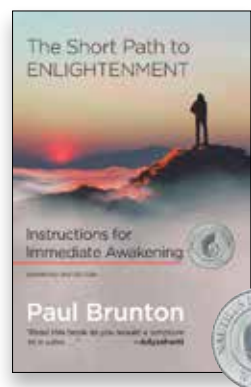
Clare Raido kindly offered to review this book for Spectrum. As editor of the book, she worked closely with Gyan Dharma, which gave her an in-depth understanding of its message and unique insights into its creation.

This book demystifies spirituality. Gyan Dharma articulates simply and clearly what spiritual practice is and teaches centring ourselves in awareness of now. He also explains what spiritual practice is for – to find our way out of suffering, traumas, fear, shame and guilt – the things that take us out of the present moment and separate us from the rest of life.

The book also shows us how to approach life as a spiritual practice. Each chapter explains how the different strands of yoga practice (meditation, asana, chanting, bhakti, karma) work. If you want to take full responsibility for your life, this book will support your efforts with guidance, company, plain speaking and encouragement. If you want to move out of blame and shame; criticism and punishment; judgement and comparison; expectations and dependencies; identification with, and acting out of, the distressed child in your mind and any form of self-importance and into life lived in awareness, this book will help because Gyan Dharma knows how to live in awareness and what living in awareness asks of us. He tells us what it takes and encourages us to do it. He knows the challenges and the pitfalls. He knows about freeing himself from suffering. He knows about living steadfastly in awareness no matter what is going on.

### ADVERTISEMENT

#### Excerpted in Watkins magazine



#### The Short Path to Enlightenment

Instructions for Immediate Awakening  
Expanded Second Edition

By Paul Brunton

“Read this book as you would a scripture or a sutra and let it open your eyes to eternity”—Adyashanti

182 pages / 230 x 155mm/ paper

Nautilus Book Award Silver Medal winner  
Religion / Spirituality of Eastern Thought

#### Vol. 1 Perspectives:

THE TIMELESS WAY OF WISDOM

Highlights of the 16 volume  
NOTEBOOKS OF PAUL BRUNTON

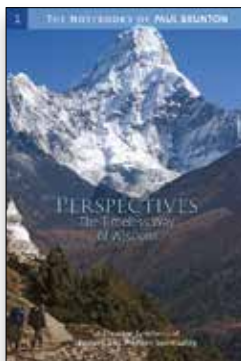
“A person of rare intelligence. . . thoroughly alive, and whole in the most significant, ‘holy’ sense of the word.”

—Yoga Journal

424 pages/ 216 x 146mm/paper

Books available at Watkins Books  
and throughout the UK

For more information on  
Paul Brunton and his writings visit [www.PaulBrunton.org](http://www.PaulBrunton.org)



**LP LARSON PUBLICATIONS**  
[www.larsonpublications.com](http://www.larsonpublications.com)

Gyan Dharma does not ever shy away from the task in hand, and his confidence will encourage and support you through your practice. If you are wondering about the book's relevance for teaching yoga, teaching is living in the present moment. We lead by being present, and when we are present, others have the opportunity to become present with us. If people are seeking a way out of their suffering, we can show them and help them by finding a way out of our own suffering.

The book was written as a meditation. Writing it was a spiritual practice for Gyan Dharma, and editing it was a spiritual practice for me. When you read, it is possible to drop into the space it is written from. Gyan Dharma opens the door to oneness, for it is written from oneness. He invites us into the present moment, into the space of awareness that is available all of the time.

The book does some of the work of meditation for you. If you engage with it, it keeps bringing you back to the present, so you can meet what is in your mind and have the opportunity to work with what comes forward. Gyan Dharma's lack of fear, gives you the confidence to work with your fear instead of being affected by it. Indeed, I have experienced a significant shift in consciousness through the combination of my engagement with him and my own daily practice.

Clare Raido

## Opening to compassion

**Weaving Mindfulness and Compassion into Yoga Teaching** by Anna Taylor (Singing Dragon, 2025)

Part of a series by Singing Dragon designed to help yoga teachers refine their skills and methods, this book is especially valuable for those who have heard of mindfulness but are unsure how – or why – it should be woven into their teaching.

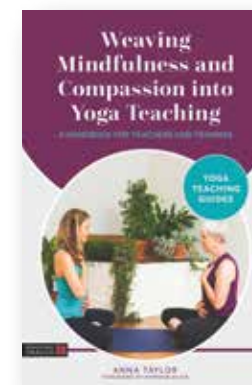
Taylor begins by clarifying her understanding of mindfulness and compassion. Mindfulness, she explains, is a quality of presence that centres on what is happening right now, approached with calm, caring and non-judgemental awareness. Compassion – which she sees as central to a yoga teacher's role – means nurturing, guiding, mentoring, soothing, protecting and fostering feelings of acceptance and belonging.

The book first addresses the teacher's own wellbeing, exploring self-care, 'holding space' for oneself, working with the inner critic and encouraging readers to teach from an authentic place of understanding. It then turns to mindful and compassionate teaching for others. Each chapter follows a consistent and accessible structure: an introduction to the theme, practical information and tips, and reflective questions to deepen learning.

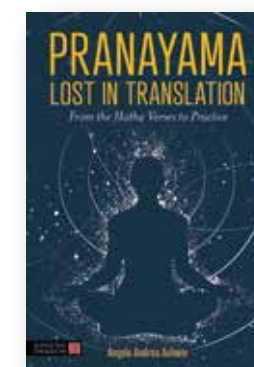
One highlight (my favourite) is the chapter on holding space in class, which she describes as 'the most crucial aspect' of teaching and 'a setting which enables participants to feel safe, seen and held'. Taylor offers clear guidance on creating such an environment, from giving a warm welcome to adopting sitting and standing positions that project grounded presence.

Practical, thoughtful and encouraging, this is a useful guide for both yoga students and teachers who want to make mindfulness and compassion an integral part of their practice.

Kate Lemon



## Changing perceptions



**Pranayama Lost in Translation – From the Hatha Verses to Practice**  
by Angela Andrea Ashwin (Singing Dragon, 2025)

This revolutionary book is suitable for anyone who has studied pranayama as part of their teaching qualification (or in-depth private study and practice). No prior knowledge of Sanskrit is required – although some knowledge of yoga philosophy would be an advantage.

Ashwin explains how Sanskrit is sometimes mistranslated, that these interpretations have become part of Western yoga practice (and Eastern too, in some cases), and how we need to return to yoga's roots, especially in these days of cultural appropriation.

Probably the most important message of the book relates to retention of the breath or kumbhaka. Ashwin began questioning this concept whilst training to become a yoga teacher, and couldn't understand why there were so many prohibitions and precautions for instructing the internal retention of the breath. Here she includes powerful practices for the reader to try, alone initially, as she recommends at least six months' personal practice before sharing the ideas with your students.

A thought-provoking book that's easy to read but not to be rushed, it has changed my perception and practice of pranayama, and I'd encourage every yoga teacher to read it.

Liz Woollard (aka Mantrananda)



## Eastern

Eight limbs, qigong, Sangha

Thank you for being part of our growing community of yogis. The events we organise are made wonderful through your continued support and we hope you will be able to come along to some of the days that can be booked on the BWY website now.

We also have exciting news concerning our Sangha next year. Please keep 11 April free so you can join us to celebrate Earth Day. This will be held at Hemingford Abbots Village hall, Huntingdon PE28 9AH. Our yoga practices will be centred around all that the Earth, nature and our world offers us. We will keep you updated as we confirm our tutors.

The Eastern Region newsletter (*In the Loop*) is sent to you via email (unless you opted for hard copy) and we hope you received the autumn edition with our events and news. You can contact our editor at [east.editor@bwyregions.org.uk](mailto:east.editor@bwyregions.org.uk) if you are not receiving this or if you would like to advertise and/or contribute in any way.

Please see below for our yoga days. These not only give you CPD points but enhance your practice and wellbeing, and can be booked on W: [bwy.org.uk](http://bwy.org.uk). We also have First Aid Days on 15 November, Cambridgeshire, and in 2026, 24 January, Norfolk, and 2 February, Bedfordshire. Please see the our website as we organise more.

Thank you for your continued support. Wishing you health and happiness through the winter season.

### Eastern Region Volunteers

### Events

**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.

**Introduction to Qigong and Integration into a Yoga Practice** with Jennifer Hunt

28 March, 10am-4pm

Wilstead, Bedfordshire, MK45 3BX

Qigong is rooted in Daoism and is the basis of all Chinese martial arts, including tai chi. It's a system that cultivates personal energy to enhance health, vitality and healing, and reveals the profound connection with the flow of universal energy or prana, as we know it in yoga. Jen Hunt has around 20 years' experience in both qigong and yoga. She will introduce the principles of qigong and a range of practices from this system which can be incorporated into a yoga class or used for self-practice to deepen the experience of the subtle body and regulate the nervous system.

### Eastern Region Sangha

11 April, 10-4pm

Hemingford Abbots Village Hall, PE28 9AH

A great day to bring Eastern Region together to celebrate Earth Day.

### The Great Negotiator – The Knee Joint

with Gary Carter

18 April, 10am-4pm

Norwich, NR8 5AH

The knee is the largest joint in the body and one of the most complex, and so it's important we understand how to keep it safe when we practice yoga or, if teachers, are sensitive to students' needs. Gary brings over 40 years of experience in anatomical study and bodywork practices, and his dissection research has made him a leader in fascial study. His teaching will provide you with insight on how the body moves in yoga and daily life. This session will suit teachers and students who want more in depth knowledge of how to approach postures.



Photography: Pixabay @Pexels, Samerdaboul @Pexels



## Midlands

Sun salutations, trauma, kriya

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

12 October, 10am-4pm

Mickleover, DE3 9GH

This day is suitable for all levels of practitioner. Sun Salutes (Surya Namaskar) are often a cornerstone of yoga practice, but can 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 Sun Salute 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 overall 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 your yoga classes 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.

**Strength in Asana** with Zoe Knott

22 November, 10.30am-4.30pm

Moseley, B13 9AB

This workshop 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 contemporary research and practicing strengthening sequences, you will learn a range of ways to incorporate strengthening techniques through specific sequences into your general class teaching.

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

23 November, 10am-4pm

Papplewick Village, Nottinghamshire, NG158FB

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 – the remedy to slow down and reconnect to yoga. Life has become so hectic and our practice can sometimes get lost. Kriya yoga is the solution. 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 full of creative ideas to inspire and keep teachers fresh and current. Chanting will be from all traditions, to reaffirm the essence of Ishvara.

## North

Mantra, sun salutes, somatics

**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.

North, continued....

**Exploring Surya Namaskar** with Nickie (Tulsi) Short  
1 November, 10am-4pm  
Durham, DH1 2QR

This day is suitable for all levels of practitioner. Sun salutations (Surya Namaskar) are 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 Sun Salute 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.

**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 your personal practice and teaching sessions. This immersive day combines theory, hands-on practice and collaborative group work to deepen your understanding and skills.



## Scotland

### Strength in Asana

I am delighted to write to you as your National Officer for Scotland. As we move into autumn, please start to think about booking up a yoga event to further your knowledge, either online or in-person. Learning from other BWY Regions' experience of hosting online events on Zoom, we have decided to organise more online events – our most recent being the Zoe Knott workshop, Exploring Twists. This was a great success and we look forward to learning from Zoe again on the 26 October.

I would like to ask your opinion on the way forward for BWY in Scotland. We can only be stronger and effective if we can share our opinions and ideas, and interact with each other. Please contact me with your ideas for more events.

On another note, we need you! Volunteering for BWY has loads of benefits including:

- being part of a community of helpful and like-minded people
- developing your organisational and communication skills
- attending workshops free of charge.

We also have a few positions currently vacant on the Scotland Committee. If you are interested, please contact me at E: scotland.ro@bwyregions.org.uk

**Angela Thompson**  
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

### Posture profile and marma

**A Staged Approach to Asana** with Zoe Knott  
29 November, 10.30am-4pm  
Berkshire, RG41 1ED

In this workshop, participants will explore the use of the posture profile – a key tool in modern teacher training – to approach asana with a focus on anatomy, physiology and movement principles. The aim is to move beyond simply replicating postures, instead considering limiting factors, vulnerable areas and how to use stages as preparation and modifications for yourself and students.

This workshop is designed to enhance both teaching and personal practice, offering insights that help participants build a more inclusive and informed approach to yoga. It is suitable for teachers, student teachers and experienced practitioners.

**Working with Marma Points – Asana** with Tarik Dervish  
7 March, 10am-4pm  
Waltham St Lawrence, Berkshire, RG10 0JP  
The aim of this CPD day is for attendees to revise their understanding of the basic principles of

ayurveda and become familiar with the key marma points related to the three doshas. They'll also gain some practical experience on how to work with them in asana, pranayama and meditation practice. We'll also look at some key meridians (nadis) – ida, pingala, sushumna, arohan and awarehan - used in therapeutic and tantric traditions, and how marma therapy can be used for common ailments.

## South East

### Dinner Before Desert

**Dinner Before Desert Part IV** with Zoe Knott and Hugh Grainger  
17 January, 10am-3.45pm  
Shoreham, Kent, TN14 7TB

This is part four of our well established 'Dinner Before Desert' January Yoga day with Zoe, a Diploma Course Tutor (DCT) and Hugh a BWY Teacher. The morning session is delivered in Zoe's clear, detailed, precise and accessible style of teaching, and the afternoon session allows Hugh to entertain us with one of his original tales from the yoga cannon; finishing off the latter part of the day with some more yoga.

Come prepared to have a day full of joy plus a great workout to improve your strength and flexibility. Peak posture to be revealed on the day!

● To search for events near you, key your full postcode into our search bar.

● To search for a specific event listed here, key in a word from the title of the event, for example, kriya.

● Booking is, as always, via the website. Simply log in and scroll down for ticket options.



## South West

Touch, Sangha, Patanjali

### The Use of Touch in Yoga Teaching

with Andrea Newman  
18 October, 10.30am-4.30pm  
Wiltshire, SN9 6DD

Touch is a powerful mode of communication that can be a valuable tool in yoga teaching. When used skilfully, it can help our students deepen their practice. When used carelessly or inappropriately, it can hinder progress or create discomfort. On this day we will explore:

- what does it mean to touch and to be touched?
- why we touch. When we don't
- the difference between helpful and unhelpful approaches
- different types of touch and ways to use them effectively
- touch-based adjustments for a range of poses.

There will be discussion, asana practice and pair work throughout the day to help you develop respectful, clear and supportive ways to touch. We'll also explore appropriate boundaries in the context of a yoga class and consider how touch can empower students while not overriding their autonomy in practice.

### South West Sangha

8-9 November, 10am-6pm  
Ansford, Somerset, BA7 7JJ

Featuring an impressive line-up of teachers and topics, there are online events on offer both days, in-person events are on Saturday only, as follows:  
Wendy Teasdill – *The Brihadaranyaka Upanishad*  
Sarena Mason – *Yoga and Chant*  
Nicola Walter – *Cosmic Yoga*

### Introducing Chanting and Meditation in a Weekly Hatha and Raja Yoga Class

with Sharon Ramdassingh-Dow  
30 November, 10am-4pm  
Devon, EX5 1LP

Can the breath guide us into opening mentally and physically into Stillness? In this session we will practice hatha and raja yoga together. We will focus on the feel and sound of the breath as a

warm-up to help students experience and focus on the vibrations within that can lead to a place of stillness in preparation for meditation.

The session will include chanting in Sanskrit, 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 the mat and off the mat.

### Conscious Patanjali: Philosophy in Practice

with Wendy Teasdill  
17 January, 10am-4pm  
Wiltshire, BA12 7PR

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 & antarayas
- the meditation techniques listed by Patanjali
- Sanskrit translations.

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

### The Shoulders: the Search for Strength and Suppleness

with Roberta Jesson  
7 February, 10am-4pm  
Gotherington, Gloucestershire, GL52 9EP

Shoulder stability and flexibility are integral to the health of the upper body. An issue with the shoulders is not only incredibly uncomfortable but can be debilitating, leading to pinched nerves and numbness in the arms, headaches and migraines. In this workshop, we will explore the shoulder joint and the ligaments, tendons and surrounding muscles that enable it to function. This session is designed to teach you how to connect with the shoulders 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 joint.



## Wales

### Lower backs, healthy ageing

In June, yoga practitioners gathered in Lampeter, Ceredigion, for a transformative weekend exploring Yoga as Harmony through the lenses of community, nature and wellbeing. Co-hosted by BWY Wales and the Harmony Institute at the University of Wales Trinity Saint David, the event invited participants to reflect on how yoga aligns with the principles of harmony in both life and the cosmos.

The seven principles of harmony, central to the work of The Harmony Project, were interwoven throughout the weekend. Serving as a guide for living harmoniously, these principles include:

- interdependence
- cycles
- diversity
- adaptation
- health
- oneness
- geometry.

By embracing these values, we can deepen our practice and better align ourselves with our dharma, or life purpose.

In today's digital age, where online interactions often take precedence, live events such as this are both rare and precious. The friendships formed over the weekend were genuine, nurtured through shared learning, laughter and communal meals. As yoga practitioners, we know that real connection

and building strong communities happens when we come together in person, when we share space, time and presence – this event was a powerful reminder of that truth.

Set apart in the quiet magic of Lampeter, the weekend reaffirmed the power of shared practice, presence and kinship. Yoga naturally aligns with the principles of harmony, encouraging us to recognise the interconnectedness of all things, embrace the beauty of diversity and honour our relationship with nature. The discussions, practices and lectures reflected this understanding, showing us that yoga isn't just a personal practice; it's a way of engaging with the world as a whole.

As the British Wheel of Yoga celebrates its 60th anniversary, the Lampeter Sangha Festival serves as a powerful reminder of the importance of community, nature and wellbeing in our yoga practice. It also marks a new chapter for yoga in Wales, strengthening the sense of interconnectedness among practitioners and also inspiring a shared commitment to living in harmony with ourselves and the world around us.

Looking ahead, the British Wheel of Yoga in Wales will continue to nurture these values, creating more opportunities for practitioners to come together and deepen their practice in ways that benefit both themselves and the communities they serve. The Lampeter event stands as a powerful example of what is possible when yoga, nature, and community align in harmony.

**Joanna Bogacz**  
Wales National Officer



Wales continued...

## 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 emotional wellbeing, considering the importance of relaxation for people with back pain.

### Healthy Ageing and Yoga with Audrey Blow

1 February, 10am-4pm

Penarth, CF64 1EQ

There are many sides to healthy ageing. Some we cannot 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 well into our older years. 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 later life.



## Yorkshire

### Balance and strength

After the massive success of our Yorkshire three-day Sangha at Cober Hill, near Scarborough, in July, we are doing it all again next year. For more details, please go to Yoga Search on the BWY website and write 'Festival' in the search bar. We will be adding further events to our 2026 programme as we organise them.

Don't forget to look out for our First Aid Training days and Teachers' Discussion Groups as well.

Please ensure you book at least six weeks before the event; if there is an insufficient number of bookings we may have to cancel the event.

Looking forward to seeing you on the mat soon – in person or online.

**Lucy Croucher/DharmaKirti**

**Yorkshire Regional Officer/Newsletter Editor**

## Events

### Better Balance with Kate Knowles

17 October 2026

Well House Yoga Space, Harrogate HG3 2LN

Maintaining balance is key to an independent, healthy lifestyle. This CPD day will consider the balance mechanisms within the body, paying particular attention to the feet. We will learn what goes wrong with balance with regard to issues with the vestibular system and neurological conditions, as well as the physical, emotional and mental aspects of poor balance, and how yoga can support our parasympathetic nervous system. The day will be mainly practical and is suited to movement professionals, yoga teachers and student teachers from all training schools.

### Strength in Asana (20 years on) with Zoe Knott

11 April, 10am-4pm

Sutton upon Derwent, YO41 4DJ

This CPD day is about 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 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.

**SOAS BWY**  
University of London

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# SOAS BWY SUMMIT

## Yoga in the Age of Overload

SATURDAY 1 NOVEMBER

Join us at SOAS University of London  
or Online

Information and tickets: [bwy.org.uk](http://bwy.org.uk)





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