NamaStE – 'Breath' 2017

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NamaStE

‘Breath’ 2017

Breath: the essential life-giving force that sustains our being and affects both mood and sense of wellness. This vital energy, known as prana, is the essence of life itself.

This edition is named ‘Breath’ thanks to an excellent suggestion from our competition winner (see Notice Board for details).

I hope you will enjoy the diverse range of interesting articles from around the region, and as always I welcome your feedback, input, stories and photos so do get in touch.

So now that the days are longer and slowly getting warmer, take the opportunity to get outdoors and absorb the energy from the elements … and breathe!

Namaste, Michelle

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Publishing policy
Please email adverts to the editor. Acceptable file formats: print-quality pdfs, high-resolution jpegs and Word documents.

Advertising rates (incl. VAT)  Members  Non-members
Half page  £15  £30
Full page  £25  £35
Back cover (colour)  £40  £75

Issue  Date sent out  Ad deadline
‘Mind’ 2017  October 2017  August 31 2017
‘Body’ 2018  February 2018  December 31 2017
‘Breath’ 2018  June 2018  April 30 2018

Payment
Payment is by PayPal or bank transfer. Please contact the regional officer via email first for an invoice. If you wish to take advantage of members’ rates, the regional officer will need your BWY number. Please note: goods or services advertised are not necessarily BWY accredited. Any views expressed are not necessarily those of the editor or the committee. Advertisements are accepted at the discretion of the committee, and are included on a first-come, first-served basis as space allows.
NOTICE BOARD

Nominations have been received for the posts of Regional Officer, Training Officer, Treasurer and for County Reps for Kent, Surrey and Sussex. As these are the only ones received for each post there will be no need for an election and the Committee will be duly confirmed at the next AGM in October 2017. Our region is fortunate to have a committed and keen committee!

*Please note that a vacancy has arisen for the post of Regional Officer – see page 25 for details.*

Congratulations to those yoga teachers who either passed a module or completed a course in the past few months:

Heather Smith, Abra Willis, Laure Challandes, Rebecca Cluett, Karen Dodd, Debbie Ghiaci, Ingrid Osmon, Olesya Samuelsson, Nina Lenger, Eleni Vrahimis

We had some excellent suggestions of how to rename the newsletters so thank you to everyone who sent their ideas.

Congratulations to *[Jatinder Wilson](#)* who suggested the winning entry of Body, Breath and Mind. This edition is Breath!

Here is a picture of our winner, Jatinder

Some of our committee members attended Congress and here they are:

*Top left to right: Nina Dhiman, Shirley January. Bottom left to right: Pat Morris, Lara Harrup, Melanie Johnson, Rachel Claridge, Sabine Smith.*
Below is an outline of the new BWY Gentle Years Yoga© teacher training course

The BWY has recently launched a new teacher training course called Gentle Years Yoga©. It is a professional development course for yoga teachers with a Level 3 or 4 teaching qualification from any tradition, not just BWY.

The aim of the course is to equip learners, both practically and professionally, to teach yoga to adults with age-related health conditions.

The course can take a minimum of 6 months but usually takes 12 months to complete.

Location:
Leicester University

Details can be found on the main BWY website. Please contact juliethicklingbwy@gmail.com if you need assistance.

Course Tutors

Laura Bissell
BWY Gentle Years Yoga Co-Tutor, BWY Teacher, DCT, FCT, IQA

Jenny Howsam
BWY Gentle Years Yoga Co-Tutor, BWY Teacher

Both Laura and Jenny are pleased to be involved with the national launch of the BWY Gentle Years Yoga© professional development course for yoga teachers. They can offer advice to help new Gentle Years Yoga© teachers form collaborative links with infrastructure organisations that are committed to helping older people live healthier and happier lives.

Pre-course requirement:
Qualified yoga teacher (Level 3 or 4 qualification)
The fourth annual Brighton Festival is taking place this summer. Davy Jones talks about the event

The fourth annual Brighton Yoga Festival will be held on the weekend of 8th and 9th at Hove Cricket Ground – a wonderful venue with many outdoor and indoor spaces.

The Festival has grown rapidly since 2014 to be the largest free entry yoga festival in the country. And for the first time, this year it will be a two-day event.

The Festival will feature dozens of free yoga classes from top international, national and local teachers. Free entry to the festival means that it attracts not only the existing yoga community, but also reaches those who cannot afford traditional yoga class prices and those who have never tried it before.

The theme for this year’s Festival is “Yoga For Everyone”.

In addition to yoga classes, there will also be talks about yoga and well-being, meditation sessions, a therapies area, a nutrition and healthy eating space, live music, a special area for children and lots of fun!
Charity

The Festival has now been awarded charitable status (Charity Number 1166982), recognising the work that it undertakes to bring the benefits of yoga to those beyond the existing yoga community.

We have now set up a Friends of Brighton Yoga Festival to encourage supporters to make a regular donation to allow us to keep the festival free at the point of entry and to support charitable yoga projects in the area.

If you would like more information about the Brighton Yoga Festival, please email: info@brightonyogafestival.org

You can also find out more about us on: www.brightonyogafestival.org

Follow us on Facebook: BrightonYogaFestival

And Twitter: https://twitter.com/BTNYogaFest

For the Love of Yoga

Brighton Yoga Festival
Inspiring Papua New Guinea

The spirit of Papua New Guinea came to Congress 2017. Julie Page reports on an uplifting story from south of the equator.

There was a distinct air of positivity and joyfulness at Congress this year which was certainly enhanced by BWY Ambassador and inspirational speaker, Fazilah Bazari, who told us about the yoga programmes she has been involved with in Kenya and now in the remote south-west Pacific island of Papua New Guinea (PNG).

Having lived both in Kenya and PNG myself, it was a joy to meet Fazilah who spoke passionately about her outreach work with “Yoga Unites PNG” and “Walk and Yoga for Life, PNG”. The Programmes have taken her to the streets of the country’s capital city, Port Moresby, where she has brought yoga into the lives of many of the at-risk young people.

Fazilah has been able to help thousands of youths who were living in the renowned 8 miles squatters’ settlement on the outskirts of the city and in other areas in PNG. Many were unemployed with low self-esteem and much anger, others had suffered from domestic violence. As a consequence, drug and alcohol addiction as well as crime and violence were rife. Through the Programmes and the transformative power of yoga, many of the at-risk youths have made mind-set and behavioural changes and have turned their lives around.

At Congress, we were introduced to Stephanie, Jackson, Ahia and Saina, four delightful PNG nationals who each gave a summary of their life stories and the hardships they had encountered.

It was humbling to hear how “Yoga Unites PNG” and “Walk and Yoga for Life, PNG” have positively impacted upon each of them individually, releasing much of their anger, resentment and lack of self-worth and replacing it with a sense of purpose and well-being.

Stephanie, Jackson, Ahia and Saina have all trained with Fazilah and are now yoga instructors themselves as well as role models for the Programmes. They have all been inspired to teach yoga in their communities and expand the Programmes further.
In true PNG style, the group joined in the ‘BWY’s Got Talent’ competition as part of the entertainment of the Congress weekend. Their uplifting dancing and clapping was reminiscent of a “Sing Sing” – and I think we all felt that the PNG tribal spirit had merged with the BWY.

Such joy!

*Julie Page, BWY Yoga Teacher (South East Region)*

Thank you to Julie for the lovely photos which she took during her time in PNG.

Save the date:
The 2018 Congress is planned for 23 - 25 March at Warwick University so make a note in your diary.
A journey of transformation

Nina Dhiman reviews the book ‘Set Free’ by Emma Slade

Reviewing Set Free by Emma Slade was an unexpected, though welcome, invitation. I and two fellow yoga colleagues had the pleasure of promoting interest in Emma’s book at BWY Congress this year, where the theme of Transformation was timely for the book’s launch.

This inspiring autobiographical account describes the life of Emma from childhood to present day. We are humbly invited, ‘in honour of friendship’ to reflect on a range of events and messages within. The terrain is vast, from her English seaside home to the glossy fast-paced world of international banking. Through the maze of psychological trauma and to the creation of her children’s charity, there is something to capture everyone’s attention.

The snappy chapter titles intrigue the reader as do world maps sprinkled with flower petals, names of significant others and hovering bumble bees! There is playfulness here too. The book is divided into three parts: Buddha, Dharma and Sangha, so definitely a resonant chord for yogis and mindfulness practitioners.

In the first part we enter the world of a savvy young woman having ‘made it’. This persona is set to suddenly change when she is held hostage. Self-assurance and ego are thrown upside down and we feel for her fragility as life and death entwine. The fear is palpable as are the cascade of confused thoughts and emotions that follow. Paradoxically the ‘wake up’ has begun.

A gradual move to wholeness emerges in the second part, Dharma, with the ‘discovery’ of yoga and meditation. I couldn’t help but smile widely here and rejoice with her renewed aliveness and connectedness.

Emma’s search for fulfilment, intimacy, the joy and challenge of parenthood and the angst of self-doubt are placed in the backdrop of modern secular living. This is mingled with down-to-earth humour and the ordinariness of daily life. She is gradually able to re-frame her experiences through teachings such as impermanence, non-violence and kindness to name a few. In seeing her patterns we can make links and pause to reflect on the story of our own lives too.

In part three the force of an international Sangha develops with a momentum that jets us around the globe again. The intuitive pull to the East feels inevitable and with it a woman consciously developing gratitude, clarity, courage and the oomph to take action because it matters. She finds fulfilment in the timeless affirmation that ‘true joy lies in being of service to others’.
Emma sincerely transfers the practices into a committed way of being guided with her Respected Teacher. She has allowed us whole heartedly and uncensored into her life. We delight in her growth and the blossoming of a wide open heart.

Set Free is available from Amazon and was ranked number 1 religious biography on the site. Opening your Heart to Bhutan is a UK registered charity set up by Emma Slade, Buddhist Nun. The charity works to improve the quality of life for children with special needs. All profits from the sale of the book go directly to the charity.

For further information please visit: www.openingyourhearttobhutan.com

Quotes from the book:
‘I was not clear how yoga and Buddhism connected but I was being drawn to both like a magnet…’

‘He has to be OK’, I thought. ‘Why did I care so much about a man who had held my life at the end of a gun and about whom I knew nothing?’ I didn’t understand so I remained silent’.

‘I was fascinated by talks on Buddhist philosophy but a little dubious as to how easy it was going to be to keep practising this philosophy back in the competitive world of finding a parking space in crowded Whitstable!’

‘I had not realized that practising kindness was not just a moral thing but of deep benefit to the practitioner in the way it keeps the mind calm and undisturbed. The emphasis is on deliberately practicing kindness, until it truly becomes a natural response’.

Emma Slade
General/IST days

The following pages describe the General and IST days over the coming months.

Information for teachers about General/IST days
All the events in the programme (with the exception of first aid courses) can be used towards teachers’ CPD points. A BWY teacher using BWY insurance must collect 15 CPD points a year: an IST day is worth 7.5 points and a General day (including special days such as the International Yoga day) are worth 5 points. Any other training such as master classes, book study or attendance at other non-BWY workshops can be counted a 1 point per hour, if the teacher feels that they have justifiably learnt something for personal development as a teacher.

Bookings - For booking forms and procedures, see pages 21 and 22.

Please note that the following event has been cancelled:
Sat, June 17 – Open body and heart: fulfilling our yoga potential: Ade Belcham

Please note that in order to cut costs in the printing of the newsletter we have had to reduce the total number of pages. For this reason the event details on the following pages are smaller than in previous editions.

The Hand, Wrist and Forearm: Gary Carter

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<th>Date</th>
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<tr>
<td>Sun, July 02</td>
<td>10am-4pm</td>
<td>Harrietsham Village Hall, Church Lane, Harrietsham, Kent, ME17 1AP</td>
<td>BWY members £30 / non-members £50</td>
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Gary will describe and explain the anatomy, articulation and function of the hand, wrist and forearm relating to its connective tissue and tensegrity of the entire body with new neuro-fascial discoveries. As students we will develop an understanding of how the hand, wrist and forearm works in key asanas and develop our kinaesthetic awareness, examining the balance of weight and developing greater subtlety within postures, movement and response to gravity mechanisms.

Gary has over 30 years’ experience in movement, physical training, anatomical study and bodywork practices. He has lectured extensively on the anatomy of Yoga in the UK, Europe and America. He is the founder of the Natural Bodies centre in Brighton, dedicated to the work and approach of Vanda Scaravelli.
Bones, Joints and Arthritic Conditions: Frances Lumley

Sat, Sept 16: 10am-4pm
Harrietsham Village Hall, Church Lane, Harrietsham, Kent, ME17 1AP
Organiser: Jan Palmer

The day focuses on bones and joints, normal range of posture, alignment and movement; and how to recognize common adaptive and compensatory patterns. Frances will explain the difference between osteo- and rheumatoid arthritis, as well as covering other bone and joint conditions. This day is designed to provide yoga teachers and student teachers with a better understanding of common bone and joint conditions that might affect their students; and to explain how yoga can help to improve and maintain maximum joint function.

Frances has practiced yoga since the mid-1980s with Sheri Greenaway and trained as a BWY teacher with Antonia Boyle qualifying in May 1996. She then trained as an osteopath qualifying in July 2000.

Crossing the Rainbow Bridge: Liz Lark

Sat, Nov 18: 10am-4pm
Medhurst Hall, Sussex Road, West Wickham, Kent, BR4 0JX
Organiser: Sabine Smith

We will travel through the elements, taking poetic inspiration from nature, yoga chakra interpretation in playful sequences to peak poses, sculpting our practice, carving to cleanse, revealing kosha layers of consciousness through song, imagery and somatic exercises. Modifications will invite all levels of practice. Each session/element will conclude with meditation and relaxation.

Liz Lark has been teaching yoga for almost 20 years, developing from British Wheel of Yoga (Hatha) Teacher Training foundations and Astanga Vinyasa Yoga. She has been connected with The Life Centre London since 1995. Thai Yoga Massage training in Chieng Mei has informed hands-on adjustments, which Liz teaches along with Creative Sequencing, for the London Teachers Training Course on which she’s a board member.

Sound in Yoga and an Intro to Vedic Chanting: Gill Lloyd

Sat, Dec 02: 10am-4pm
Bluebell Hill Village Hall, Robin Hood Lane, Bluebell Hill Village, Kent, ME5 9QR
Organiser: Jan Palmer

Gill will explain how sound and chanting helped the teachings of yoga survive through the millennia and consider the relevant value of sound and Vedic chanting in our 21st century practice. She will teach the basic rules of chanting and students will practice some chants for health and well-being.

Gill continues her own study with Radha Sundararajan who was appointed by TKV Desikachar to head up the Vedic Chant division of the Krishnamacharya Yoga Mandiram and is regarded as an expert in this field. Gill has been a BWY Diploma Course Tutor as well as serving on its National Executive and Education Committee. Today she teaches individuals, supervises training courses and runs workshops.
# Diary of Events 2017

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<tr>
<th>Date</th>
<th>Event</th>
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| June 11 | The Healing Sounds of Yoga  
*Penelope Coomber*                                                      | High Hurstwood Village Hall TN22 4AD – East Sussex | International Day of Yoga         | Melanie Johnson          |
| June 17 | Open body, open heart  
*Ade Belcham*                                                            | *CANCELLED*                              | IST 17/105                        | Sarah Ann Hallett        |
| July 01 | Bringing the Teachings of the HYP into your personal practice  
*Linda Morley*                                                         | Ashington Village Hall RH20 3PG – West Sussex | General                           | Rachel Claridge          |
| July 02 | The Hand, Wrist and Forearm  
*Gary Carter*                                                             | Harrietsham Village Hall ME17 1AP – Kent | IST 17/109                         | Jan Palmer               |
| July 16 | Creating a healthy weight  
*Tarik Dervish*                                                           | Cobham Village Hall KT11 2LU – Surrey    | IST 17/110                         | Sarah Ann Hallett        |
| Sept 03 | Vinyasa Flow leading to Wheel pose  
*Jacqueline Purnell*                                                     | Cobham Village Hall KT11 2LU – Surrey    | IST 17/104                         | Sarah Ann Hallett        |
| Sept 16 | Bones, Joints and Arthritic Conditions  
*Frances Lumley*                                                         | Harrietsham Village Hall ME17 1AP – Kent | IST 17/112                         | Jan Palmer               |
| Sept 23 | NLP for Yoga Teachers (part 1)  
*Antonia Boyle*                                                           | Nutley War Memorial Hall TN22 3NE – East Sussex | IST 17/118                        | Melanie Johnson          |
| Oct 07  | The Way of the Jivamukta  
*Andrea Kwiatkowski*                                                       | Tanbridge House School RH12 1SR – Surrey | AGM                               | Gillen Carter            |
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<tr>
<td>Oct 21</td>
<td>Journey towards Headstand and Handstand</td>
<td>Adastra Hall BN6 8QH – West Sussex</td>
<td>IST 17/113</td>
<td>Melanie Johnson</td>
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<td><em>Zoe Knott</em></td>
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<td>Oct 28</td>
<td>The Bandhas – Inwards and Upwards</td>
<td>High Hurstwood Village Hall TN22 4AD – East Sussex</td>
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<td>Jan Palmer</td>
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<td><em>Gary Carter</em></td>
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<td>Oct 29</td>
<td>Spiral Dynamics and Rotations</td>
<td>Holmbury St Mary Village Hall RH5 6PG – Surrey</td>
<td>IST 17/115</td>
<td>Sarah Ann Hallett</td>
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<td><em>Gary Carter</em></td>
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<td>Nov 11</td>
<td>Embodied Mindfulness</td>
<td>Adastra Hall BN6 8QH – West Sussex</td>
<td>IST 17/117</td>
<td>Shirley January</td>
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<td><em>Judy Hirsh</em></td>
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<td>Nov 18</td>
<td>Crossing the Rainbow Bridge</td>
<td>Medhurst Hall BR4 0JX – Kent</td>
<td>General</td>
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<td><em>Liz Lark</em></td>
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<td>Dec 02</td>
<td>Developing skills of observation</td>
<td>High Hurstwood Village Hall TN22 4AD – East Sussex</td>
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<td>Rachel Claridge</td>
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<td><em>Gill Lloyd</em></td>
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<td>Dec 09</td>
<td>Between Heaven and Earth</td>
<td>Oxted Community Hall RH8 9NB – Surrey</td>
<td>General</td>
<td>Sarah Ann Hallett</td>
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<td><em>Rosie Wright</em></td>
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<td>Jan 13</td>
<td>NLP for Yoga Teachers (part 2)</td>
<td>High Hurstwood Village Hall TN22 4AD – East Sussex</td>
<td>IST 18/101</td>
<td>Melanie Johnson</td>
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<td>2018</td>
<td><em>Antonia Boyle</em></td>
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<tr>
<td><strong>Open body and heart: fulfilling our yoga potential:</strong> Ade Belcham</td>
<td>Sat, June 17: 10am-4pm IST BWY members £30 / non-members £50 Betchworth Village Memorial Hall, Station Road, Betchworth, Surrey, RH3 7DF Organiser: Sarah Ann Hallett</td>
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<td>This day will serve as an engaging way to develop understanding of the anatomy, philosophy and psychology of yoga, as well as providing ideas about teaching methods and student assessment. Ade will enable us to understand their inquiry into the opportunities for change through yoga. Ade will enable us to understand the way we learn, act and interact as human beings. Ade currently spends his time working as a Rolfer, Craniosacral therapist, and yoga teacher. His yoga story is centred around a daily Astanga yoga practice. He has been sharing stories about yoga from a barn in South Wales and more recently from his new home in Sussex and via workshops in other UK venues.</td>
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<td><strong>Create a healthy weight with yoga and Ayurveda:</strong> Tarik Dervish</td>
<td>Sun, Jul 16: 10am-4pm IST BWY members £30 / non-members £50 Cobham Village Hall, Lushington Drive, Cobham, Surrey, KT11 2LU Organiser: Sarah Ann Hallett</td>
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<td>As the pressures to look a certain way become more acute, the environment for being able to maintain a healthy weight is becoming more hostile. The tools offered by Yoga, Ayurveda and other modern techniques can be an invaluable oasis for maintaining inner balance as well as confronting negative habits and beliefs. This workshop will look at a variety of techniques to help manage weight from a physical perspective as well as considering the emotional and mental aspects of weight gain. There will be some physical practice, partner as well as group work with plenty of discussion. Tarik has been teaching Yoga for 16 years and Ayurveda for 10 years. He is a DCT, BWY Diploma holder and also holds an honours degree in Ayurveda. He also runs an Ayurvedic clinic in Central London.</td>
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<td><strong>Vinyasa Flow leading to Urdhva Dhanurasana:</strong> Jacqueline Purnell</td>
<td>Sun, Sept 03: 10am-4pm IST BWY members £30 / non-members £50 Cobham Village Hall, Lushington Drive, Cobham, Surrey, KT11 2LU Organiser: Sarah Ann Hallett</td>
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<td>This is an active day with group work and discussion aimed at teachers and student teachers. The workshop will consider the physical origins of the postures leading towards strong backbends, including the A&amp;P required for teachers to enhance their students experience to open safely towards Urdhva Dhanurasana or Wheel pose. Strong backbends are not always accessible to everyone, so Jacqueline will offer modifications to enable students to work to the best of their ability to experience the benefits of these types of poses. Jacqueline has taught yoga for many years all over the world and now spends her time between London and Ibiza. She originally trained with the late Sri K Pattabhi Jois and Derek Ireland in India and then became a certified Jivamukti Yoga Teacher.</td>
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**Spiral Dynamics and Rotations: Gary Carter**

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</table>

Gary will explain the structure, layout and shape of the human anatomy and physiology and how these inform how forces run through the body in circular and spiralic patterns. Students will be taken through various postures and movements to illustrate these principles. He will describe anatomical imbalances such as scoliosis as well as looking at how simple injuries are set up within the body as a result. He will offer strategies for teachers to adopt to enable their students to generate the conditions for greater freedom through the body and economy of movement within it.

Influenced deeply by the work of Vanda Scaravelli, Gary Carter brings over 25 years of experience of Movement Anatomy, Structural & Movement Integration. He cultivates the conditions that give rise to the combined freeing of the spine.

**Between Heaven and Earth: Rosie Wright**

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<th>Location</th>
<th>Fee</th>
<th>Organiser</th>
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<tbody>
<tr>
<td></td>
<td>Sat, Dec 09</td>
<td>10am-4pm</td>
<td>Oxted Community Hall, 53 Church Lane, Oxted, Surrey, RH8 9NB</td>
<td>BWY members £30 / non-members £50</td>
<td>Sarah Ann Hallett</td>
</tr>
</tbody>
</table>

A day just about you, where you may discover more about yourself as you undertake a journey of exploration. We will look at the opposing energies of earth and heaven and how we can relate to them to deepen our own understanding of who we are and enrich our ways of being. Suitable for all abilities with asana and relaxation, bring an open mind and heart.

Rosie trained with the BWY in the 1980s with Ken and Angela Thompson and John Cain and has been teaching since 1988. She has studied a variety of styles, including Iyengar, Astanga, Tibetan Heart and Anusara Yoga and has studied yoga philosophy with Carlos Pomeda. She has taken a Pranayama intensive course and a Mindful Based Stress Reduction course. Rosie is a FCT, DCT and In-Service Tutor (Pair Work).

**Bringing the Teachings of the HYP into your personal practice: Linda Morley**

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<tr>
<td></td>
<td>Sat, July 01</td>
<td>10am-4pm</td>
<td>Ashington Village Hall, Foster Lane, Ashington, West Sussex, RH20 3PG</td>
<td>BWY members £30 / non-members £50</td>
<td>Rachel Claridge</td>
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</tbody>
</table>

The day will provide an opportunity to explore the teachings of the HYP, the classical text that describes Hatha Yoga. With Linda we will discover how we can still apply the most important and relevant points to our personal practice, even though the instructions seem a bit dated. We will have the chance to compare different translations of the HYP and the day will include Asana, Pranayama and Mudra with some Mantra and stories too.

Last year Linda celebrated 25 years of teaching Yoga and is still as passionate about it now as when she first started to practice. Besides training with BWY, she has also studied under many inspirational teachers both in India and the UK. She is also a qualified Reiki Practitioner and Laughter Yoga Leader.
**NLP for Yoga Teachers (part 1): Antonia Boyle**

Sat, Sept 23: 10am-4pm IST
Nutley War Memorial Hall, High Street, Nutley, East Sussex, TN22 3NE
Organiser: Melanie Johnson

Neuro Linguistic Programming (NLP) is universally recognised as the way forward for applied psychology. The inclusion of NLP in your teaching can lead to considerable, immediate benefits. You will find that you are far more effective and your students will be able to do much more than they believed possible. This transformation will be demonstrated on the course, within the context of your own personal yoga work. Be prepared to surprise yourself!

For many years now Antonia has written, developed and presented training courses for Yoga teachers and Trainee Yoga Tutors. The foundation to her inspiration is the terrific training she has received whilst she began her own training for her new career as a Yoga Teacher about 50 years ago.

**NLP for Yoga Teachers (part 2): Antonia Boyle**

Sat, Jan 13 2018: 10am-4pm IST
High Hurstwood Village Hall, Chilles Lane, High Hurstwood, East Sussex, TN22 4AD
Organiser: Melanie Johnson

See details in the Event outlined above.

*Please note that it is advised to have attended Part 1 in order to join Part 2*

**Journey towards Headstand and Handstand: Zoe Knott**

Sat, Oct 21: **10:30am-4:30pm** IST
Adastra Hall, Keymer Road, Hassocks, West Sussex, BN6 8QH
Organiser: Melanie Johnson

Sirsasana and Adho Mukha Vrksasana are postures that all can work towards. We will approach these asana by working with specific techniques to strengthen and stretch the relevant muscles. The postures will be broken down and considered stage by stage. Each individual will find aspects to work with that will assist their own practice and all will see a path on which to move forwards. The poses will be approached from a teaching perspective and the day involves pair and group work.

Zoe is a Diploma Course Tutor for the British Wheel of Yoga and has served on the Training Committee for many years as DCT Training Officer. Over 35 years of yoga practice with many different teachers from a variety of traditions has resulted in an eclectic style of teaching that has been influenced by all those she has worked with.
### The Bandhas – Inwards and Upwards: Gary Carter

**Sat, Oct 28: 10am-4pm**  
SEYTA  
BWY members £30 / non-members £50  
High Hurstwood Village Hall, Chilles Lane, High Hurstwood, East Sussex, TN22 4AD  
Organiser: Jan Palmer

Gary is committed to teach, train and encourage kinaesthetic awareness, ease of movement and efficient body use, which can bring a renewed sense of health and vitality through into daily life. By tuning into this kinaesthetic sense we can align the body better in asanas, move freely, with lightness and effortlessness. On this day we will undertake a detailed anatomical analysis of the bandhas, and apply this in postures, breath and movement.

Influenced deeply by the work of Vanda Scaravelli, Gary Carter brings over 25 years of experience of Movement Anatomy, ChiKung, Personal Training, Structural & Movement Integration to create a deeper understanding of the practice, cultivating the conditions that give rise to the combined freeing of the spine in conjunction with the pull of gravity and the overall ‘felt sense’ of the breath.

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### Embodied Mindfulness: Judy Hirsh

**Sat, Nov 11: 10am-4pm**  
IST  
BWY members £30 / non-members £50  
Adastra Hall, Keymer Road, Hassocks, West Sussex, BN6 8QH  
Organiser: Shirley January

Details about this event and the tutor will appear in the next edition of NamaStE.

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### Developing skills of observation and assessment: Elaine Fletcher

**Sat, Dec 02: 10am-4pm**  
IST  
BWY members £30 / non-members £50  
High Hurstwood Village Hall, Chilles Lane, High Hurstwood, East Sussex, TN22 4AD  
Organiser: Rachel Claridge

The purpose of the morning session is to review skills in observation, explore student self-observation and the value of a staged approach when progressing to more demanding asana. There will be practical opportunities in the preparatory gateway postures for the headstand, shoulderstand and wheel. This covers postures that are used to work towards these three more advanced postures, as for some people the advanced postures are not suitable thus ensuring our teaching is appropriate for all. In the afternoon we will review assessment, and have discussions around how to review self-assessment.

Elaine has been teaching for over 20 years and a DCT for more than 10 years. She has taught a number of diploma courses and is Teacher Training Course Officer for BWYT. Her teaching style has been influenced through working with Peter Blackaby, John Stirk and Chloe Freemantle.
**International Day of Yoga**

**International Day of Yoga “The Healing Sounds of Yoga”:**

Penelope Coomber

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<tr>
<td>Sun, June 11</td>
<td>10am-4pm</td>
<td>High Hurstwood Village Hall, Chilles Lane, High Hurstwood, East Sussex, TN22 4AD</td>
<td>Melanie Johnson</td>
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</table>

This day is part of a global event to celebrate the International Day of Yoga which is held on the 21st June each year to acknowledge the benefits of Yoga on all levels for all peoples around the world.

It is intended that the celebration of Yoga and its benefits will thread through this day of Healing Sounds. There will be opportunities to experience the use of simple sounds during two different āsana practices. There will also be a space for relaxation which will take you into a realm where you will be able to embrace the beautiful sounds of the Tibetan Singing Bowls with their unique healing vibrations. The celebrations will continue with an opportunity to experience the benefits of chanting mantra together as a group.

This will be a restorative retreat day for all to share using sound as a very important, beneficial and significant Yoga tool.

Penelope has been teaching for 16 years and is a qualified BWY, KHYF and Vedic Chant Teacher. Today she focuses on teaching individuals, workshops and Vedic Chanting tuition in Eastbourne.

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**South East AGM**

**AGM followed by “The Way of the Jivamukta”:**

Andrea Kwiatkowski

| Date          | Time       | Location                                    | AGM Fee           | Organiser          |
|---------------|------------|---------------------------------------------|-------------------|
| Sat, Oct 07   | 10am-4pm   | Tanbridge House School, Farthings Hill, Guildford Road, Horsham, Surrey, RH12 1SR | BWY members £10 / non-members £25 | Gillian Carter |

The AGM runs from 10.00-10.45 and is free to BWY South East Members. The AGM is followed by a workshop run by guest tutor Andrea, entitled “The Way of the Jivamukta”.

A definition: “the Jivamukta is one who has gained and assimilated self-knowledge, thus is liberated with an inner sense of freedom while living.” A Jivamukti class including asana sequence, chanting, meditation and scripture study. Ending with a deep relaxation. Suitable for all levels and abilities

Andrea Kwiatkowski is a DCT for the BWY and a certified Advanced Jivamukti yoga teacher under Yoga Alliance as well as a Yin yoga and Restorative teacher. She teaches in Cambridgeshire. Andrea has taught at Congress and offers training days for the BWY around the country.
Booking procedures and information

How to book
Simply go to the website events page (www.bwysoutheast.org.uk), select the event or events, check if a place is available, continue to payment and receive a booking confirmation.

Payment methods – IST, General and Masterclasses
Our online booking system accepts both credit and debit cards. You will receive a payment and booking confirmation. If you opt to pay by cheque, the system will reserve your place for a maximum of seven days and will be confirmed by the event organiser only on receipt of payment. Post-dated cheques are not accepted. Cheques should be sent to the event organiser with your name, email address, BWY number and event marked on the back.

AGM
From 2017 the AGM, which lasts a maximum of an hour, is free to any region member, but you must register your interest in advance with the regional secretary. The meeting is followed by a general class, from 11am-4pm, which is open to all at a cost of £10 for BWY members and £25 for non-members, payable online or by cheque.

Waiting lists
If an event is full, please contact the organiser to be put on the waiting list. The organiser will contact you only if a place becomes available.

Refund policy
Refunds cannot be given unless an event has been cancelled or transferred to another day/venue that is not convenient for the attendee. A credit voucher or refund may be offered if poor weather prevents attendance. Credit vouchers can be used as full or part payment on any event within one year of issue. If an event is full and has a waiting list, the organiser can offer your place to someone on the waiting list, who would pay you. Alternatively you can find someone else to attend in your absence but you must notify the organiser a minimum of 24 hours prior to the event.

What to bring
Please bring your mat, blanket, blocks and strap, as well as a light lunch. Drinks will be provided, but bring a mug. Wear comfortable, layered clothing. Anything extra will be mentioned in the advert describing the event.

Getting there
All events on our website include a link to a map. Alternatively, Google and the AA offer excellent maps and directions. If you need help, please contact the organiser.
**Event booking forms**

Use these slips to book your place on all BWY events. Please print clearly. Cheques should be made payable to BWY SE region. Go to www.bwysoutheast.org.uk for full details and maps. See page 2 for organiser’s address. Confirmation of booking will be emailed. Receipts available on request either by email or SAE.

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**Event title**

**Name**

**Address**

**Telephone**

**Email**

**BWY number**

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**Event title**

**Name**

**Address**

**Telephone**

**Email**

**BWY number**
British Wheel of Yoga Foundation Course Level 1

Foundation Course 1 provides an excellent opportunity for students to delve deeper into the practice and theory of Yoga. The course is suitable for students who would like to further their understanding of Yoga practices from a personal development point, and those wishing to go on to take the BWY teaching diploma.

The course takes place one Saturday a month over 10 months:
September 2017 – June 2018

**FREE** taster morning 1st July

Venue: Keaton Parish Church BR2 6HT
(ample parking and good public transport links.)

For more information & how to apply, please contact Claire Challis
claire.challis@mac.com / 07770 873055

EAST SUSSEX BWYT FOUNDATION COURSE 1

Intro ½ Day on Saturday 30 September 2017

Senior Diploma Course Tutor invites applications from a maximum of 10 participants (to ensure individual support and attention), who are interested in going deeper into Yoga via self-development (or) are planning to follow Yoga Teacher Training.

This is a student centred, student led interactive course, meeting in a purpose built fully equipped yoga studio in Newhaven situated on the South Coast between Brighton/Eastbourne.

The introductory half day will be followed by
10 Saturday meetings – (10 to 4 pm) over a 7 month period.

We enjoy shared Alfresco Style Buffet Lunches in our beautiful terraced garden, (weather permitting) with views of Newhaven Marina, the River and Historical Fort.

Contact: Janet Bond – 01273 512 306
samtosha4u@btinternet.com  www.samtosha4u.com
CANTERBURY YOGA Studio in KENT

BWY Certificate Course

CERTIFICATE COURSE • 2018 - 2019
with Lina Newstead - Karin van Maanen - Cora Kemball-Cook

Lina and Karin will be the main course tutors. They both teach gentle, mindfulness-inspired yoga. Lina and Cora are very experienced BWY Diploma Course tutors and all three tutors have taught many Foundation Courses.

INFORMATION MORNING Sunday 1st October 2017, 10am - 1pm
To find out more about the course content and commitments. You can apply for the course without attending this but it is recommended you do.

INTRODUCTION DAY Sunday 5th November 10am - 5pm
To experience typical elements of the course and meet all the tutors. We will also hold applicant interviews on this day.

MAIN COURSE DAYS will be on monthly Sundays from January 2018 - July 2019.
Venue: Canterbury Yoga in Harbledown, a purpose-built yoga studio situated in beautiful gardens on the edge of Canterbury with easy access from the M2 / A2 and mainline & high speed rail. Free parking.

To find out more about the course & how to apply please visit
www.yogaandmindfulness.co.uk

BWY Children’s Module
With Christiane Kerr
Poole Yoga Centre, Dorset
September 16 & 17, November 18 & 19, 2017 & January 20 & 21, 2018
The module is a comprehensive three-weekend course on teaching yoga to children and teenagers in a safe, fun and engaging way. Using traditional yoga techniques combined with a creative approach, this intensive course gives you yoga tools to help children and teenagers develop physical strength, resilience and emotional well-being.

www.calmforkids.com info@calmforkids.com 07973 953812
Courses

BWYQ Level 4 Diploma Course
In North Kent with Belinda Emberson

BWYQ LEVEL 4 DIPLOMA IN TEACHING YOGA
Starting January 2018 in Gravesend Kent. The course will run for 3 ½ years, meeting one Saturday a month. Introductory days will be held 14\textsuperscript{th} October and 18\textsuperscript{th} November 2017.

The Level 4 qualification will enable you to teach a wide capacity of students safely, and professionally. It provides all the necessary skills to facilitate the teaching of yoga, including asana, pranayama, meditation and the underlying principles and philosophy of yoga.

For further information
Please contact Belinda on 01474 331615/ 07487696339
email: belindaemberson@gmail.com or visit www.yogaingravesend.co.uk to download an application form

Regional Officer Vacancy

The South East Region is seeking a new Regional Officer from October 2017.

Would you like to be part of an enthusiastic, dynamic and supportive volunteer committee?

The committee members work together to create a diverse programme of events for the Region, ensure Regional operational matters run smoothly and represent the Region at National level.

As Regional Officer you need to be a good communicator, an efficient time manager, organised and have a sense of humour.

If you have been a BWY member for more than two years and are interested in BWY matters with a few spare hours a month, then please contact the current Regional Officer for further information at ro@bwysoutheast.org.uk
Introductory Course

Autumn 2017

Asana work, pranayama, functional anatomy and an introduction to yoga philosophy

Running over four months from September to December, this eight-day course led by Sarah Linsey and Bridget Thornborrow lays a solid foundation for those interested in training to teach yoga. Visiting Tutors include: Peter Blackaby, Cara Bowen, Neville Cregan, Lisa McRory and Anne-Marie Zulkahari

lyttg.co.uk

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Yoga Teacher Training 2018-2020

Inspired by the approach of Vanda Scaravelli and Mary Stewart, this British Wheel of Yoga Accredited training starts April 2018

- A supportive and friendly two year course giving you the practical abilities to teach yoga safely and with confidence
- Outstanding teaching of philosophy, anatomy and physiology directly related to yoga by experts in this field

2018-20 Course Directors: Anne-Marie H Zulkahari, Lisa McRory, Cara Bowen

Senior faculty includes Peter Blackaby, Lesley Dike, Neville Cregan

lyttg.co.uk
Peter Blackaby’s Yoga Workshop

Sat 9th Sept 2017:
‘Putting Theory into Practice’

Yoga Practice is underpinned by a) support through bones to loose tension, b) capacity to carry out full range of movement within personal constraints, and c) by listening to our nervous system to avoid unnecessary discomfort

10.30 - 4.30 Fee £50 (Regret no refunds)
Venue: New Park Centre, New Park Road, Chichester, PO19 7XY

e-mail: francescatambling@live.co.uk or phone 01243 792420
website: www.francescatamblingyoga.moonfruit.com

Mindfulness Based Living Course (MBLC)

With Nina Dhiman (BWY Dip, MSc) & Simone Stolton (BWY Dip)

This is an 8 week course developed by The Mindfulness Association with whom the above teachers have trained. The course offers a step by step training in being present, responding with curiosity and compassion - the platform from which to gather insight into our habitual patterns of thoughts, feelings and behaviours. This frees us from the conditioning that can govern and limit our lives and results in an unfolding of our human potential to make choices about how we live in connection with ourselves and our world.

Introduction Morning: Wednesday 11th July 2017 10 am – 12 noon. £15 (Deducted from course cost if registering on this day)
Course Commences: October 2017 – All Wednesdays 10 am – 12 noon
11th Oct, 18th Oct, 25th Oct, 1st Nov, 8th Nov, 15th Nov, 22nd Nov, 29th Nov with day of practice: Sat 25th Nov (10 am – 4.00pm)
Course Cost: £250 (Includes Course Manual & Audios)
Venue: Godmersham & Crundale Village Hall, Canterbury Road, Godmersham, Kent CT4 7DR. Visit www.gcvh.info
Call or email Nina Dhiman: nina.uk@btinternet.com 07971 090927
Simone Stolton: sv.stolton@yahoo.co.uk 01227 750573
To find out more about mindfulness and the tutors visit: www.kentmindfulnesscentre.org.uk
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scaravelli | viniyoga | restorative & more

NEW practical taster courses
ayurvedic massage | stone carving

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Two warm, clean, prop-filled studios for hire for workshops & events.

Yoga Chairs | Sandbags | Bolsters | Zafus | Eyebags | Folding & Warm Blankets | Bricks | Blocks | Straps | Cushions

Free, easy parking at weekends, 5 mins from J10 on the M23 in West Sussex.
We are 5 minutes from Gatwick
Studios hold 15 - 22 comfortably
looseyoga.co.uk/downstairs-studio/
Please contact: lucy@looseyoga.co.uk

SATYANANDA YOGA CLASSES & YOGA THERAPY

at: The Yoga Room, Otterbourne House, Chobham Road, Ottershaw, Chertsey, Surrey KT16 0QF

Weekly Satyananda Classes for health and relaxation – daytimes and evenings – for both beginners and the more experienced of any age
Pregnancy Classes Mon evening for students from 12 weeks to birthing
Baby Yoga Classes Mon morning for babies from 2 days old to walking
Meditation Class once a month – usually first Friday at 8.00pm
General Yoga One to One
Individual Yoga Therapy for many diverse medical conditions
Monthly Yoga Courses held at weekends throughout the year
Saturday and Sunday Workshops

Various audio yoga tapes always available

SWAMI SATVIKANANDA SARASWATI
01932 872587 / www.satvikyoga.co.uk
PRANAYAYAMA

FOUNDATION COURSE 2018 with Philip Xerri

Light Centre, Victoria, London

6 Days spread over approximately One Year. Structured home practice, in depth practical and theoretical analysis of the main Pranayamas, a wide variety of integrated asana and movement practices relevant to optimising lung function, relaxation and meditative kriyas based on the breath, some work on combining Pranayama and the Chakras

Course Dates
20 January, 17 February, 14 April
12 May, 16 June, 24 July

Cost £725

The Course comes with: a full set of handouts on each day; structured home practice schedules; bound and illustrated manual covering all practices undertaken on the Course.

Suitable for serious students and Teachers with at least 3 years continuous Yoga experience.

Please contact Philip Xerri, 126 Wood Lane, Walsall, WS3 5DZ
Email pax_yoga@yahoo.com Web www.yogaquests.co.uk
Mobile 07710185827

Philip has been practicing, teaching and studying Pranayama for over 30 years. An extremely committed teacher whose style is both entertaining and empowering. His aim has always been to give the process of Pranayama a coherent structure, without losing any of its inherent power and poignancy. He sees Pranayama as the energetic and contemplative heart of Yoga practice. The crucial stepping stone towards a richer and more meaningful inner journey
This day based on Experiential Learning & Fun, is a 3 Year certificated course that looks at “First Aid within the Yoga Classroom”

This Course will include DEFIBRILLATOR training

MAXIMUM OF 12 STUDENTS

NEWHAVEN: Samtosha Yoga Studio, East Sussex, BN9 9DY
Saturdays: 17th June -- 8th July -- 16th September-- 28th October-- 9th December
2018 COURSES Saturdays: 27th January--- 10th March 2018---5th May
(or)
MAIDSTONE: Leeds and Broomfield Village Hall, Kent, ME17 1RP
Saturdays: 10th June THEN: 2018 Courses 24th March & 9th June

Bookings –
send “stamped addressed envelope” plus £65 cheque payable to M J BOND
(Print - FULL NAME & ADDRESS plus COURSE DATE on reverse of cheque)
(or)
Pay via BACs to National Westminster Bank:
M J Bond A/C 04245717 B/SORT 601309
(Reference with FAW plus YOUR NAME - email Mike to confirm this transaction)

Mike Bond (R.G.N.)
“SAMTOSHA” 80 Court Farm Road
NEWHAVEN, E. Sussex, BN9 9DY
01273 512306
samtosha4u@btinternet.com

www.samtosha4u.com
Emergency First Aid at Work Courses for Yoga Teachers

MGM Training Limited is holding a regular schedule of Emergency First Aid at Work courses for Yoga Teachers and Student Yoga Teachers. Holding regular courses for Yoga Junction in Crouch End, you can be sure these high quality courses are aimed at Yoga Teachers by a Trainer who specialises in First Aid Course Provision.

The schedule is:

Tuesday 06 June 2017 – Uxbridge (UB8 2RR) - £65 per person
Sunday 11 June 2017 – Luton (LU3 2HX) - £65 per person
Thursday 06 July 2017 – Uxbridge (UB8 2RR) - £65 per person
Wednesday 12 July 2017 – Luton (LU3 2HX) - £60 per person
Sunday 16 July 2017 – Crouch End (N8 9PR) - £70 per person
Monday 14 August 2017 – Uxbridge (UB8 2RR) - £65 per person
Thursday 14 September 2017 – Luton (LU3 2HX) - £60 per person
Sunday 17 September 2017 – Uxbridge (UB8 2RR) - £70 per person
Tuesday 19 September 2017 – Uxbridge (UB8 2RR) - £65 per person
Sunday 24 September 2017 – Crouch End (N8 9PR) - £70 per person

To book your place please visit www.mgmtraining.co.uk

MGM Training Limited also offers ‘in-house’ courses for Studios, groups, IST, or Teacher Training Classes, where we will visit your venue and provide a course for up to and including twelve students. We are able and willing to travel to remote TTCs within the UK and outside the UK. In-house courses are charged on an extremely competitive course price; please telephone us to discuss your course needs.

For further details of an ‘in-house’ course please telephone 08445 041549