



THE BRITISH WHEEL OF
YOGA™
For your lifelong yoga journey

Yoga Now July 2020



Dear Members,

We hope you are all well and thank you for your continued support in these challenging times. We love receiving your emails and pictures so please keep them coming; they certainly brighten and uplift our team who are all working remotely.

It may feel strange looking forward to a summer that is not as expected. Holiday plans have been cancelled and many have children to entertain with little open to keep them occupied. In these times we are all discovering new ways of working, socialising and living together. COVID has seen us adopt greater creativity and embrace some of life's simple pleasures. I for one have found satisfaction in growing vegetables with my children, something previously with our busy schedules we would never have had time to do. I've also discovered a love of baking and while I may not be terribly accomplished it's hugely rewarding and brings me a sense of calm and perspective and my family seem to love my new hobby!

Over the next few months, we are going to be bringing you a series of FB Live sessions with topics and ideas we hope you may find of interest. If you haven't managed to catch the one with Emma Ellice Flint around nutrition and the menopause it's available on our FB page under videos. Please do get in touch if you would be interested in doing a live session and you have something that would keen to share.

In our newsletter this month you will find:

- Introduction to some of the team; Cathy Ainsworth and Deana Morris
- Social distancing update
- Government Self-Employment Scheme extension
- 21st June celebrations – Wendy Haring
- Diversity and Inclusivity in the BWY
- The Fragile Soul by Emma Conally-Barklem
- How the yoga community can genuinely improve diversity and inclusion by Astra Farquharson
- Registering your classes as online

- Sangha 2021
- First Aid Certificate
- CIMSPA update
- Nottingham health survey
- Ekotex
- Social Media Update
- New Midlands webpage
- Training courses and events



Upcoming courses and events

Many courses are now running online, but please check directly with the Course Tutor that they are still going ahead.

BWYT Foundation Course 1

4th July: Pauline Fleming and Lesley Isaacson (London)

5th July: Jules Burdett and Judy Brenan

31st July Paul and Stephen Smith

Modules

4th July: Yoga of Sound Module (Letchworth Garden City)

Teacher Training

11th July: BWYQ L4 Diploma in Teacher Training with Gillian Gee and Carolyn Clarke (Nottinghamshire)

Events

4th July: Online IST – Gentle Years Chair Yoga with Lina Newstead

4th July: Online IST – Chair Yoga for Less Able Individuals

11th July: Asana Practice with An Ayurvedic Approach with Tarik Dervish

11th July: Moving Through Sound into Silence

12th July: Online Mantra Class – Awakening Mind, Body and Spirit through Mantra with Julie Hemmings

19th July: Online Chair Yoga Workshop

25th July: Exploring Awareness and the Value of Yoga Practice

2nd August: Exploring Asmita with Angela Ashwin

9th August: Sensing Space with Movement: Ian Standen (Via Zoom)

Introductions

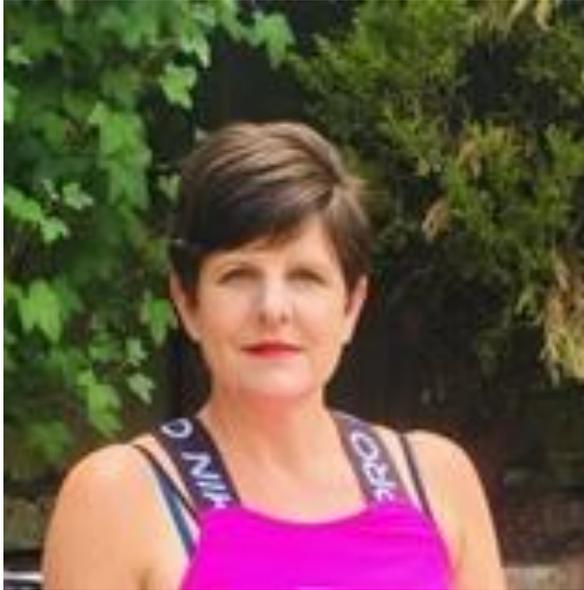
We are aware that not everyone knows all the BWY team working tirelessly behind the scenes. We have introduced you to the new NEC, but you might not have met other key staff. We don't want to be a faceless organisation and want you to know who everyone is should you need to get in touch.

Cathy Ainsworth Accredited Group Liaison Officer

Cathy Ainsworth has been working as BWY Accredited Group Liaison Officer (AGLO) since October 2018. This role is from home, 4 hours per week, liaising with our 11 Accredited Training Organisations and our BWY EQAs. Cathy communicates with potential ATOs and manages the applications, plus the day to day management of existing ATO Yoga Teacher Training courses.

Cathy has a background in careers counselling, working with teenagers and adults, leading into training and quality assurance for Lincolnshire Careers Service/Connexions. She has also worked for BWY in the past as Lead IQA.

Cathy is a BWY Yoga Teacher, and also teaches Pilates. Her teaching week involves community classes and health clubs and in recent lock down times outdoors one to one, and online classes from home! She loves the social aspect of classes and bringing people together. Cathy ran her first Yoga and Pilates retreat to France last year, sharing a love of outdoors, food, swimming, tennis, Yoga and Pilates with her clients.



Cathy will always get involved in a good cause, having been a family volunteer with Barnados, and has also raised enough funding to build a play park for local children. She is an avid fan of her son's indie band 'Current Climate', and her daughter's county tennis playing.

Deana Morris Spectrum Editor

Time flies for your BWY Ed!

I've been your Spectrum editor for two years now (happy work anniversary to me!) and just love working with the BWY creative and office teams – they all really go the extra mile for us yoga teachers. We are very lucky.

My goal is to evolve Spectrum into something very special as we develop BWY's brand. I hope you've welcomed the small changes I've introduced so far. Feedback and ideas always welcome!

I trained as a teacher with BWY because I knew it was the gold standard. I've since completed the Menopause Yoga Teacher training as part of my CPD.

Teaching via Zoom has challenged me, just like everyone else, I suspect, but I'm enjoying it now. I'm also a hypnotherapist, specialising in working with midlife women.

I live in Eastbourne with my partner, Gary, spoilt by sea views, walking the Downs and marvelling at the birdlife we have here.



For most of my career I've been pounding keyboards. As a newspaper journalist and then a PR Communications team leader, I've always loved the written word. Books were and still are my first passion, closely followed by audio – I'm a massive podcast fan.

Online Updates in light of COVID-19

In-line with Government guidelines you will find the latest updates on Social distancing on our website together with a First Aid statement.

<https://www.bwy.org.uk/covid-19/>

Government Self-Employment Income Support Scheme extended

The Government's Self-Employment Income Support Scheme will be extended and will pay out another single grant covering three months. This will be the final grant from the self-employment scheme.

Those eligible for the Self-Employment Income Support Scheme (SEISS) will be able to claim the additional grant in August, which will be worth up to 70% of their average monthly trading profits, though it's capped at £6,570 overall. The money will again be paid out in a single instalment covering June, July and August.

You can read full details [here](#)

21st June 2020 Celebrations - Wendy Haring

The International Day of Yoga, Summer Solstice, Father's Day; so many things to celebrate, but personally the most important is the Birthdate of TKV Desikachar. He was born on 21st June 1938 and died on 8th August 2016 and for me, and many others, we felt a huge desire to continue to pay homage to him on his birthday. He founded the Krishnamacharya Yoga Mandiram in 1976 to

honour his father T Krishnamacharya and I was fortunate to take part in many training events from 2003 until the present time. I began my Vedic Chant teacher training with KYM in 2007 and am proud to be in the first batch of trained international teachers. I was privileged to have been invited to his 75th birthday celebrations in 2013 in Chennai, which included a Sudarshana Homam, a fire ceremony, performed by Brahamin priests to remove obstacles & negative energies, to give victory or success, and to achieve good health. This was such a special event in many ways, and every year since then I have done something myself to remember Sir.

This year my day started at 9am with a zoom vedic chant class with my students and we chanted his favourite mantra, Shraddha Suktam, together with study of Patanjali's Yoga Sutras Chapter 1 sutra 20 on Shraddha, I also shared something he had written on Shraddha.

At 10.30am began a zoom with an international sangha of chanters from every corner of the globe; Europe, South America, North America, India, Indonesia, Malaysia, Australia, and New Zealand. This was led by our teacher Radha Sundararajan together with some other well-respected teachers. We chanted Guruvastakam a chant written by Ādi-śankara, an 8th century philosopher, extolling the importance of reverence to one's teacher. This was followed by the chanting of the four chapters of the Yoga Sutra, the text that was so beloved to Sir. It is just so heartwarming to be part of and welcomed into a group of like-minded people.

At 12.30pm was a zoom organized by The Krishnamacharya Yoga Mandiram to 'Remember Sir', led by S. Sridharan, the senior trustee of KYM and a student of Sir's for more than 30 years. We chanted Guruvastakam, Shraddha Suktam and Narayana Upanisat followed by a discourse on Yoganjalisaram a text on yoga written by T Krishnamacharya.

At 3.00pm I took part in a 24 hour worldwide chanting of the Yoga Sutras, for 30 minutes. I chanted Chapter 1 and Chapter 2 of the sutras. Such an amazing experience to be linked to friends all over the world, all chanting yoga sutras in honour of our teachers. When I awoke during the night it was so comforting to know that whilst I slept others were continuing to chant somewhere in the world. Somehow lockdown had brought us all together with love and respect.

Wendy Haring

Diversity & Inclusivity in the BWY - Gillian Osborne

I began this conversation when I met Astra Farquarson on Foundation Course Tutor Training last year. Then, in the run up to the elections when the former NEC (National Executive Committee) was coming to a natural close, Wendy Haring (Training Committee Chair) and I, along with Katherine Nicholls (events) and Georgie Darby (marketing) met with Astra to continue the dialogue. You can read about that meeting in the latest issue of Spectrum, which is out now, but suffice to say that it blew our minds as we began to grasp the scale and complexity of the unconscious entrenchment we had set out to address. I am grateful to Astra for her candour and her patience, and for being willing to share so readily of herself. Knowing how to move forward was a challenge but “Small Acts of Kindness”; our first social action initiative, intended to reach minority groups throughout all sectors of society, grew from that first meeting and has now been launched. The consultation process was ongoing and we were already engaging with the awareness of racial injustice when it was literally thrust into everyone’s view by the undeniably brutal killing of George Floyd, in a manner that

highlighted the authorities expectance of impunity and brought racism to global awareness.

Historically the BWY has been reluctant to take a position on politics; but “Black Lives Matter” is not political it is humanitarian. Benjamin Crump spoke about a “Pandemic of racism and discrimination” and he’s not wrong. The heart-breaking truth is that George Floyd’s death is not an isolated case. Discrimination, suffering and violations of fundamental human rights can be found everywhere when we put our attention on looking for them.

If we are students of yoga philosophy then we understand there is a cycle and we know there are times of great darkness in Kali Yuga. At such times we can feel disempowered, overwhelmed, outraged or despairing in alternating or equal measure. But all things are transient and times are changing; there is hope, now more than ever, and we must hold on to that. As yogis we are at our most powerful when we remain centred, when we can use our practice to manage the sometimes rapidly mounting tide of our outrage and our grief, and channel our energies into positive action for change. Change, like yoga, starts within and continues with small steps that eventually lead to a big difference. But it’s critical that we do take the steps and not just eulogise about them.

Crucially, when we are considering diversity and inclusivity it’s important to understand the limits of our current ability to properly comprehend the fundamental issues that we seek to address; because we are not all looking at things from the same standpoint. There is never a situation in life when being able to face and accept what we don’t know will fail to be advantageous. It opens us up to the willingness to be informed, and the humility to accept that we have something to learn. We published our own imperfect statement of support for Black Lives Matter but we also asked Astra Farquarson and Emma Connolly Barkem to write for us because their inspiring, personal and powerful voices needed to be heard more than a BWY statement.

It is in this spirit that we will continue the conversation and already, as we move tentatively along with increasing commitment, we have found that we are drawing other members to us who are also wanting to give voice, and whose input will have value beyond measure. The BWY dialogue around diversity and inclusivity essentially needs to be directed by the people with the experience to give it heart and to move it forward authentically so that diversity and inclusivity becomes intrinsic to our organisation and not simply a superficial gloss. As the BWY seeks ways to become “informed” but not “in charge” we will consult with and listen to those members from whom we have much to learn about these issues. And in due course, I hope that you will be hearing from some of them instead of from me.

But for today, right now, I invite you to light a candle in memorium for George Floyd, and for all the forgotten and invisible victims of oppression everywhere. And I invite you to stand together with Black Lives Matter, and to stand tall and walk forward firmly in support of humanitarianism.

Gillian Osborne

The Fragile Soul

By Emma Conally-Barklem

Once again we are faced with another life lost to brutality and ignorance on the basis of skin colour. We can see the long, painful history of this played out time and again but the times we are in, with leaders who fail us and loss on an unprecedented scale have galvanised us to say: No - enough is enough.

With so many lives lost to Covid-19, the senseless loss of a young man has become the tipping point and a time for protest and struggle which, maybe, this

time will lead to change. Not through official channels but through ordinary people coming together to call out injustice and set the agenda for how we should treat each other.

As members of the Yoga community, we can reflect now on how well we support and include all members of society. Do we operate in a spirit of acceptance or do we judge based on spurious assumptions?

As a teacher and student of Yoga, I use the energy from my practice as a force for positive change for myself and those around me. We like, as a society, to put people into neat boxes; to tidy up and label which of course does not allow for the complex wonder that makes up an individual.

There are various labels I could use about myself: mixed race, second generation immigrant, female, member of the LGBTQ community, working class. I prefer to focus on inclusion rather than division. What unites us rather than what divides us. Labels are always reductive and allow us to de-humanise and make 'other' through perceived differences.

When I teach and practise, I feel the healing power of Yoga move through me - especially on days when I am grieving, feel angry or tired. It removes the veils of perception and allows me to be my best self. A spirit of boundless love and energy briefly inhabiting this fragile body.

The brutality of a boot on a vulnerable human neck for nine whole minutes is too painful to watch and contemplate. It cannot be and must not be accepted. How did we come to this?

Yoga is about unity of body, mind and breath, it literally means 'to yoke together'. We all breathe - it is our way both in and out of this life. We don't breathe according to body shape, nationality or colour: the breath and the Prana is what

unites us all. We live moment by moment, breath by breath. We are fortunate that we have the tool of Yoga to enhance and support our existence.

Many people don't have this and have no idea how much better they could feel on all levels. As practitioners, it is our duty to make this possibility for some peace in the challenging lives we are in accessible to all.



Image by Dr Zuzana Bajuszova

Life is precious in its brevity - maybe we as a community can contemplate this and act as we would wish to be treated. With a recognition of the beating heart moving breath around a body encompassing a soul. Both unique and just like everybody else.

Maybe our brief spark in existence can be used to lessen the burden of another soul whatever form they may take.

How the yoga community can genuinely improve diversity and inclusion

By Astra Farquharson

I heard it put recently that the “revolution starts within”^[1]. So how do we look inwardly to become an effective outward participant of change?

The seemingly endless incidents of police brutality and merciless killings due to misconstrued ideas of race, feels very personal to me. In fact, as a child of the so-called “Windrush” generation, and the things I have witnessed and experienced, it was an emotional struggle to find the words to give voice to this article.

There is an old African saying that to be human is to recognise the humanity in others. Equally when you diminish others, you diminish yourself.

A person or organisation who has the spirit of ‘Ubuntu’ is open and available to others. From the Eastern philosophical tradition, we learn that the root to equality comes through conscious and compassionate action. For some this is the essence of ‘Dharma’ which also makes room for anger as well as love, to achieve a better world.

As a teacher and student of mindfulness yoga, I’ve come to understand that it is within the process of enquiry, that we gain the deep answers we seek for activating change.

So what is our collective responsibility?

Firstly, we need to have the commitment to see things as they really are. Categorisations of race do not refer to a universal objective truth, but merely an

indication of the social racialization of people. Whilst sitting here writing this piece I'm watching scenes of people from all over the world, coming together to protest against injustice. This moment in time is a real glimpse into the possibility that we can finally collectively see that what is done to one is done to all!

Our responsibility is to do the internal work to 'hear' and genuinely 'listen' to what is being said.

- Organisations should begin with an honest reflection on current channels for hearing and listening.
- Diversity and inclusion is not just about having an open door, but also about reaching out.
- There is a need to ask honest questions about who you seek to collaborate with or not?

For the yoga community in particular, I see the challenge as how to increase the capacity to incorporate the benefits of yoga into everyday life, into schools, into the workplace, within healthcare settings etc. This will ultimately enable greater access for diverse groups.

Our collective responsibility is therefore to ensure our core values and actions are borne out of real enquiry, deep listening and understanding. For membership organisations like the British Wheel of Yoga, consider an audit of how far diversity and inclusion is considered in the decision making on programmes, events and training. Both in terms of content and the range of teachers delivering them. Rather than being a tick box bolt on, diversity and inclusion should run through the veins of values, communications, and activities.

It's a time to learn something new about our capacity to do more together. It's a time to become collective experts in creating safer spaces for all. In the words of

social justice activist Ronda Magee “Something new is struggling to be born in this moment”^[2] so let’s not lose this opportunity.

Astra Farquharson is a BWY Foundation Course Tutor and Founder of Therapy Yoga

[1] Justine Williams, Stay Woke

[2] Rhonda Magee, The Inner Work of Racial Justice



References

The Inner Work of Racial Justice, Healing Ourselves and Transforming Our Communities Through Mindfulness, Rhonda V. Magee

Stay Woke, A Meditation Guide for the Rest of US, Justine Michael Williams

Love and Rage, The Path to Liberation Through Anger, Lama Rod Owens

Registering your class as online

Some of our teachers have asked how they can update their classes and specifically list them as Zoom or online classes.

Please log into the members area and on the homepage click on 'Manage Classes' In the title you will then be able to add Online, Zoom etc. Once complete this is then sent to central office for approval before going live. If you have any difficulties or queries please get in touch with: office@bwy.org.uk

The screenshot shows a member's profile page for Willfred CLARK. The page has a green header with navigation links: Yoga Classes, Events, Training, and Members. The profile information includes: Willfred CLARK, SCOTLAND > Manage Region, Membership Number: BWY-0025881, Membership Renewal Date: 31st October 2020, First Aid Expiry: 30th November 1999, and Member Type: Teacher. There is a link to > Manage your profile. Three large colored boxes display statistics: 0 events (with a Book an Event button), 0 classes (with a Manage Classes button), and 30/15 CPD Points Recorded (with a Log CPD Points button). At the bottom, there is a horizontal menu with buttons for Training, Safeguarding, First Aid, Certificates, Online Courses, Resources, Reports, eLearning, and Profile.

Sangha – for the love of yoga: 23-25 April 2021

Headline: James Boag



We are delighted to announce that James Boag will be headlining Sangha next year. James will be aligning his talk with 'Sangha: For the Love of Yoga' and mirroring our own ongoing work on inclusivity and diversity, with the opportunity for discussion at the end. We are thrilled that James will be hosting a storytelling session bringing to life some of the ancient yogic texts. And there will be the opportunity to be part of a kirtan session for which James he is renowned. All of James's sessions will open to a large audience to make them accessible to everyone at the event.

James has kindly shared these two links if you would like to find out more about his work:

[Click here to see Video 1](#)

[Click here to see Video 2](#)

More Teachers Confirmed



Following on from the list of teachers coming to Sangha, here is the next wave of confirmed teachers that will be joining us too:

Tarik Dervish - Ayurveda

Elaine Fletcher – Exploring natural range of movements

Fatou Le Feuvre – Kemetic African Yoga

Daniel Gelblum - Feldenkrais

Clare Gibson – Asana, Stronger Practice

Helga Gore – Asana, Deeper Practice, Meditation

Leanne Jones - Jivamukti

Zoe Knott - A physical practice to awaken and energise

Cormac Lennon – Kaya Sthairyam, Surya Namaskara, Nada Yoga

Dr Cathy Mae – Ayurveda, Social Injustice, Mindfulness

Anthea Sweet – Yoga Sports Science, Anatomy

Wendy Teasdill – Philosophy with Asana

Dawn Wesselby - Labyrinth

Ruth Westoby – History of Yoga

Bram Williams – Inclusivity: Hearing, Tibetan Kum Nye, Yoga stories

Rosie Wright – Asana, Deeper Practice, Inner Awareness

The full timetable and session details will be available in the autumn when tickets go on sale.

Creative Clinic

We know that a lot of you coming to Sangha are teachers and this year has been a difficult year to be in business so far! So, your BWY Creative Team will be hosting a Creative Clinic where you can ask questions about marketing, events, social media, websites, writing.

Market Place

If you run a business that aligns with yoga (or know someone that does), then please do get in touch with [Katherine](#) to book a stand in Market Place. And if you haven't been to Congress/Sangha, then you're in for a treat as there are going to be more exhibitors than ever before.

First Aid Training – Interim Arrangements

We recently published some guidance on this subject on the news page on the BWY website and on Facebook. The guidance hasn't changed significantly since – but I've subsequently completed the Training Express online course – which I've reviewed below – and some teachers have resumed face to face teaching of small groups.

As you know the BWY expects teachers to regularly update their First Aid training. The course recommended is the one-day 'First Aid at Work' course – which awards a certificate that is valid for 3 years. Although the course is not mandatory for insurance purposes – it is considered 'best practice' for all BWY yoga teachers to have this training in place at all times.

The HSE (Health and Safety Executive) guidelines on what this course will provide are as follows:

On completion of training, successful candidates should be able to:

- understand the role of the first aider, including reference to: – the importance of preventing cross infection;

- the need for recording incidents and actions;
- use of available equipment.
 - assess the situation and circumstances in order to act safely, promptly and effectively in an emergency.
 - administer first aid to a casualty who is unconscious (including seizure).
 - administer cardiopulmonary resuscitation and use an automated external defibrillator.
 - administer first aid to a casualty who is choking.
 - administer first aid to a casualty who is wounded and bleeding.
 - administer first aid to a casualty who is suffering from shock.
 - provide appropriate first aid for minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters).

BWY guidance on expiry of certification: with no face to face First Aid training being available at present – the BWY are giving the following guidance to teachers whose current certificates expire during the lock down period:

1. A 3-month 'grace period' is allowed – from the expiry date of current certificates
2. If possible – take an online course – which will tide you over for the time being. The links below offer reasonably priced courses:

<https://www.trainingexpress.org.uk/course/workplace-first-aid-training>

<https://www.gdrsolutions.co.uk/elearning/elearning-course-list#wfa>

Review of the online Training Express course – which I recently completed:

- It covers the full 'First Aid at Work' outcomes (above) – and more!

- The course is structured in 12 'modules' so can be approached in short bites – I would recommend doing 3 – 4 modules on each visit – roughly an hour each time – note that the earlier modules are much shorter!
- It took me more the best part of 4 hours to complete the whole course
- Like all the First Aid courses run by non-yoga tutors –much of the content isn't relevant to the yoga teaching situation – but could be useful in other emergency settings that any of us may encounter at any time
- Unlike a face to face training course – there is no opportunity to practice the techniques – such as CPR and bandaging
- To get the Certification you have to complete and pass the Quiz at the end.
- When ordering your Certificate – ensure you select only 'digital certificate' - which is free.
- Certification has no expiry date – but it's recommended to renew every 12 months

The HSE gives guidance for annual refresher courses – that could also tide you over – to include the following content:

- Assess the situation and circumstances in order to act safely, promptly and effectively in an emergency.
- Administer first aid to a casualty who is unconscious (including seizure).
- Administer cardiopulmonary resuscitation.
- Administer first aid to a casualty who is wounded and bleeding.
- Administer first aid to a casualty who is suffering from shock.

I've not had the opportunity to research these courses.

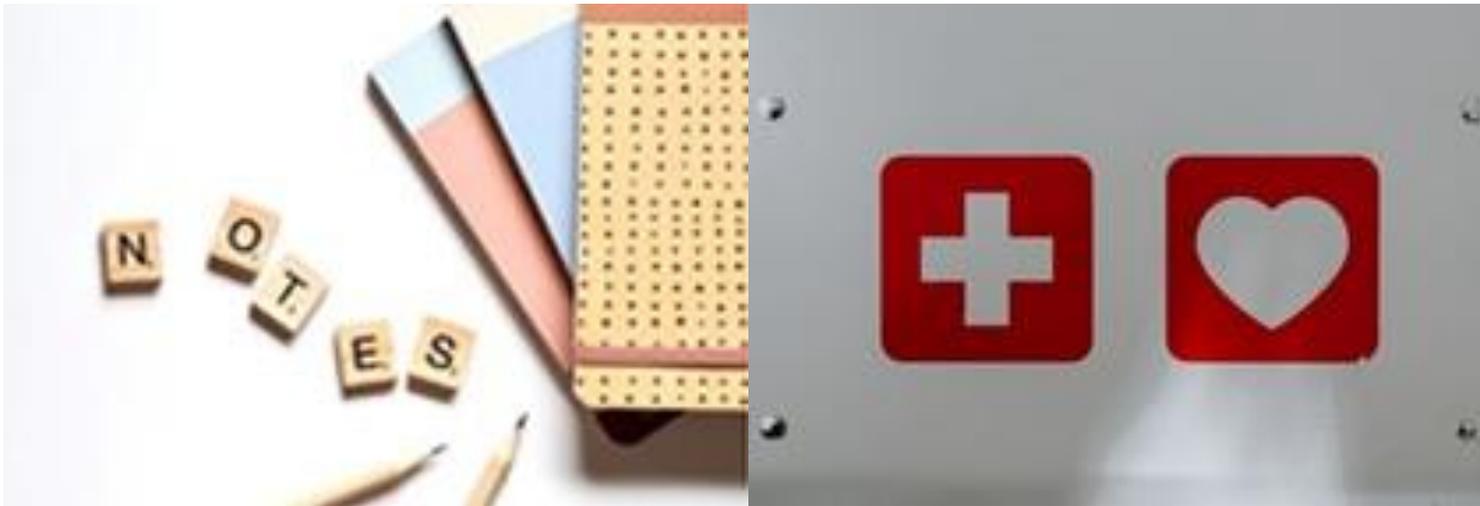
Current guidance from the HSE: It's always best practice to check the updated guidance at any given time. At the time of writing we are not permitted to teach in our normal halls or studios, but some teachers have resumed face to face teaching of up to 5 students outside whilst maintaining social distancing. If this is you – then please follow the link below to access the most up to date

advice: <https://www.hse.gov.uk/coronavirus/first-aid-and-medicals/first-aid-certificate-coronavirus.htm#non-healthcare>

Online teaching: We have been asked if First Aid certificates are still needed when we are only teaching online. The answer is YES – as this is still ‘best practice’.

First Aid post-Covid: I suspect that the expectations of a First Aider will be amended as a result of the pandemic – but we don’t know what this will be as yet.

Eve Douglas Assistant NISTO



<https://www.bwy.org.uk/covid-19/>

CIMSPA

REPS is now merged with CIMSPA. Those of you who are REPS members and have paid your membership already should have received an email advising you of this change. If you have not had an email but are a REPS member, please contact 03438360200 and speak to CIMSPA direct to ensure your contact details are correct and that they have you registered.

We are in the process of signing up as a partner with CIMSPA to enable you to continue to benefit from a discounted membership and preferential CIMSPA CPD requirements however this will take a short while to complete the paperwork etc. In the meantime, if you have paid for your REPS membership in June, we will refund the money direct to you as, going forward we understand that you will pay CIMSPA direct. Once the system is in place, you should receive an email from CIMSPA asking you to pay your membership.

Nottingham Health Survey

We mentioned a while ago that The University of Nottingham are undertaking a research project which aims to map the characteristics of yoga providers, the content of their sessions and the type of students attending. Unfortunately, as yet they haven't received sufficient responses to this to make it a tangible study, so if you could spare ten minutes to complete this we would be grateful.

If you complete the survey you will be entered into a prize draw to win £100.



All answers to the survey are completely anonymous. To access the survey please click [here](#).

Ekotex



We really hope you've had chance to check out our new shop and Ekotex have already seen orders coming in which is great news. Not only are their products eco-friendly and sustainably produced but they offer up to 50% off for BWY members. In this month's Yoga Now, we want to highlight their fantastic range of cork products.

Cork blocks and bricks are heavier and more firm feeling than foam ones and look wonderful at home or in a studio setting. They also have rounded edges for added comfort and their non-slip texture is perfect for supporting and aligning the body.



Cork wedges and mini wedges are made from sustainably sourced, natural cork in the EU. A useful prop to insert under the heels in downward dog, or to place under the wrists to ease pressure on the joints. These blocks are durable, lightweight and extremely comfortable.

Mini cork wedges are pocket-sized props for the yogi on the move. Great under the hands to ease tension on the wrists. Pop-under your heels in a downward dog if you are struggling to ground to the floor. Non-slip, softened edges and natural materials provide optimum comfort.



Cork Sphere: Massage balls are simple, powerful tools for muscle release. Our massage balls are formed from Portuguese cork. Simple and versatile - use for targeted pain relief or to enhance blood flow. Roll over or under limbs, shoulders, neck and back.



Cork Peanut Roller: A natural cork alternative to a foam peanut roller. Peanuts are usually used to release the upper back and can also be used to release down the length of the spine, the thighs and calves.



Please click [here](#) to view the range of cork products and see what else is available in the shop.

Social Media Update

We've had a great response from all of you submitting blogs, research and articles to be shared - so thank you and please continue to do so. Please send your emails to digital@bwy.org.uk.

We are developing our relationships with other health and wellness businesses - our first Facebook Live with guest speaker Emma Ellice-Flint on menopause & nutrition was a huge success and I know lots of you have been in contact with Emma since the live directly.

Our next speaker will be Lisa Pauley. She will be giving us a mid-week taster, showing us how we can 'Replenish and Reset', demonstrated through Sound Healing. This will be taking place on Wednesday 8th July at 3pm, we hope you can join us.

Laura Cottrell



New Midlands webpage

East and West Midlands members can now view and book events, read regional news and access their committee members via a brand-new webpage. We have a variety of online and hopefully face to face events later in the year ready for your perusal, so do go and check it out [here](#). As part of the new look page, we'd love to highlight the delights of the Midlands with a new photo or two so please do [send](#) your favourites across to us.

Georgie Darby: Marketing Manager BWY
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