Events and news from across the region

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Patanjali tells us that “Yoga is the settling of the mind into silence”, but a quiet mind can be hard to achieve in these turbulent times. Luckily our region is full of interesting events and inspiring teachers to help us find some inner stillness.

This edition is full of uplifting stories of how yoga makes a real difference to real lives: from the yoga community fundraising for charity, the global movement of International Day of Yoga through to an intensely personal journey from illness.

We are always interested to know how yoga affects you and those you teach or learn with. Please share your yoga with us and send your photos, stories and experiences – we’d love to hear from you.

So as we head into autumn and the seasons change, it’s a good time to take stock, be thankful, breathe and seek some inner calm.

Namaste, Michelle

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**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

Congratulations to those yoga teachers who either passed a module or completed a course in the past few months:
Angelina Baranovska, Katie Butt, Soraya Cameron, Viviann Cosgrove, Alexandra Gage, Isabelle Leroy, Mary Bernadette Barry, Diane Bex, Zoe Brown, Samantha Child, Ingrid Chudleigh, Clara Coelho, Gail Crompton, Sheila Curtis, Melanie Davies, Kelly Griffiths, Wendy Haigh, Mary Harrington, Nicola Hibben, Anita Jarvis, Dipika Jinabhai, Sonja Jones, Helen Kacperek, Ezgi Korkanc, Hayley Locke, Philippe Lourdjane, Deborah Martin, Yvonne Meredith, Lisa Nightingale, Rebecca Orme, Jo Pappenheim, Rachel Perkins, Anna Redmond and Dawn Trillow

Also, many congratulations to Claire Gibson and Lisa Soede who have recently qualified as Diploma Course Tutors.

It is with great sadness that we announce the passing of Peter Crowsley. Peter's life was grounded in yoga. He practised for over 50 years, becoming a BWY teacher in the early 70s. He went to lots of events, meeting many eminent teachers - he seemed to know everyone including the founder of the BWY, Wilfred Clark. Peter gave up teaching when he was 80 and then only because his students were worried about him coming by bike in the winter along country lanes. But he always kept up his personal daily practice and even his passing was truly yogic as he chanted Om on his deathbed. He will be sadly missed.

Shirley January, the West Sussex Deputy Rep, has had to resign from the Committee for health reasons. We would like to extend our very best wishes to her for a speedy recovery and to thank her for her contribution and support.

A vacancy has arisen for the post of Regional Officer. See page 27 for details.

The Bookings Procedures and Refunds policies for events have changed. You will find the new details on page 26.

First Aid must be renewed every 3 years to keep teachers’ insurance valid but the training course does not count towards the 15 CPD points teachers must accrue each year. You should log your First Aid on the BWY members’ area and once done you can always check when it expires. There are First Aid courses specifically designed for yoga teachers recommended by the BWY SE Region. These are advertised on pages 35 and 36 of this newsletter. Alternatively you can attend an Emergency First Aid at Work (6 hour) course offered by organisations such as the Red Cross, St Johns or at your own place of work. Courses are limited to 12 people per trainer. If you wish to organise a group yourself do contact our advertisers direct.

CPD points: see page 17 for details on how to gain your points.

New website
The new website is now up and running, so the old site will be taken down on 25th September.
To access the new site go to bwy.org.uk and log in via the Member Login link (top right of the home page). This will take you to your profile and the South East Region pages.
We are keen for your yoga news and photos for the website. Please send these to ro@bwysoutheast.org.uk
Note that we will be hoping to take photos of event days to put online.
Book early to avoid disappointment

The importance of booking IST and General days early to prevent events from being cancelled

Cancelling events due to lack of bookings is a disheartening process and the organisers try hard to ensure this rarely happens. Our region is lucky to have an enthusiastic membership which means we cancel a minimal number of events. However on the occasions we do need to cancel there is an additional amount of administration for the organiser. They have to give the venue between 6 and 8 weeks’ notice otherwise we have to pay the hire charge. Similarly, we may be liable for the tutor’s fee.

The Regional Training Officer and event organisers work hard to ensure there is an interesting programme of events. Together they

- prepare a review of the last 12 months' events
- read committee feedback about Congress 2017 tutors
- ensure that event organisers have all the information from their tutors (topics, venues and costings) for details to be placed online and in the newsletter
- meet to finalise the events running in the following year, and to draft out a plan for what topics and titles to include for the year after that so that organisers can book tutors two years in advance
- apply to the BWY for IST approval for training days

As you can see, by the time an event is listed on the website or in the newsletter, a great deal of work has already been done.

For 2018, we have a number of new tutors (suggested by our members) alongside the more familiar faces and topics. Your support for these tutors would be greatly appreciated as we strive to expand our repertoire.

Please also note that priority is given to credit/debit card payments. At the moment there is no facility on the new website to reserve a space if you want to pay by cheque. See the amended payment instructions on page 26.

We have to make decisions on the viability of events two months before the event date so the sooner people book the more likely it is that an event will run. Please don't wait until the last minute to book as you may find the event has already been cancelled to avoid unnecessary costs.

The committee greatly appreciates your feedback on the events it runs so please let us know who you would like as future tutors and what topics would inspire you to book.
Yoga Garden Party

From the heart of the Kent countryside to the heart of West Bengal: another successful fund-raising event for the HOPE Foundation

Spirits weren’t dampened by the inclement weather at this year’s Yoga Garden Party at Bore Place in Kent on Saturday 29th July.

A wonderful day was had by all with an outstanding line up of teachers including Simon Low, Bridget Woods-Kramer, Gill Lloyd, Catherine Annis, Gary Carter, Francoise Freedman, Graham Burns and many more. The array of classes on offer was as diverse and wide ranging as we’ve come to expect from this annual yoga event, from yoga nidra to Jivamukti, Franklin Method inspired yoga to Vedic Chant, with the day rounded off with an rousing kirtan with Nikki Slade (see picture below).

This year’s event raised £14,200 for HOPE making the grand total since the YGP began seven years ago just under £90,000!

As always, the YGP continues to support HOPE’s projects, homes and programmes for the street children of Kolkata. All the funds raised from the YGP 2017 will continue to support one of the girls’ protection homes, set up by HOPE in 2007. Girls under fourteen years of age are rescued from vulnerable, dangerous and exploitative situations on the streets and within the slums of Kolkata and are provided for holistically here. The home provides education, healthcare, counselling and recreational support to all the girls in its care. They also engage in social activities and outings, while residing in a safe and child-first environment. The home is also used as a crèche for a further 25 children in the local community.

The Yoga Garden Party enters a fallow year in 2018 and returns on the first weekend of August in 2019 at beautiful Bore Place, Kent.

However, there are still a few places available on the Yoga Garden Party trip to Kolkata next year. Join YGP organisers Simon Low, Vikki Stevenson and Ruth McNeil for an unforgettable week in India from 6-13th January 2018.
Daily yoga with the three teachers, opportunities to visit and engage in HOPE's many inspiring projects for the city's street children and time to explore one of the world's most colourful and vibrant cities. If you’d like to find out more information about this trip please go to www.thehopefoundation.org.uk/ygp-kolkata.

The price is £1,300 for a shared room or £2,000 for a single room: this includes a £500 donation to HOPE plus all meals, yoga and accommodation. For more information about this special trip or to book your place, please email Deisy at Hope: deisy@thehopefoundation.org.uk

Eat, drink and be merry

The next generation

Eager yogis queuing at the gate
Charity yoga CD success

Well-known teacher Janet Bond has raised thousands of pounds for charity. Michelle Renno reports on the success of Janet’s yoga CD.

Janet Bond is a well-respected yoga teacher and Diploma Course Tutor based in Newhaven, East Sussex. When she wanted to raise money in honour of her much-loved older sister who lived with cancer for ten years, doing something yoga-related was the obvious answer. And so the first yoga nidra Marie Curie charity CD was born.

When Janet first made the recording she modestly estimated that she could sell 20 copies. However the minimum order from the recording publishers was 100, which she felt sure she would struggle to sell. She need not have worried – so far 1000 copies have been sold and, as £5 from each CD goes to charity, an amazing £5,000 has been donated to Marie Curie. The CD is non-profit making, and all money raised is donated directly to Marie Curie.

The first recording has been such a success that Janet has now been inspired to record a second CD in honour of her younger sister, who very sadly and tragically recently died of undiagnosed ovarian cancer.

The new CD will include techniques to aid sleep plus a deeper yoga nidra experience. It will sell for £7.50, which includes postage, and of that £5 will be donated to Marie Curie. It will be available in late 2017.

Below are some thoughts from users of the original CD.

“I think we would all agree that a regular yoga class with a teacher of our own choosing can help us cope with the challenging and sometimes stressful lives we now lead. However, sometimes we may need a little extra help, something that is always readily available at any time of the day or night. The answer to this can be found in Janet’s CD. She was pressurised by her loyal following of students to come up with a practice that could easily be carried out in the comfort of their own homes. Trying to encourage people to...
extend their yoga practice into their week between lessons is always a challenge and this CD has succeeded in enabling a regular practice for many.

Janet has now become a victim of her own success as her students are requesting a second CD because they can recite the original one off by heart! We are eagerly encouraging her to honour these requests in time for Christmas present shopping, as not only will it satisfy the need for a home practice it will also raise more funds on behalf of Marie Curie Cancer Care.”

**Christine Breeds, BWY teacher**

“I first discovered Janet’s weekly yoga class in Lewes in 1992, before following her to Seaford. I now travel an hour each way to attend her wonderful studio in Newhaven where our 70+ yoga class takes place every Tuesday morning.

We all adore Janet’s calm and amazing voice so we repeatedly pleaded with her to record it on a CD, so we could effectively ‘take Janet home’, listen, relax, between classes allowing it to caress our soul on every level.

I have gifted copies to lots of my friends, especially the ones who are suffering with different illnesses, like cancer, depression, stress, etc.

We are living in uncertain times, which makes many people wary, scared and unsure of the future. We all believe that if we could give a copy to everyone, the world could be a much calmer and happier place.”

**Jan Newman and all from the 70+ Newhaven yoga class**
Brain-Move is the brainchild of human movement scientist, Stephen Braybrook. Also known as The Movement Man, Stephen has an MSc in Biomechanics, is the author of The Evolution of Biomechanics and is respected internationally as a human movement expert.

Brain-Move is a unique and revolutionary technique that 'opens the door' to movement freedom and tracks the root of movement dysfunction. It has become an instant hit with yoga practitioners and teachers, due to its fast and effective results on flexibility, strength and balance.

Using the principles of evolutionary biology, developmental psychology, biomechanics and applied neurology, Brain-Move ultimately aims to elicit safety through the subconscious mind. Once this state is achieved, the modality is incredibly effective and fast at bringing back balance in the body and enabling easy, fluid and pain free movement.

Beneficial outcomes of Brain-Move as a practice modality include:

- Increased flexibility
- Increased strength
- Increased range of motion
- Reduced muscle and fascia tightness or weakness
- Reduced pain and discomfort
- Increased power
- Increased coordination
- Increased balance
- Increased cognitive function such as concentration and focus

Stephen is excited to be offering introductory Brain-Move workshops in conjunction with the British Wheel of Yoga in the form of IST days, allowing yoga practitioners and teachers to come and learn about and experience the power of practical neuroscience for themselves.
Brain-Move made its debut with the BWY with the North-West region to a full house, with great reviews.

BWY course in the North-West

“The beauty of Brain-Move”, explains Stephen, “is that it is a unique system, based on science that can create dramatic improvements in the body in a very short time-frame. Using the underlying understanding of neuroscience, we can establish the most effective movement patterns, increase range of motion, enhance balance in the body and dramatically improve flexibility, often within seconds, without a stretch in sight. And the best part? All of this can be done quickly, easily and effectively by yourself as part of your warm-up when you have the knowledge and understanding of how”.

If you think that the body’s potential for strength, balance and flexibility are purely soft tissue based responses, then think again! Brain-Move might just change your perception of movement and movement potential for good.

What do other movement professionals have to say? “Stephen has a unique ability to ‘reframe the situation’, look at it obliquely as it were. Stephen has taught many times on my own training courses, where we shift perceptions and views of movement, our mind and our anatomy. Stephen gives tools to generate change and refinement in the system, where we see that stress may be a process in the body, resulting in inhibited movement and expression. This process makes sense. Neurological sense, which is an interesting word. Neuro-Logical; it is the innate logic in the system and Stephen’s mastery can lead us there. To fully experience this with him you absolutely must get in the room with him as a first-hand process. He doesn’t like the word genius, I know that and respect it. Yet when we are in each other’s company I know I witness someone quite special with enormous passion”.

Gary Carter of Natural Bodies

Stephen is running a Brain-Move IST day in Surrey on Saturday 28th April 2018, at Oxted Community Hall. More details to follow in the next edition.
International Day of Yoga

Report by Penelope Coomber on the ‘Healing Sounds of Yoga’ event which celebrated International Day of Yoga in June

I felt it an incredible privilege to be asked by the BWY both to facilitate a day of Sound in Yoga and to celebrate the International Day of Yoga.

The day started welcoming those I had never met before who were being introduced for the first time to yoga. I also had the opportunity to catch up with students I taught when I first started to teach in 1999.

The day consisted of a short introduction to sound and an asana practice using very simple sounds, moving on to pranayama using hasta mudra and then to a Tibetan Bowl Bath for relaxation.

In the afternoon session we chanted three different chants which were well received especially by those who had never chanted before - the sound in the hall was amazing!

The sharing with everyone who came was warm and friendly and I send my thanks out to you all for making it such a wonderful day, it was very much appreciated. I would also like to particularly acknowledge the absolute beginners who joined us. I appreciated your individual comments to me on leaving - thank you.

Penelope

Penelope with the Tibetan Bowls
The idea of an international yoga day was first proposed by India’s Prime Minister Narendra Modi. In December 2014, the United Nations recognised yoga's universal appeal and proclaimed 21st June as the International Day of Yoga. The day aims to raise awareness worldwide of the many benefits of practicing yoga.

For information about this global event, visit www.un.org/en/events/yogaday
The power of yoga

The inspiring story of how yoga helped Rebecca Papa-Adams through the trauma of cancer

Rebecca Papa-Adams is the force behind Inspire My Yoga. At the age of just 29 she was diagnosed with stage 4 bowel cancer and secondary liver cancer. Yoga played a big part in her recovery and, having survived both life-changing events, she is a BWY teacher in Kent. Now, aged 41, she is the longest survivor of stage 4 bowel cancer in the UK. She shares her amazing story here.

“I was about 20 when I first discovered yoga. I was more of a gym bunny at the time, wanting to build strength through Pilates, treadmill, spin and free weights. I was introduced to yoga through my friend Lindy Taylor. She suggested that I had potential or perhaps was in need of yoga. I think she thought I needed calming down. I hated the relaxation side of yoga. In my mind, I had too much to be doing rather than lying on the floor. I practised body balance with Lindy and would leave just as the relaxation began. Little did I know how much I would actually depend on those relaxation techniques.

When I was diagnosed with stage 4 bowel cancer and secondary liver cancer at 29, yoga helped me through that traumatic period. I had so many obstacles to face and battles to conquer, yoga was a key factor in getting me through what I call 2 years where my life stood still. Once the treatment and operations started, I was physically immobile. I spent months in hospital beds, dealing with the effects of two types of chemotherapy, radiotherapy and the life-changing surgeries. As you can imagine, the physical practice of yoga was non-existent. I was very weak. I remember times when I couldn’t even hold a phone in my hand. I honestly don’t think I would have survived if I wasn’t as physically strong as I was before I had the cancer.

Yoga is not just about the postures. It goes way deeper than that. The yamas and the niyamas...
Articles

were a part of me without even realising it. My husband, who is my best friend and favourite person in the whole world, was my rock though this awful time. He would bring me breathing and meditation CDs into hospital, plug me in to keep me as relaxed and calm as possible. I remember him telling the nurses and doctors that I practised yoga, telling them that one day I would be able to do it again. I think I was recovering from a 10-hour operation in the High Dependency Unit, feeling sorry for myself and really needing that kick of motivation from my beloved.

My on-going survival is down to several things: I had youth on my side, a big factor; no doubt the love and devotion of and for my wonderful husband and children; my stubborn attribute of not wanting to fail; amazing surgeons; pioneering surgery; and the wonderful support I still receive from my colorectal team.

I had thought about yoga teacher training prior to my cancer, and became even more determined when I was diagnosed. I was so eager I began the BWY foundation course back in 2006 in between having bowel and secondary liver cancer. Sadly, I was too ill to complete it and ended up having to have more surgery. However, I believe in fate. Things happen for a reason.

On my road to recovery after the liver resection in 2007, I was fortunate to meet three of the most wonderful yogis ever: Bob and Be Insley who I call my yoga mum and dad and Zoe Knott my yoga ‘guru’ and dear friend. They heard of my story and were Diploma course tutors for the BWY. They encouraged me to get back into the teacher training process. I wanted to shout out from the top of the mountain ‘look what the powers of yoga can do’, helping me get through on a daily basis.

I now have a full timetable of classes and teach over 200 people a week.

So what do I love about teaching yoga? Where do I start…? I get to spend time with like-minded people. I not only teach, but I learn from my students every day. I am fortunate to meet some inspirational students. For instance, in one of my classes, I have a gentleman who is blind, a lady hard of hearing, a 76 year old and a fit young 18 year old, yet they can equally produce some stunning yoga. I love that others can benefit from what I strongly believe and practise.

Continued over the page
I know that what I’ve been through has informed my teaching. I think I can strongly say I am wise before my years. I have an endless CV of illnesses and ailments and have struggled with body image as I have had numerous laparoscopic surgeries and have been rewarded with huge scars. I have lacked motivation, been weak. I have had to build up my fitness and health from scratch. I think that’s plenty to help me understand most of my students who come into class.

I would love to help spread the awareness of cancer. If I can help motivate other sufferers in any way to help guide them towards that light at the end of the tunnel, why not. I was told I wouldn’t survive, not just once and I’m still here, stronger and fitter than ever.

I recently set a challenge along with two fellow BWY teachers, Megan Sullivan and Kerrie Rees, through Instagram called #CrownAwakening. This referred to the chakras: Moving through a sequence of postures designed to focus awareness at each of the seven chakras; helping to cleanse, balance and open these important energy centres towards the ‘crown chakra’.

Many yogis helped spread awareness of cancer through this challenge by sharing their inspirational stories and demonstrating some spectacular yoga. You can catch up with these using #CrownAwakening on Instagram.”

This is an edited version of a blog dated May 12th, 2017 that appeared on the Yogamatters website

Rebecca is running a BWY event day in Kent on Sunday 17th June 2018. More details to follow in the next edition.
The following pages outline the General/IST days available over the coming months.

**Information for teachers about CPD points**
All BWY teachers using BWY insurance must collect 15 CPD points (Continuing Professional Development) a year. There are several ways you can do this:

- Distance Learning IST course = 7.5 points
- IST day = 7.5 points
- General day *(incl. days such as the International Day of Yoga)* = 5 points
- Directed Private Study = 5 points but you must do at least 7.5 hours study
- Master classes, book study or attendance at other non-BWY workshops can be counted as 1 point per hour, if the teacher feels that they have justifiably learnt something for personal development as a teacher.

As you can see from the list above, attendance at two IST events will earn the 15 CPD points you need in a year. However if you attend two events and one is a General day you will have accrued only 12.5 points so you will still need to earn another 2.5 points. This is where Directed Private Study (home study) can help.

*Here is an example:* You attended the General Day on Dru Yoga. This inspired you to study further, and to use that study to develop your professional teaching. You read through your notes, remembered and embodied certain practices, and researched the topic further using references such as websites articles and books that the tutor recommended. Having done all this, you were able to further consider what aspects of Dru Yoga you might incorporate into your teaching to enhance your student's experience. This is Private Study and is worth 5 CPD points but you have to do at least 7.5 hours study to qualify.

So you do not necessarily have to attend IST days to gain CPD, but if you undertake Private Study you need to be able to provide evidence of what you have done and how is has developed your teaching. Please note that if you earn more than 15 CPD points in any one year, up to 5 points can be carried forward to the following year.

**Please note the following:**
These two events are sold out:
*October 28 – The Bandhas - Inwards and Upwards: Gary Carter*
*October 29 – Spiral Dynamics and Rotations: Gary Carter*
This event has been cancelled:
*November 11 – Embodied Mindfulness: Judy Hirsh*
**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.

**Journey to Eka Pada Koundinyasana I**: Hugh Grainger and Zoe Knott

Sat, Jan 27 2018: 10am-4pm  
Wickham Hall, Sussex Road, West Wickham, Kent, BR4 0JX  
Organiser: Sabine Smith  

In the morning Zoe will lead us through an enjoyable all-round practice focusing on hip flexibility and upper body strengthening to prepare for the final posture. In the afternoon Hugh will enlighten and guide us into a staged approach to this challenging posture having had enough time to digest lunch!

Hugh is a BWY Teacher and Zoe a BWY Diploma Course Tutor and is also their DCT Training Officer. Many of you will have worked with this lively couple and will be familiar with their clear, detailed, precise, accessible style of teaching delivered in a stimulating, original and open-hearted way. There is always much laughter together with a fantastic tale accompanying us along the journey this challenging posture.
### The Art of 1:2:1 Teaching: Kate Ellis

**Event Details:**
- **Date:** Sun, Feb 25: 10am-4pm
- **Location:** Bluebell Hill Village Hall, Robin Hood Lane, Bluebell Hill Village, Kent, ME5 9QR
- **Organiser:** Jan Palmer
- **Cost:** BWY members £30 / non-members £50

Teaching 1-2-1 is a rich experience that continuously challenges us to be adaptable and creative. By breaking down poses and understanding what it is that we’re asking of a body, we can gain an awareness of movement principles and can start to choose the essential things for our clients to do. In a 1-2-1 we have time to explore and experiment and both client and teacher can have a shared journey. It’s an Art as opposed to a Science entirely because of the continuous need to experiment whilst using a back drop of skills and understanding of body reading, movement principles and asana.

Kate has been teaching yoga for 17 years and is a teacher trainer at Triyoga. Her specialism is in teaching 1-2-1. She is also a practicing body psychotherapist and brings her experience and knowledge to her trainings with an emphasis on the relational side of teaching.

### Fascia – The Organ of Structure: Catherine Annis

**Event Details:**
- **Date:** Sat, Mar 24: 10am-4pm
- **Location:** Wickham Hall, Sussex Road, West Wickham, Kent, BR4 0JX
- **Organiser:** Sabine Smith
- **Cost:** BWY members £30 / non-members £50

Fascia has become the latest trend in yoga and bodywork. Join this practical workshop to find out more about the magical, almost liquid, connective tissue, and its impact on our yoga practice. You will learn more about what fascia is and how it affects us in yoga, develop approaches to unwind the fascial web, release habitual holding patterns, understand the importance of fascia to our structural stability and cultivate a fresh approach to yoga that will return you to free, easy movement.

Catherine is a member of the Triyoga teacher training faculty, and in 2018 launches Intelligent Yoga Teacher training, a 200 hour BWY accredited training with Peter Blackaby and Gary Carter. She has been practicing for more than 35 years and focuses on deepening physical awareness and alignment to reveal the natural freedom of the body, particularly the spine.

### Spiral Dynamics and Rotations: Gary Carter

**Event Details:**
- **Date:** Sun, Oct 29: 10am-4pm
- **Location:** Holmbury St Mary Village Hall, Felday Glade, Holmbury St Mary, Surrey, RH5 6PG
- **Organiser:** Sarah Ann Hallett
- **Cost:** BWY members £30 / non-members £50

Gary will explain the structure, layout and shape of the human anatomy and physiology and how these inform our movement 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.

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NamaStE – ‘Mind’ 2017
## Events

### Diary of Events 2017-2018

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Type of event</th>
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<tbody>
<tr>
<td>Oct 07</td>
<td>The Way of the Jivamukta</td>
<td>Tanbridge House School RH12 1SR – Surrey</td>
<td>AGM</td>
<td>Gillen Carter</td>
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<td></td>
<td><em>Andrea Kwiatkowski</em></td>
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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>
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<td>SOLD OUT</td>
<td>Jan Palmer</td>
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<td><em>Gary Carter</em></td>
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<td><em>Gary Carter</em></td>
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<tr>
<td>Nov 11</td>
<td>Embodied Mindfulness</td>
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<td>CANCELLED</td>
<td>Rachel Claridge</td>
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<td></td>
<td><em>Judy Hirsh</em></td>
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<tr>
<td>Nov 18</td>
<td>Crossing the Rainbow Bridge</td>
<td>Medhurst Hall BR4 0JX – Kent</td>
<td>General</td>
<td>Sabine Smith</td>
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<td></td>
<td><em>Liz Lark</em></td>
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<tr>
<td>Dec 02</td>
<td>Developing skills of Observation</td>
<td>High Hurstwood Village Hall TN22 4AD – East Sussex</td>
<td>IST 17/116</td>
<td>Rachel Claridge</td>
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<td></td>
<td><em>Elaine Fletcher</em></td>
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<tr>
<td>Dec 02</td>
<td>Sound in Yoga and an Intro to Vedic Chanting</td>
<td>Bluebell Hill Village Hall ME5 9QR – Kent</td>
<td>IST 17/111</td>
<td>Jan Palmer</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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<tr>
<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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<tr>
<td>Jan 27</td>
<td>Journey to Eka Pada Koundinyasana I</td>
<td>Wickham Hall BR4 0JX – Kent</td>
<td>General</td>
<td>Sabine Smith</td>
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<tr>
<td>Feb 11</td>
<td>Fire Practice: Discovering and Living</td>
<td>St John's Village Memorial Hall GU21 7SQ – Surrey</td>
<td>IST 18/102</td>
<td>Sarah Ann Hallett</td>
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<tr>
<td>Feb 24</td>
<td>Tibetan Healing Practices</td>
<td>Millennium Centre RH17 7PG – West Sussex</td>
<td>General</td>
<td>Rachel Claridge</td>
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<tr>
<td>Feb 25</td>
<td>The Art of 1:2:1 Teaching</td>
<td>Bluebell Hill Village Hall ME5 9QR – Kent</td>
<td>IST (no. pending)</td>
<td>Jan Palmer</td>
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<tr>
<td>Mar 10</td>
<td>Gravity and Grounding</td>
<td>Billingshurst Centre RH14 9QW – West Sussex</td>
<td>General</td>
<td>Rachel Claridge</td>
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<tr>
<td>Mar 23-25</td>
<td>Congress: The theme is ‘Well being’</td>
<td>Warwick University, Warwickshire</td>
<td>Congress</td>
<td>Kate d'Arcy</td>
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<tr>
<td>Mar 24</td>
<td>Fascia – The Organ of Structure</td>
<td>Wickham Hall BR4 0JX – Kent</td>
<td>General</td>
<td>Sabine Smith</td>
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<tr>
<td>Mar 25</td>
<td>Where Can Postures Lead Us?</td>
<td>Holmbury St Mary Village Hall RH5 6PG – Surrey</td>
<td>IST 18/104</td>
<td>Sarah Ann Hallett</td>
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**Between Heaven and Earth:** Rosie Wright

Sat, Dec 09: 10am-4pm  
Oxted Community Hall, 53 Church Lane, Oxted, Surrey, RH8 9NB  
Organiser: Sarah Ann Hallett

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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).

**Fire Practice: Discovering and Living:** Raquel Alves

Sun, Feb 11: 10am-4pm  
St Johns Village Memorial Hall, St Johns Lye, Woking, Surrey, GU21 7SQ  
Organiser: Sarah Ann Hallett

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A day for exploring the concept of Fire in a practice and its purpose – the difference between Moon and Sun practices to lead us into Fire practices. Raquel will teach in progressive stages leading to challenging variations of Viparita Karini mudra and headstand with the use of breath, visualization and chanting. In the afternoon, we will look at a practice of yoga nidra.

Originally from Africa, Raquel started teaching in 1992. Her teachings draw from many styles including Astanga and Iyengar yoga. She is qualified with ParaYoga (Rod Stryker), BWY and Sivananda. Raquel is currently a BWY Foundation Course Tutor as well as a Tutor and Mentor on the Yoga Campus Teacher Training Programme.

**Where can the postures lead us?** Bob Insley

Sun, Mar 25: 10am-4pm  
Holmbury St Mary Village Hall, Felday Glade, Holmbury St Mary, Surrey, RH5 6PG  
Organiser: Sarah Ann Hallett

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This workshop will ask you to investigate, explore, question, feel and be creative. Bob will introduce the principle that many postures are linked in aspects of the physical movements that we make to attain them. There will be examples of this process by isolating individual movements both in the initial setting of, and within, asana if we approach asana with an open mind. There will be a practice of linking postures with focus on working in stages from Cat to Sage Vismavrita. The day includes a practice, group work, discussion and relaxation.

Bob began yoga with Astanga Vinyasa under the guidance of the late Derek Ireland and later studied the Iyengar system. He has been teaching yoga for nearly 20 years and has continued to study with many different tutors, developing those practices that have worked best for him. He calls his own approach to yoga asana “Moving into Space”.

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NamaStE – ‘Mind’ 2017
### Journey towards Headstand and Handstand: Zoe Knott

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<tr>
<th>Event Details</th>
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<th>Organizer</th>
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<th>Cost for Non-Members</th>
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<tbody>
<tr>
<td>Sat, Oct 21: 10:30am-4:30pm IST</td>
<td>Adastra Hall, Keymer Road, Hassocks, West Sussex, BN6 8QH</td>
<td>Melanie Johnson</td>
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Sirsasana and Adho Mukha Vrksasana are postures that all can work towards. We will approach these asanas 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

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<tr>
<th>Event Details</th>
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<tr>
<td>Sat, Oct 28: 10am-4pm SEYTA</td>
<td>High Hurstwood Village Hall, Chilles Lane, High Hurstwood, East Sussex, TN22 4AD</td>
<td>Jan Palmer</td>
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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.

### Embodied Mindfulness: Judy Hirsh

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<th>Cost for Non-Members</th>
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<tbody>
<tr>
<td>Sat, Nov 11: 10am-4pm IST</td>
<td>Adastra Hall, Keymer Road, Hassocks, West Sussex, BN6 8QH</td>
<td>Shirley January</td>
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The aim of the morning will be to offer direct experience of embodied mindfulness in yoga practice: how to notice and listen to the body, and to notice and think less. This will be done through asana, pranayama, sankalpa and Nidra. The afternoon will discuss how to incorporate the practice into a class situation. There will be time to ask questions, to discuss and to practice restorative yoga and Nidra.

Judy is the founder of Yoga Headspace and co-founder of Yoga United. She brings a mix of yoga-based practices and helps students to tune into their own headspace and inner wisdom. She sees the physical body as an entry point to a deeper understanding of the Self.
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.

NLP for Yoga Teachers (part 2): Antonia Boyle

Sat, Jan 13 2018: 10am-4pm   BWY members £60 for both parts or £30 for one;
                          non-members £100 for both parts or £50 for one
High Hurstwood Village Hall, Chilles Lane, High Hurstwood, East Sussex, TN22 4AD
Organiser: Melanie Johnson

This event is only open to those students who attended Part 1.

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.

Tibetan Healing Practices: Maarten Vermaase

Sat, Feb 24: 10am-4pm   GEN   BWY members £30 / non-members £50
Millennium Centre, Lewes Road, Scaynes Hill, Haywards Heath, West Sussex, RH17 7PG
Organiser: Rachel Claridge

The day will include practicing progressive movements and self-massage exercises, pranayama, visualisation, chanting and meditation, including the short Healing Buddha sadhana. There will be time to reflect on the Buddhist principles which underpin these exercises.

Dutch-born Maarten Vermaase studied Hatha yoga with the late Robert Van Heeckeren during the early 1970s, and Tibetan Buddhist meditation, yoga and healing exercises with Lamas and Teachers from all four traditions, especially Kagyu, Nyingma and Gelug. He worked for many years as a BWY Diploma Course Tutor.
**Gravity and Grounding:** Lisa McRory  
Sat, Mar 10: 10am-4pm  
Billingshurst Centre, Roman Way, Billingshurst, West Sussex RH14 9QW  
Rachel Claridge

A day to discover a felt sense of gravity and grounding using Scaravelli’s style of yoga. We will practice a range of postures which involve a transfer of weight, flowing sequences as well as balances. We will notice our changing relationship with the ground and gravity as we move and breathe. A felt sense of the elusive concept of ‘gravity’ will also inform our understanding of the equally elusive sense, ‘grounding’. Throughout the day we will practice with attention and awareness so that our yoga is supportive of ourselves as a whole.

Central to Lisa’s approach to teaching is an acceptance of where each student is with their own yoga so that practice is sensitive and without struggle. She feels influenced by her own yoga teachers and by what she learns from teaching her students. As well as teaching a weekly programme of classes, she is Co-Director of the London Yoga Teacher Training Course, a BWY established accredited group.

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**South East AGM**

**South East AGM followed by “The Way of the Jivamukta”: Andrea Kwiatkowski**

Sat, Oct 07 2017: 10am-4pm  
Tanbridge House School, Farthings Hill, Guildford Road, Horsham, Surrey, RH12 1SR  
Organiser: 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 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 has taught at Congress and offers training days for the BWY around the country.

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**Congress**

**Congress: the theme for 2018 is ‘Well being’**

March 23-25 2018  
Warwick University, Coventry, Warwickshire, CV4 7AL

Congress is an exciting, stimulating learning experience where teachers can refresh their knowledge and become inspired on the next part of their yoga journey. For our non-teaching members, Congress provides an opportunity to dive in and drink deep from the well of knowledge provided by our expert line-up of teachers. Most of all Congress is fun, a chance to catch up with old friends and come together as a community and to share our passion for yoga. Why not arrange a diploma or certificate course reunion at Congress? And don’t forget that, for teachers, it all counts towards your CPD. We hope to see you there.
Booking procedures and information

How to book: Booking has just become even easier. Simply go to the BWY website, www.bwy.org.uk. Enter the website as a member, select the Southeast Region (if you do not enter the site as a member you will only see the non-member price options), select the event or events, check if a place is available, continue to payment. You will receive a booking confirmation to your email address.

Payment methods: Our online booking system accepts both credit and debit cards. You will receive payment and booking confirmation. If you want to pay by cheque, the system will no longer reserve a place. If you see places are still available then post your cheque* asap to the event organiser. Post-dated cheques are not accepted, cheques must have your name, contact email address, BWY number and event clearly marked on the back.

*Posting a cheque does not guarantee you a place as the online booking system may have sold all the remaining places by the time the event organiser receives the cheque. If in doubt, contact the event organiser prior to sending a cheque.

AGM: From 2017 the AGM, which lasts the maximum of an hour, is free to any Southeast member to attend but you must register your interest prior to the day to the Regional Secretary. The AGM is followed by a general class 11.00-16.00 open to all at a cost of £10, payable online or by cheque.

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

BWY refund policy: All refunds are subject to a £25 admin fee. Refunds for events are on a sliding scale. Written/email cancellation received between:

- Opening of booking to 2 months – 100% of the fee paid less £25 admin fee
- 2 months to 1 month – 50% of the fee paid less £25 admin fee
- 1 month to 1 week – 25% of the fee paid less £25 admin fee
- 1 week to the event – 0% of the fee paid

For exceptional circumstances please email office@bwy.org.uk or contact the event organiser.

A full refund will be offered if the event has been cancelled or transferred by the organiser to another day/venue which is not convenient to the attendee. If the event is full and there is a waiting list, the organiser can offer your place to the waiting list, the waiting list attendee would directly pay you. Alternatively, you can find someone else to attend in your absence but you must notify the event 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.
Yoga in the news

The following articles about meditation appeared in the press recently

State of mindfulness
The capital is chaotic. People sleep, badly, but they never stop - indeed there’s barely even time to pause, unless you enforce it. Plus, being busy is a status symbol - why breathe deeply when you could be panting as you sprint through Bank on a Tuesday morning?

But at some point, something’s got to give. Londoners are taking control of their time (and sidelifing the cynicism) to attend mass meditation classes.

“I wanted to create an experience where everyone could come and sit with us,” explains Michael James Wong, founder of Just Breathe, which organises mass meditation gatherings across the capital. Since it launched last autumn, Wong’s community has exploded to attract artists, poets, musicians and speakers from across the world, as well as ordinary Londoners. He is expecting more than 1,000 people at the next Grand Gathering in October.

“The aim of Just Breathe is to show you how modern meditation can support you in the real world,” Wong explains. He expected 40 or 50 people at the first event last September - in the end more than 200 showed up to the Truman Brewery. “We weren’t ready, but they were! It was epic.”

The Grand Gathering will take place at The Shangri-La at The Shard. The 150-minute charity event will bring together regular meditators (“breathers”) and beginners, and will include a quiet concert, mindfulness techniques and group meditation.

In September Just Breathe will also launch a series of small weekly gatherings on Monday evenings, so “breathers” across London can come together and access group meditation quickly and easily, “just like they would a gym class,” says Wong. This regularity is important, he explains. While London offers plenty of regular exercise options, there are fewer that focus on the mind. “Our aim is to infiltrate the fabric of London, to turn the volume down,” he says. “We’ve started this new conversation, and it’s only getting quieter.”

“Meditation,” he adds, “is proven to reduce stress and anxiety, and boost well-being.” Despite these many benefits, “the biggest value I find is the sense of calm through the chaos that is London,” he says, “it’ll create ease in your everyday life, and who wouldn't want that?”

Edited version of an article by Katie Strick

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

NamaStE – ‘Mind’ 2017
**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 14th October and 18th 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

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**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

CANTERBURY YOGA Studio  2018 BWY Foundation Course

FOUNDATION COURSE 1 ● Cora Kemball-Cook & Lina Newstead with guest tutor Karin van Maanen

All three tutors have run several Foundation courses between them. Lina and Cora are both Diploma course tutors and teach gentle, mindfulness-inspired yoga. Karin is a newly qualified diploma course tutor.

INTRODUCTION MORNING: Saturday January 20th

MAIN COURSE DATES (all Saturdays in 2018)

Requirements: Approximately two years class experience and a commitment to developing and deepening your own personal practice of yoga.

Course cost: £630 (including British Wheel of yoga, course registration fee, course materials). Concessions available for those on low incomes.

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 and the tutors & how to apply please visit www.canterburyyoga.co.uk
Yoga Teacher Training
2018-2020

Inspired by the approach of Vanda Scaravelli and Mary Stewart, this British Wheel of Yoga Established Accredited Group 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 the field
Benefit from an exploratory approach to asana practice
Work with a team of inspirational and creative teachers, two of whom will be present on all days

2018-20 Course Directors: Anne-Marie H Zulkahari, Lisa McRory, Cara Bowen
Senior faculty: Pete Blackaby, Lesley Dike, Neville Cregan

Deepen Your Practice 2018

Commencing April 2018, this experiential course will consolidate your understanding of a Scaravelli influenced approach to yoga
Led by Sarah Linsey and Bridget Thornborrow, alongside inspiring visiting teachers
Open to experienced students and teachers booking a minimum of three out of five days
A high quality learning experience that can be used for your BWY continuing professional development (CPD)

To register interest email debwatson@gmail.com
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

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

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CANTERBURY YOGA Studio

2018 studio workshops

THE SPIRIT OF YOGA ● Workshops for regular practitioners

The days offer an opportunity to explore a yoga topic in-depth with experienced teachers in small groups.

Chakras for everyone ● Sat Jan 27th Ginny Kempster
NLP to revitalise your yoga ● Sat Feb 27th Antonia Boyle
Exploring the yoga perspective on time with meditation ● Sat March 17th Lina Newstead

Look out on the web site for more details and other workshops in 2018

Each day takes place at Canterbury Yoga’s purpose-built studio with easy access from the M2 / A2 and high speed rail services at 15 minutes walking distance.

Timings: 10:00am – 4.00pm

Cost: £40 per workshop, £35 per workshop for 2 or more

For more information and bookings please contact Cora on 07711 830 275 or email corakc@hotmail.com Studio website: www.canterburyyoga.co.uk
PRANAYAMA FOUNDATION COURSE 2018

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 begins 20th January 2018

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

TEACHING PRANAYAMA 3/4th Feb. 2018

How to teach Basic Breathing and Pranayama for the first 3 years of a student’s journey into Yoga. Bound and illustrated Manual included.

Both Courses Light Centre, Victoria, LONDON

CDs and Manuals on many aspects of PRANAYAMA – see website

NEW: Short Novel: Seek and you will not Find

A story of Friendship, Love, Romance, Tragedy and Redemption on the rocky road towards Enlightenment - first 2 chapters at the website

www.yogaquests.co.uk

Please contact Philip pax_yoga@yahoo.com  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
**Re revitalising Yoga Morning.. Sat 9th December**

**With Kay Lilley** B.A., B.Ost. Osteopath and BWY Yoga Teacher (BWY dip)

2.30pm - 5.30pm - £25

St. Lawrence Hall, Stone Street, Seal, Sevenoaks TN13

Join us for a Saturday yoga morning that will restore and bring a little winter sunshine back into our lives!! Includes asana, 15 mins pranayama, 15 mins mindfulness meditation and 30 mins nidra relaxation.

Kay likes anatomical alignment. She has been practicing Yoga and Buddhist Meditation for 20 years and is currently training as a Mindfulness Teacher. Treat yourself! Booking is simple contact me today!

Kay 07899 974821  E: kaydlilley@btopenworld.com
W: www.osteopathinsevenoaks.co.uk

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**SPRING YOGA RETREAT**

Friday 4th to Sunday 6th May 2018

At beautiful St. Katharine’s, Parmoor, set in 12 acres of grounds and located in the rural tranquillity of the Chilterns. Meetings and practice sessions are in the large, airy Chapel with views over lawns and fields.

**‘BEFRIENDING THE BREATH’**

According to TKV Desikachar, we must ‘acutely sense and feel the flow of the breath within’ during our yoga practice. How do we combine this with asana (posture) work? How can we experience this in prānāyāma? And how can this lead us to quietness of mind? Liz and Michael will help you answer – by developing a better and deeper relationship with your breath.

**sLed by Teacher-Trainers Michael Hutchinson (DCT) and Liz Murtha**

Cost £390 (single), £340 (sharing) including afternoon tea, vegetarian meals (scrumptious), guided walk and comfortable accommodation.

Details at www.twobirdsyoga.com or from michael@twobirdsyoga.com

N.B: 15 Training Hours CPD or CPU  £20 Early-Bird discount until 31st January
Yoga Studios for hire for BWY Members’ Events
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
2017/18 Emergency First Aid In the Workplace

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
2017 COURSES: Saturdays: 16th September (FULL) -- 28th October -- 9th December
2018 COURSES: Saturdays: 27th January -- 10th March -- 5th May -- 7th July
8th September -- 6th October -- 3rd November
(or)
MAIDSTONE: Leeds and Broomfield Village Hall, Kent, ME17 1RP
2018 COURSES: Saturdays: 24th March -- 9th June -- 20th October

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.(Retired)
“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:

Wednesday 11 October 2017 – Uxbridge (UB8 2RR) - £65 per person
Sunday 15 October 2017 – Luton (LU3 2HX) - £65 per person
Saturday 21 October 2017 – Aylesbury (HP20 1BQ) - £70 per person
Thursday 09 November 2017 – Uxbridge (UB8 2RR) - £65 per person
Sunday 20 November 2017 – Crouch End (N8 9PR) - £70 per person
Monday 20 November 2017 – Luton (LU3 2HX) - £60 per person
Friday 15 December 2017 – Uxbridge (UB8 2RR) - £65 per person
Thursday 11 January 2018 – Luton (LU3 2HX) - £60 per person
Sunday 07 January 2018 – Uxbridge (UB8 2RR) - £70 per person
Sunday 14 January 2018 – Crouch End (N8 9PR) - £75 per person
Monday 15 January 2018 – Uxbridge (UB8 2RR) - £65 per person
Sunday 21 January 2018 – Luton (LU3 2HX) - £65 per person

To book your place please visit www.mgmtraining.co.uk
(Please note off-line bookings incur an additional administration fee)

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