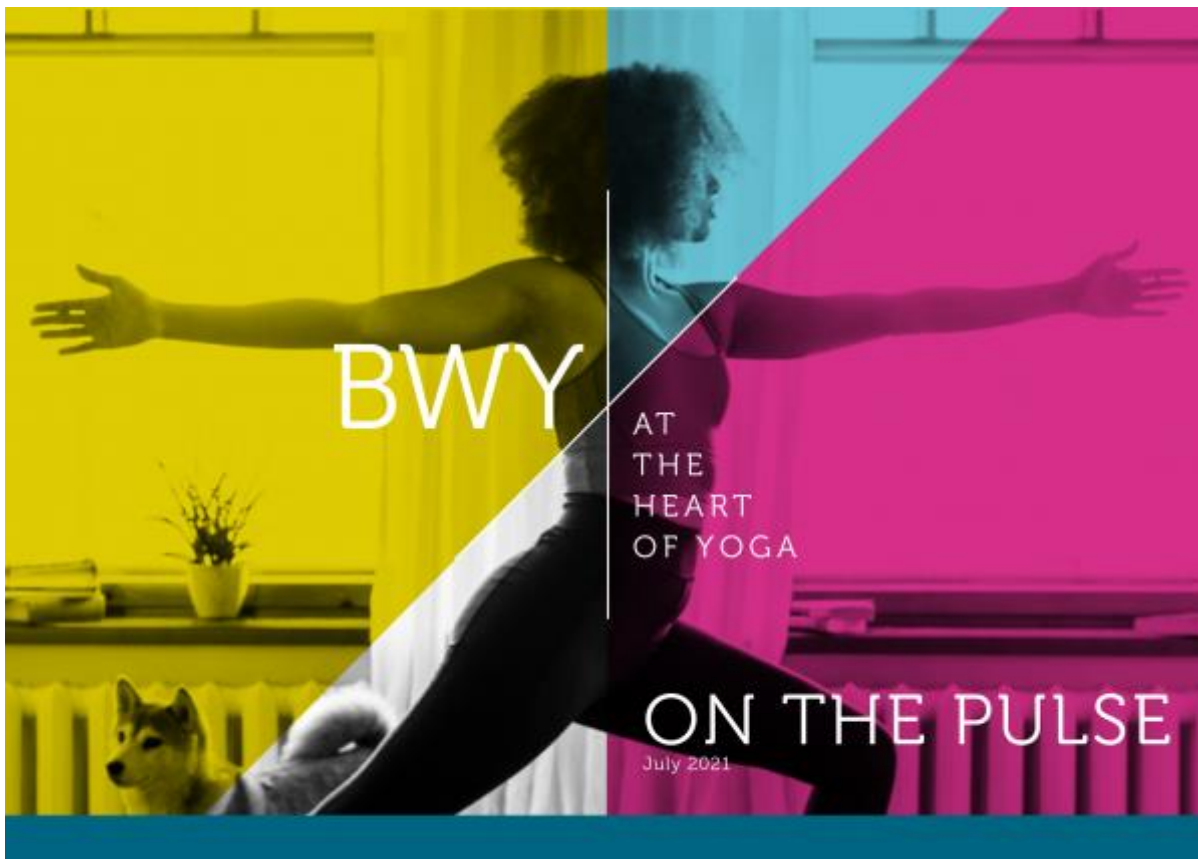


You are receiving this email because you are a member of The BWY.

[View the online version](#)



*Dear Members,*

It's so refreshing to see some sunshine and enjoy long evenings with friends and family. We hope some of you were able to attend our IDY event on 21 June 2021. Don't worry if you couldn't make it, the recordings are still available on our website; our huge thanks to all who recorded videos or participated.

Don't forget you have until 15 July 2021 to apply for the Wilfred Clark Bursary, please get in touch with the office [here](#) for more information.

We hope you enjoy this edition of OTP and as always please do keep your stories and pictures coming, you can send them to me [here](#). Please let us know if your email or postal address has changed to ensure you receive the latest BWY communications.



## AGM

If you haven't already heard a date and time has been set for the re-scheduled AGM on **Saturday 17 July 2021 at 14:00**. The notice for the AGM can be found under the reports section of the member page.

In order to meet our quorum requirements, we require a minimum number of 50 members present in person or by proxy (and entitled to vote upon the business to be conducted at the meeting). Due to the current Covid-19 restrictions, and as the health of our Members is of paramount importance to us, we ask that Members do not attend in person and we strongly urge all Members to register their vote in advance by appointing the Chair of the AGM as their proxy to vote on their behalf at the AGM. Further details are set out in the notes to the Notice.

There will be a zoom conference call option, to allow you to join the AGM remotely, so please keep an eye out on our members page, your emails and via post for further information about this over the coming weeks.



# *First Aid Certification and Training Update*

At the time of writing, we are still waiting for the final lockdown restrictions to be lifted in all nations of the UK. Changes over the last few months have enabled us to begin opening up our training opportunities, with some CPD and other events reverting to face-to-face settings.

Our insurers have also now confirmed that First Aid Training days are able to resume, in-line with current Covid-19 guidelines, BWY guidance and best practice, which is published separately on our website. However, in-line with the shift in insurance policies regarding communicable diseases, BWY insurance does not provide cover, in respect of public liability, for trainers/students contracting Covid-19 in whilst attending First Aid Training days.

Until further notice the following advice still applies:

- Best practice continues to be that all BWY teachers and student teachers keep their Emergency First Aid at Work (EFAAW) certification updated every three years.
- The 'grace period' to renew First Aid certification is extended to 30 September 2021.
- It is strongly recommended that all BWY teachers take a 'refresher' course – either online, or by distance learning, which generally gives a year's certification from the date of the course.
- It is strongly recommended that all student teachers and newly-qualified teachers who have recently started teaching but have not yet had the opportunity to attend a EFAAW course – complete an online or distance learning First Aid course.
- **Teachers and student teachers are expected to update their full EFAAW certification as soon as possible within the year of their refresher/one year certification.**

For now, it's a personal choice as to whether you decide to attend a face-to-face First Aid course or rely on the distance learning or online refresher course. Regional First Aid events must adhere to the current guidance as published on the BWY website.

**Eve Douglas**  
**BWY CPD Officer**

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## *BWY goes to the House of Lords!*

It was both a pleasure and a privilege to give evidence to the House of Lords Select Committee on Sports and Recreation on 23rd June this year. The Committee were interviewing representatives from a number of organisations with a view to gathering information in order to formulate a national proposal for Sport and Recreation. As Vice Chair of BWY I was asked to take part and it's the first time that yoga has been included in

anything of this nature before; so a celebratory recognition of the vast amount of interest and participation in yoga at the moment, as well as the benefits it can deliver.

Inclusion, equity and diversity were big on the agenda as was funding, mental health and the effects of Covid-19. There were some really interesting questions, helpful information and some useful follow up that will come out of it, which is great news for all sports and recreation but particularly grass roots and hopefully small charities like ours. Thanks to Georgie for getting me up to speed on the marketing, and Helen on the finances in the interview prep stages. Gracious thanks to the Committee who were very welcoming and accommodating of a House of Lords newbie and thanks to my fellow panelists Marcus Kingwell and Clive Copeland. It was broadcast on Parliament live but you can watch the recorded session on this [link](#). we are on at 16:30.

**Gillian Osborne**  
**BWY Vice Chair**



## *Yoga, Pride and the LGBTQIA Community*

Yoga teacher Emma Conally-Barklem discusses the inclusivity and space for the LGBTQIA Community in yoga. Read what she has to say below:

June is Pride Month, a celebration of the diversity of the LGBTQIA Community but Pride is also a protest, a demand for the rights and wellbeing of people who identify themselves as lesbian, gay, bisexual, transgender, queer, intersex and asexual. Within such a broad category there is much diversity including people of colour who face the double barriers of structural racism as a result of white privilege as well as identity-

based discrimination which can limit access to economic and social structures such as paid work and health care.

Any celebration of Pride should be inclusive and intersectional, reflecting and representing all members of society but this is not the case. As always, there are narratives within narratives which cannot be captured in the symbolism of rainbow flags and individual expression. These symbols although important can mask the ongoing struggle for acceptance, validation and the very real socio-economic barriers that face this community in all of its diversity. This can also be seen in the cis gender (people whose gender identity matches the sex they were assigned at birth) white majority affluence of wellness spaces in the Yoga world. These spaces can be an intimidating place. For example, if a person who identifies as intersex arrives to practice, they are met with registration forms which don't reflect their choice to use plural pronouns, and this is before we get to the issue of changing rooms and rest room facilities. Many people who don't have the traditional appearance of what a female or male looks like according to societal norms have faced discrimination when asked if they are in the correct rest room or even been met with outrage and subsequently asked to leave.

Maybe the question needs to be asked: Are we really welcoming and accepting of all who wish to practice yoga in these spaces in terms of their practical needs?

To continue reading this article please click [here](#).



*Bonding Through Yoga*  
*Matt Appleby*

Having children has completely changed my approach to practice. My little ones are five and two, lovable rogues who constantly invite the challenge of 'playing the edge' with the practice of patience!

Prior to parenthood I would often spend hours practicing asana each day. On reflection, it was quite a luxury! Nowadays, five minutes of simple asana can feel like a real gift. Perspectives and priorities change. My personal practice has shifted towards pranayama, the quietness, and restorative qualities of yoga nidra and yoga off the mat. As responsibilities and children grow, so might your approach to practice too. Initially acceptance of this and ultimately contentment with it is the key here. I haven't forced yoga into my children's lives, but they have certainly benefited from my own practice in their presence.

When they were babies, I would often chant to them. The simple yet powerful chant of Aum is enough to silence a fractious, crying baby. Hold them close to your chest to allow them to feel the vibrations and see their reaction. Ujjayi also has a mesmerising meditative effect on little ones. Whilst being very calming and soothing for an overwrought parent, it can have a similar effect on an upset child too.

As they became mobile, I would regularly practice as they played. This was a fixed morning asana sequence which would end in a cross-legged seated position. After a short time, they both learnt the sequence and knew the opportune moment to crawl and sit in my lap. A really beautiful experience. As my eldest grew and became more mobile he would often hit me with a book (or worse) to get my attention before that golden moment of quiet sitting. Practice is ever evolving, and parenthood is ever challenging.

One of my fondest and funniest of memories is of my eldest mimicking me in urdva hastasana. When I enquired on what he was doing, he replied "doing yoga like you Daddy" whilst grinning like a Cheshire Cat.

From an Ayurvedic perspective, childhood is the Kapha time of life. This evokes the qualities of deep unconditional love, understanding and sweetness that are true expressions of Kapha. Fostering these qualities is paramount in early years development, but also essential to apply to your own self-care routine. Love yourself more, seek to understand more and enjoy the sweetness of life in all its forms.

If I were to choose one Yama and one Niyama to practice and guide your inquiry as a parent of young children, they would be:

- Brahmacharya, take great care with your energy.
- Santosha, practice contentment. Everything in this moment is perfect. You are exactly where you need to be.

Take care, fellow parent!

Yours in Yoga, Matt

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## *Returning to Face-to-Face Teaching*

The yoga community has responded to the challenges of Covid-19 with adept agility and resilience and as the UK moves back to a sense of normal living, BWY London wanted to create a space for those teachers who hadn't been teaching during lock down.

We offered a space to come together in discussion, support, and practice. The day unfolded by acknowledging that although we might appear to be a pretty resilient community, the global pandemic didn't bypass us, and that the weighted fabric of universal fear, stress, illness, and grief was huge and indeed still there.

At the start of the pandemic there was pressure for yoga teachers to move their classes onto zoom, however, for some newer teachers this proved easier said than done, as without an established client base or the support of a studio there were no students to teach.

And what about those teachers who lived in a busy and fuller household or perhaps didn't have a garden or extra space to teach from? Some teachers taught with charities or a specialised client group whose funding was cut and therefore the classes too. The Zoom platform and paraphernalia required accentuated the economic disparity of a section of teachers and groups, highlighting that this way of teaching wasn't accessible or inclusive to many.

Face-to-face teaching is the primary mode of teaching for some of our teachers and some haven't taught for over a year now. We discussed how it might be... nerves, excitement, and people! We did some practice teaching – a shared moment as we each found our voices again, observed each other's practice and also had a bit of fun. It was wonderful to have a dedicated space to be together in the community, share thoughts and ideas as well as listening, hearing, and acknowledging each other. All of which

helped a little bit with confidence as we had a shared experience knowing that we are not alone.

Yoga Teachers remember to take good and kind care of yourselves.

**Laura Le Feuvre**  
**Regional Training Officer**  
**BWY London**

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## *Social Media Update*

We hope you all enjoyed our International Day of Yoga 2021 celebration. It was lovely to see so many faces be actively involved – it definitely was a blast for us! We wanted to say a massive thank you to all our volunteers who took part in the Eight Limbs of Yoga videos; it was wonderful to see and hear so many participants sharing their thoughts and personal experiences with yoga. And of course, a massive thank you to our own BWYT Chair Wendy for her wonderful chanting video.

In honour of Plastic Free July, we here at BWY would like to ask you our members to send in pictures of how you are taking part. This month the Creative Team at BWY are getting involved by upping their recycling game, picking up plastic litter in our local areas, and buying plastic free items. We would love to see how you're participating. Please tag us with your pictures to @britishwheelofyoga (Instagram) and @BritishWheelofYoga (Facebook).



We are excited to announce that we are planning on bringing more Facebook Lives onto our Facebook platform that will cover a wide range of topics that you, our members, would like to see. Please do drop us an email [here](#) to give your suggestions.

Finally, we wanted to ask if there is anything specific that you would like to see on our social media pages? Once again please send your suggestions [here](#).

Have you followed our social media pages yet?

Instagram: [@britishwheelofyoga](#) and Facebook: [@britishwheelofyoga](#)



## *Gentle Years Yoga Update*

Thank you to everyone who responded to the GYY articles in the May edition of OTP and has been in touch with Audrey or me about the next rounds of GYY training starting in July and September.

Both Audrey's course and mine will initially run as the BWYQ Level 4 Award in Understanding the Principles of Adapting Yoga for Older Adults. This is a 42-hour e-learning course for £300 which includes formative assessment via BWYQ's e-learning resources and BWYT summative assessment of Level 4 written assignments. Having completed the Award, students can then opt to take a break before progressing to the BWYQ Level 4 Certificate in Teaching Gentle Years Yoga.

Progression to the skills-based 84-hour Level 4 Certificate in Teaching Gentle Years Yoga for £340 includes 25+ face-to-face hours with a GYY

Tutor (currently via Zoom), followed by course planning, delivery, assessed class teaching, and completion of two detailed case studies.

The knowledge-based Award is a stand-alone regulated Level 4 qualification for anyone who chooses not to progress to the Certificate. This may be attractive to teachers who've already completed a non-regulated skills-based module or training course that covered chair yoga adaptations.

News of the benefits of GYY is spreading and we have already been asked to recommend GYY trained teachers for statutory, charity, and community organisations in several towns and cities across the country.

If you'd like more information and/or would like to be on our shared interest list for future GYY courses, email me [here](#).

**Eve Douglas**  
**BWY DCT, GYY Teacher and Trainer and BWYT GYY rep**



## *Free Yoga Classes For The Homeless*

Three local organisations have come together in a unique collaboration to offer FREE yoga classes to homeless people in Worthing in memory of a local yoga teacher: The Jill Jones Memorial Yoga Programme.

Jill Jones from Worthing was a long-standing teacher with the BWY, but sadly passed away in 2019. She was a much-loved yoga teacher in the Brighton and Hove/West Sussex Area for 40 years. Brighton Yoga Foundation was deeply moved by the unexpected donations from family and friends and established a suitable memorial in her name.

Brighton Yoga Foundation is a registered charity that works across Sussex to bring yoga to those who would benefit greatly from yoga classes but do not usually have access to it. They have teamed up with Turning Tides, the largest homeless charity in West Sussex. They have been supporting rough sleepers and homeless men and women for over 29 years. These classes

will be facilitated by Salt Water studios who offer a range of yoga and well-being activities in Worthing.

Classes will launch on 25 May 2021 and continue on a weekly basis until the end of summer. They will be taught by Nathalie Wilhelm, a much-loved yoga teacher with specialist training and experience in this area.

For more details click [here](#).



## *Ekotex*

### **Our new branding**

We inherited our old branding long before we had formed the ideals and ethos of Ekotex yoga. So, with some help, we have changed our logo and colours and clearly defined our mission statement so that people can see who we are and what we believe in – and ultimately help us continue doing what we do.

**Our vision - 'Yogis around the world will practice with sustainable props in complete balance with their beliefs and their planet.'**

With the new branding we are going to launch a wide range of new products that represent our ethos and aesthetic more than ever. From now on the BWY members will be able to choose among new colours, sizes and sustainable materials for mats and props – with many surprises. In short, better products for incredible prices!



We chose a Spiral as our new logo because this shape is present throughout nature and beyond, throughout the universe. Spirals symbolise many things and our recognition of the spiral as an important shape goes back centuries. We see them commonly in Celtic culture – and our spiral honours our Scottish home. Others look at our logo and see a yoga mat rolled up or the letter 'e.' Our logo represents our mission – **"To help people who live and breathe yoga practise in a way that's kind to the planet."** It is something we are proud of, and we hope you like it!

For more information, please visit [here](#).



## *Courses and Events*

### *16 July – 16 September 2021*

Please double check the venue with the Course Tutor as some courses and events are still being held online. Do also note we are only listing those events that at the time of writing have availability. It is worth checking on the website too as there may be last-minute cancellations on additional courses/events.

## **BWYT Foundation Course One**

- 18 July 2021: Michelle Griffiths (in person at S70 6HL).
- 4 September 2021: Brenda Ward (in person at FY8 5JY).
- 5 September 2021: Paul & Steve Smith (online).
- 5 September 2021: Hayley Gumery (in person at H15 2DE).
- 5 September 2021: Janice Procter (in person at PE28 5NU).
- 11 September 2021: Kim Pierpoint (in person at SN10 2LT).

## **Teacher Training**

- 17 July 2021: BWYQ L4 Progression course in Yoga Teacher Training with Lucie Landau (online).
- 17 July 2021: BWYQ L4 Diploma in Teaching Yoga (RQF) with Jane Cluley (in person at YO61 2NS).

## **Modules**

- 19 August 2021: BWYT Menopause Yoga Module with Petra Coveney (in person at BN8 6LL).
- 4 September 2021: BWYT Yin Yoga Teacher Training Pilot Module with Gillian Cawte (online).
- 7 September 2021: BWYT Menopause Yoga Module with Petra Coveney (in person at N6 5JG).
- 11 September 2021: WYT Yoga Therapy Module: The Essentials (60hrs) with Judy Hirsh Sampath (in person at N1 7LJ).

## **Events**

- 17 July 2021: Integrating the pregnant student into a general class with Judy Cameron (online). Please click [here](#).
- 7 August 2021: Online Workshop 21/31 WS3 Inspire your practice with Zoe Knott (online). Please click [here](#).
- 14 August 2021: General – The Mystery and Magic of Fascia (in person BN27 4JX). Please click [here](#).
- 4 September 2021: Walk for life with Marye Wyvill (in person at NP11 6BH). Please click [here](#).
- 12 September 2021: Introduction to Qigong for Yoga Practitioners with James Rafael (online). Please click [here](#).
- 12 September 2021: First Aid 12/09/21 with Dr Barratt Bee (in person at LL12 0HE). Please click [here](#).
- 12 September 2021: Teacher Forum with Yinka Fabusuyi (in person at SW 1W 9XL). Please click [here](#).

Wishing you all a wonderful summer and enjoy your practice.

# Namaste

Georgie Darby:  
Marketing Manager BWY

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