



THE BRITISH WHEEL OF  
YOGA  
For your lifelong yoga journey

## Yoga Now October 2020



Dear BWY Members,

Welcome to October and yet another jam-packed edition of Yoga Now. We are aware that these 'newsletters' are sometimes lengthy, but the team have been so busy, and we are keen to share all the updates and developments with you.

We hope you are enjoying the change of season, the transformation of colour all around. I love the Autumnal months. As the days get colder and shorter sometimes it's hard to muster up the same levels of motivation as in the summer, but we have some great courses and modules that we hope will inspire you.

We are thrilled to announce that the Sangha website is now live, and we have such an incredible event lined-up. Tickets are in high demand so hurry to book your place today.

Don't forget to keep checking out our shop with over 30% discount for BWY members it's a great place to stock up on essential equipment.

Thank you to everyone who contributes to this newsletter and please remember if you have any stories or pictures you would like featured either here or on social

media please do send them my way. Please also feel free to share our newsletter with anyone else you feel would be interested.

Featuring this month:

- Sangha 2021 – For the Love of Yoga
- Dementia Friends and GYY – Gillian Osborne
- Social media
- Survey Monkey
- A conversation with my teacher – Wendy Haring
- Media and publicity
- An apology
- Ekotex



## Sangha 2021 – For the Love of Yoga

23 – 25 April 2021.

The Sangha website is now live, please click [here](#) for more information and to book your tickets

At the time of writing there is only one early bird discounted ticket left so if you haven't booked yet you need to hurry. Don't forget, once you have booked your tickets to make your session selections to ensure you get the ones you want.

From our previous emails you will know we have a fantastic new venue with lovely accommodation and facilities. It will be a full and fun weekend, packed with a programme of classes, workshops and talks.

If you and a friend are coming along, we have the option to share a room, a great way to save and enjoy the weekend together.

All sessions are live and can be booked and amended online up until 5pm on 14th April 2021. If you wish to make changes after this, please visit the BWY Helpdesk in Market Place at Sangha.

We understand the uncertainty of Covid and are pleased to let you know that in the event that we have to cancel Sangha you will receive a 100% refund.

**Full ticket (Early Bird) £300**

**Full ticket £335**

**Full ticket (for two, sharing) £530**

**Saturday day tickets £115**

**Friday and Sunday day tickets £100**



## Dementia Friends & GYY – Gillian Osborne

Some years ago, the BWY registered with the Alzheimer's Society to enable members to participate in the Dementia Friends Initiative. This Alzheimer's Society programme is the biggest ever drive to change perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition. One of the ways in which you can participate and help is to complete the online training, and we are pleased to have the BWY website link for this training up and running again, so that BWY can be more active in supporting this very important work.

Become a "Dementia Friend" by watching the short online video and understand the simple ways in which you can help. From telling friends and family about the programme to visiting someone you know living with dementia. Every action counts, however small. The BWY code to enter before watching the video so that you can access the training and become a registered dementia friend is **BWY123**.

The BWY Gentle Years Yoga (Ofqual level 4) teacher training course includes study of the condition and training in how to enable those who are suffering with dementia to receive the benefit of yoga, in classes that are specifically designed for older adults with age related conditions. Teaching students with different health conditions and many with co-existing health issues requires knowledge, tact, skill and creativity. In a world where population ageing is now a megatrend, requirement for such teachers will undoubtedly continue to increase. The GYY course incorporates both the knowledge elements of age-related conditions, along with the practical application of appropriate teaching methods. Having done this training myself I can vouch for the depth of its content, which is stimulating, thought-provoking and engaging. It has developed me as a teacher and given me a valuable insight into the daily reality of living, for those older adults with debilitating illness. The current research project that is trialling our GYY course at York Trials Unit is considering whether this program can help increase health, wellbeing and quality of life. The trial is funded by The National Institute of Health Research and is the largest study of yoga conducted in the UK to date. We are delighted to welcome Professor Garry Tew who is leading the research team to speak at Sangha in 2021. In a two part lecture session he will be presenting on the GYY program and trial and I will be speaking more generally about how yoga might be beneficially included within healthcare as well as giving an overview of the GYY teacher training course.



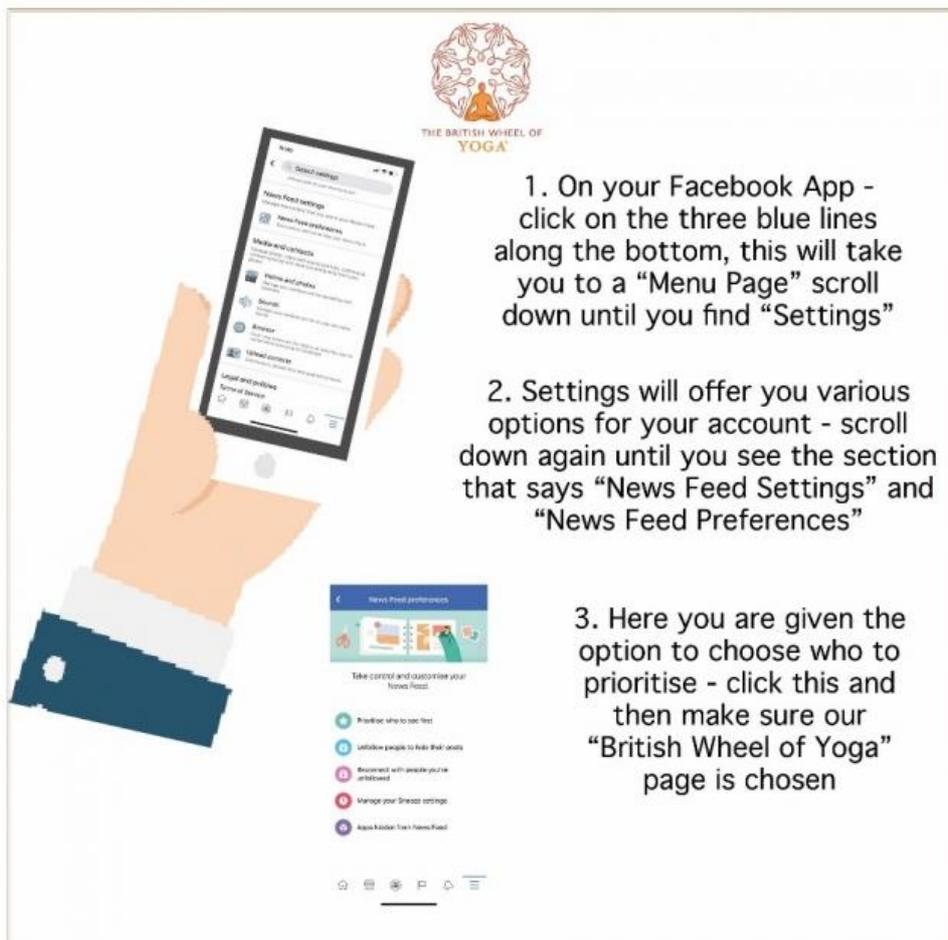
For educational videos about dementia please click [here](#) and use the code **BWY123** or click [here](#) to visit the dementia friends website.

## Social Media

Thank you to those of you that follow and engage with our social media, we know especially during the last few months it has been a crucial part of communications for many of you.

We hope to continue a variety of conversations on our Facebook page and into the new year will be introducing Facebook Live discussion forums, this will include a live panel discussing relevant and topical issues – with the facility for you to join the debate too. More information on this to follow!

A few people have said they keep missing posts from us online – please make sure in your settings you do the following and of course keep engaging with us....



  
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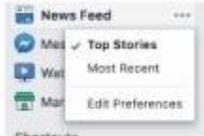
1. On your Facebook App - click on the three blue lines along the bottom, this will take you to a “Menu Page” scroll down until you find “Settings”
2. Settings will offer you various options for your account - scroll down again until you see the section that says “News Feed Settings” and “News Feed Preferences”
3. Here you are given the option to choose who to prioritise - click this and then make sure our “British Wheel of Yoga” page is chosen



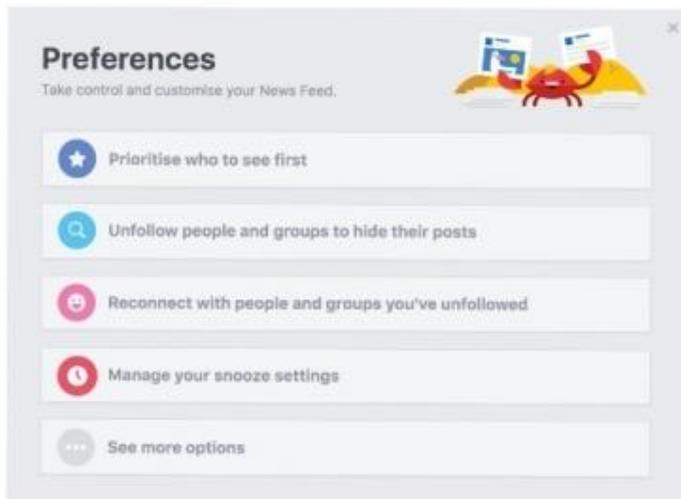
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1. On your homepage or news feed area click the three little grey dots that appear next to “News Feed”



2. From the drop down choose “Edit Preferences”



3. Here you are given the option to choose who to prioritise - click this and then make sure our “British Wheel of Yoga” page is chosen

## Survey Monkey



We last conducted our last large membership survey in 2019 and we had a great response. The top items asked for were as follows:

- Implement a better shop particularly one with ethically sourced products
- Look at our diversity and inclusion
- Provide better business and practical information
- Improve the website

We know we still need to review our website and once our brand and identity work is complete that will be the next priority, but we have certainly begun to set the wheels in motion across the other areas.

Hopefully, you should have now received another survey from us. We would be really grateful if you could take the time to fill this in; it will enable us to understand our member's needs as we discuss renewal with our insurers as well as giving us valuable insights for other areas.

Thank you

## Conversation with my Teacher – Wendy Haring

In the light of all the buzz about cultural appropriation, and so many not being sure what is appropriate and what not, I decided to invite Nrithya Jagannathan, the Director of Studies at the Krishnamacharya Yoga Mandiram In Chennai to join me in a conversation to help give us some clarity. I hope your questions will be answered.

You can find the link to the recording [here](#)

Access Passcode: 2db?7kH=

It will also be available on our Facebook Page and on the carousel on our website.

Wendy Haring

BWYT Chair

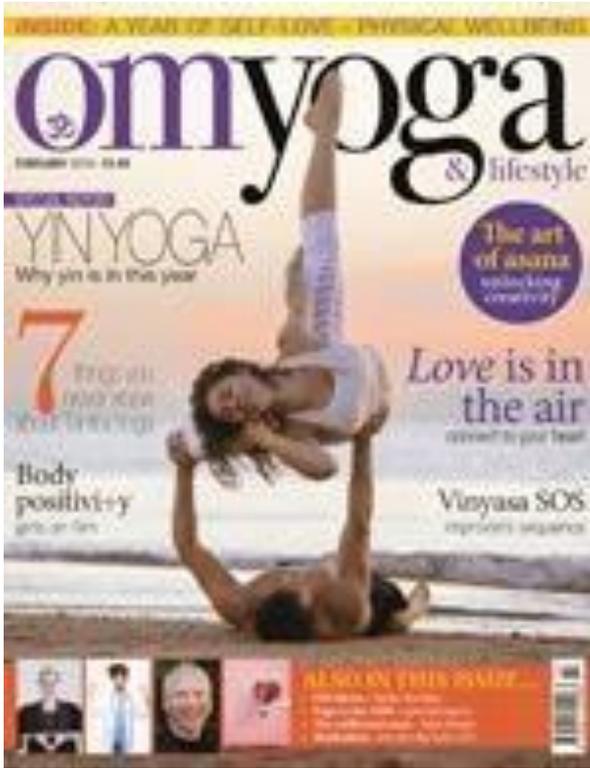
## Media and Publicity



The team are about to embark on media training so we can learn about how to get our stories published/broadcast and how to give the most effective interviews. This will help us build national and international exposure.



We have provided comment for the Eastern Eye newspaper around anxiety and how yoga can help. You can read the full article [here](#):



We are pleased to be advertising our Teacher Training courses in the November edition of OM magazine. We are also talking about our Acts of Kindness initiative and how we have helped our members during Covid. We will, of course, share with you when this becomes available.



A big thank you to Belinda Emberson who has provided online teaching clips which will be shared at the Sports and Recreation Alliance Annual Conference.

## An Apology

It is gratifying to see Deana's creation of the "Social Justice" pages within Spectrum coming to life. This will be a regular platform to bring topical issues into the spotlight and provide space for members' experiences, contributions and concerns.

Exactly how to handle these subjects with sensitivity and expertise is something that we are all still learning and exploring. Whilst the articles themselves have generated a great deal of positive and gratifying feedback, it has been constructively brought to our attention that elsewhere in Spectrum there is a Jois quotation which might be seen to be supporting a controversial teacher and inadvertently undermining victims. This was an oversight and we apologise if it has offended.

We endeavour to provide space for inclusive debate with an open heart and good intent. There is nonetheless a very fine balance to be struck and we are still fine tuning. Although the inclusion was inadvertent, we do recognise that some may have found great benefit from the work of controversial yoga teachers and we have no wish to undermine those experiences either. We hope that you, our members, will bear with us as we step into challenging territory, knowing that we

seek to support all of you within our yoga community, wherever you are in your personal journey.

In yoga,

Gillian Osborne (Vice Chair)

## Ekotex

### FROM THE BEGINNING

When I was two years old, I made my first trip with my Dad to London. Dad had started training at the London College of Furniture and was proudly bringing his daughter along for the day. I remember lots of strong noisy women laughing - and my Dad making the jokes!



By the time I was five, we had moved to a bungalow in the country where my Dad had built his workshop and would split his time between his stay-at-home Dad jobs and furniture restoration. I remember the sound of tacks being hammered, the smell of cotton, and a pencil forever behind Dad's ear. He worked away, restoring and upholstering furniture for over 15 years.

When I reflect on it, I see how alike we are. Dad has given me the confidence to work for myself - it feels normal to me.

Thirty years on, we are working together. My parents are self-isolating, which means my Dad needs to work from home. UK made products have always been on the horizon for us, and it is the ultimate move towards full sustainability. And, who better to explore and develop this with than the best craftsman I know.

### OUR MATERIALS AND PROCESS FOR PRODUCING BOLSTERS

The inner is made from 100% cotton, we aim to upgrade this to 100% organic cotton as soon as the global lockdown allows. Currently, the only country we can obtain organic cotton from is China, which would go against our objective of keeping things local. We thought about hemp too, but again, it all seems to come from the Far East. We use a minimal amount of zipping on the end of the bolster, to allow you to top up or loosen your bolster as you wish.



We have selected a high-quality linen-cotton union for the outer cover of our bolsters. Linen is made from flax, which requires minimal (if any) pesticides and requires far less water than cotton. Our fabric is spun, woven and dyed within the EU.

The fabric is delivered to Lincolnshire, where it is cut and prepared by my Dad (my Mum helps with this bit too.) The outer cover is secured by a cotton drawstring. We decided on this over a zip for a couple of reasons: (a) we think it looks nicer (b) it reduces the amount of plastic zipping. It is also easier to remove the cover too! The covers are then wrapped in brown paper, packed in cardboard boxes sealed with paper tape, and shipped up to Edinburgh.

## **BURSTING WITH NATURE**

We've chosen organic spelt husk as the filling for our new bolsters. It moulds to the body in the same way as buckwheat hulls, but it is approximately 25% lighter. The majority of the bolsters sold in the UK are filled before they get here. With cotton, foam or buckwheat. Whichever filling is used, there is an environmental cost of shipping heavy and bulky items overseas. Our spelt is grown here in the UK, and we use just the husks to fill.



We fill our bolsters within our Edinburgh warehouse, which means we've created additional work and income for our team in the UK. We use a stand and a hopper to fill the bolster, this then needs a few shakes before weighing and the final top-up. Once the bolster is checked and filled, we wrap with brown paper and store it - ready for you to order.

## **Upcoming Courses and Events**



Please check with the course tutor if the course will be held at a venue or online. If held face to face social distancing guidelines and appropriate sanitising measures will be implemented.

Courses 17th October- 5th December 2020

## **BWY FOUNDATION 1 COURSES**

- 18th October: With Janet Bond: Samtosha Yoga Studio. BN9 9DY
- 25th October: With Lucie Landau and assistant Anna Knowles (online)
- 7th November: With Sunnah Rose: East Finchley, N2 0TH
- 21st November: With Jacqui Jones: Castleford WF10 2DJ
- 28th November: With Hana Saotome: Islington, N7 0SF

## **TEACHER TRAINING**

- 17th October: BWYQ L4 Diploma in Teaching Yoga (RQF) with Wendy Teasdill: BA6 9EJ
- 17th October: BWYQ L4 Diploma in Teaching Yoga (RQF) with Pamela Ann Barton: PR8 6DG
- 17th October: BWYQ L4 Diploma in Teaching Yoga (RQF) with Robyn Creighton: NE3 2SW
- 7th November: BWYQ L4 Diploma in Teaching Yoga (RQF) with Angela Ashwin: EX1 1QP

## **MODULES**

- 18th October: BWYT Meditation Module with Kay Baxter: BS18 1PY
- 31st October: BWYT Integrating Philosophy into Classes with Angela Ashwin: BS8 1PY
- 14th November BWYT Pregnancy Module with Judy Cameron: SW16 2DZ
- 14th November: Yoga Therapy Module. The Essentials with Judy Hirsh Sampath: Online
- 20th November: BWYT Insomnia. Yoga for Restful Sleep Module with Judy Hirsh Sampath: Online

## **EVENTS**

- 17th October: Online-Hypermobility – finding the middle way with Susanne Lahusen
- 17th-18th October: Song of the Heart. An IST/CPD Yoga Retreat with Rajesh David (online)
- 31st October: CPD The Anatomy of the Breath with Gary Carter (online)
- 1st November: Understanding the Impact of the Golden Years on the Body with Gary Carter (online IST)
- 7th November: The Mental Element and Daoism with Kalpana Tagore (online)
- 14th November: Exploring Arm Balances (online) with Zoe Knott
- 14th November: You and your Gut: The effect your yoga practice can have on your gut – to heal, nurture and revitalise with Eleana Voyce (online)
- 20th November: A Fresh Look at Yoga Class Asana with Zoe Knott (online IST)
- 22nd November: Working with Charkras (online IST) with Tarik Dervish
- 5th December: For the Love of Yin with Zoe Brown (online)

With warm wishes.  
Namaste



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