The running of the region would not be possible without a voluntary committee. We have been working as a very small committee and continue to do our best to provide events for members and non-members, plus further training for yoga teachers. We are looking for enthusiastic yoga lovers to join our friendly team and help us to expand on what we are currently offering. If you would like to join our friendly team, please get in touch with Ruth Wileman, Regional Officer.

VOLUNTARY POSTS VACANT

NOTTINGHAMSHIRE COUNTY REPRESENTATIVE

NORTHAMPTONSHIRE COUNTY REPRESENTATIVE
Welcome to Yoga East Midlands. Today I am enjoying some long-awaited sunshine and the pleasure of enjoying a cup of tea outdoors.

It is really getting me in the mood for planning the Summer Yoga Festival, at the same time hoping for a similar sunny day in June.

Session and tutor information is available on the BWY website www.bwy.org.uk/eastmidlands, and also our Facebook page British Wheel of Yoga East Midlands. The final timetable will be released a few days beforehand and bookings open on the day. Lots of fun - I do hope to see you there!

Namaste,

Lindsey

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### PUBLISHING POLICY

Please send adverts to Lindsey Watson, Regional Editor.
Print quality pdfs or high-resolution jpegs are acceptable.

<table>
<thead>
<tr>
<th>Advertising rates (incl. VAT)</th>
<th>Members/Accredited</th>
<th>Others</th>
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<tbody>
<tr>
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<td>Autumn 2018</td>
<td>September 2018</td>
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<td>November 31 2018</td>
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<tr>
<td>Summer 2019</td>
<td>May 2019</td>
<td>March 31 2019</td>
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Payment is by bank transfer and details will appear on invoice. If you wish to take advantage of members' rates, you will need to provide your BWY membership number.

Please note: goods or services advertised are not necessarily BWY accredited. 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.
REGIONAL OFFICER – Ruth Wileman

I would like to thank our County Reps who have been really busy getting events organised for the coming months - the calendar is filling up.

Can we please ask that you do help us out by booking as far ahead as possible? I think that we increasingly leave things to the last minute these days and, while we welcome bookings up until the day before, it is difficult to organise events when we are unsure of numbers.

Many tutors travel a distance to run our workshops and we need to confirm with them a month before that an event has enough booked on to run.

I know that everything is switching to online these days, but please do contact County Reps directly to book if computer access and online booking causes a problem for you.

Our big event of the East Midlands Year is the Yoga Festival. We have some fantastic tutors from the region lined up and I am really looking forward to catching up with everyone over the day.

I have carried on as Regional Officer this year but, as I stated at the AGM, I am viewing this as ‘Acting RO’ as I need to step aside due to changes that are occurring in my family life.

Would you be interested in taking over? Would you be interested in joining the committee in any role? Please do get in touch with myself or another member of the committee to find out more.

Best Wishes,

Ruth
Hi to All - in the region and beyond.

With new county representatives coming forward, I am pleased to report that we have been able to pull together a great selection of events and ISTs for 2018.

We are currently working on some fantastic tutors for 2019.

Please keep checking the website for events and in-service training day updates.

Have a lovely summer!

Vanessa
I am writing this having just returned from the BWY Yoga Fest (formerly Congress). What an amazing weekend. As ever, an excellent group of teachers and it was good to catch up with some old friends.

I know the booking put people off going a bit, and I went feeling a bit uncertain as I really didn’t know what kind of session I was going into, but I needn’t have worried as I ended up with a good spread of physical practice and lectures.

Timothy McCall did a live diagnosis one-to-one, which was a fascinating thing to watch and made me realise I need to revisit my Ayurveda books again.

I also enjoyed some Scaravelli-style yoga, a fabulous session on sciatica which I will be practicing before sharing with my students and learnt a new sequence, as well as getting in touch with my inner goddess - or was that inner thighs?

We will soon have our own East Midlands Festival and, whilst not on such a grand scale as the Yoga Fest, I hope you will come along and enjoy the sessions planned.

Om Shanti,

Dawn

HAVE YOU SEEN OUR FACEBOOK COMMUNITY PAGE?
PLEASE VISIT AND LIKE!
British Wheel of Yoga East Midlands
REGIONAL TREASURER – Perry Lewis

I am pleased to attach our results for the year ending 31 October 2017. Although the region enjoyed another year of profits, such profits and income are half of that achieved in the previous year. This is through a sharp decline in the number of events we were able to organise during the year and reflected our shortage of County Representatives for Derbyshire, Nottinghamshire and Northamptonshire. Although we have maintained the number of IST days, it is general days that have fallen short.

This year, we are bringing back our summer festival and have welcomed our new Derbyshire Rep Sally Kennedy, so we are hoping to improve on this in the current year.

But over-all we are in good financial shape. Our aim is use this to hold exciting, informative and enjoyable yoga events to attract even more prospective yogi practitioners to the fold.

Namaste,

Perry

NEW BWY Module - Yoga Sports Science Foundation Course for Yoga For Athletes

June 30th/July 1st 2018 and further dates starting September
St Mary’s University, Twickenham

BWY Module: just one weekend of live training lead by Hayley Winter, founder of the Institute for Yoga Sports Science®, and her team of YSS tutors. The first part-online

Following the successful Yoga For Athletes IST Day in Leicestershire in February 2018 and the free YSS resources now available to BWY members, this is a new BWY Module. Bridging the gap between the science of yoga and sports science, it provides a powerful base from which to learn to guide athletes in your classes through sports-specific yoga practice to help prevent injury and enhance their athletic performance.

https://www.bwy.org.uk/national/event/62
To book, email bonnie@yogasportscience.com
REGIONAL TREASURER – Perry Lewis

British Wheel of Yoga - East Midlands Region
Income & Expenditure Account - year ended 31 October 2017

<table>
<thead>
<tr>
<th></th>
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<th>2017</th>
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<tbody>
<tr>
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British Wheel of Yoga - East Midlands Region
Balance Sheet - as at 31 October 2017

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<tr>
<th></th>
<th>2016</th>
<th>2017</th>
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<tbody>
<tr>
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<td>Accumulated Surpluses</td>
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<td>808</td>
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<tr>
<td>Accumulated Surplus carried forward</td>
<td>22,510</td>
<td>23,318</td>
</tr>
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Namaste everyone.

I'm still finding my feet in the Derbyshire County Rep role and really looking forward to attending some varied and engaging workshops and events in the East Midlands over the next few months.

Over the end of May Bank Holiday weekend, we'll be exploring ayurveda and Yoga for Better Digestion with a London-based tutor, Komal Dadlani, who recently wrote on this subject in Om Yoga magazine. We also have a local tutor and artist Helena Turner coming to Bolsover Assembly Rooms in June, giving us an opportunity learn more about Yantra, and to take home a Yantra painting of your own design at the end of the day!

You may have seen Dr Natasha Picot writing in Spectrum recently, and we are lucky to have her coming to the region in July for a workshop looking at creating your own personal chakra map and energy block release sequences to find ways to create positive change.

One thing that has struck me since joining the East Midlands committee is the hard work of the all volunteers in our region. As standards and quality are extremely important to the BWY, all our events are of an extremely high standard and taught by experienced teachers from a range of traditions. We work hard to keep costs as low as possible and to make events accessible to the whole yoga community; so whether you're a 'newbie', teacher, yogi or yogini, if you're looking to develop your own knowledge and practice, you'll be very welcome.

Come and say hello if you see me about, and let me know if you have any suggestions or ideas - derbysrep bwyeastmids@gmx.co.uk

Sally
Yantra Painting
Tutor: Helena Turner
16th June 2018, 10:00 - 16:00
Bolsover Assembly Rooms, Hilltop Avenue, Bolsover, S44 6NG

Come and discover the delightful experience of making Yantras & Mandalas. Mandala means circle and is a sacred symbol representing wholeness. A Yantra is a particularly powerful form of mandala and used as a tool for meditation. In this workshop, you will be guided step-by-step in drawing and painting a Ganesh Yantra. Ganesh is the remover of obstacles and offers us the energy needed to start new ventures.

The workshop will give you all the tools necessary to create your own unique mandalas in addition to learning valuable techniques to apply to future works of art and personal expression. Creating a Mandala or Yantra is a ritual which allows us time for deep self-reflection and healing, as well as tapping into our creative spirit. No previous art experience needed. All equipment provided. Instructional booklet allows you to continue this artform with confidence.

Contact Sally Kennedy for more information
derbysrep.bwyeastmids@gmx.co.uk
Visit www.bwy.org.uk/events to book
Hello everyone, warm greetings from Leicestershire.

I have just returned from a wonderfully uplifting and inspiring weekend at the BWY Yoga Fest with my yoga batteries recharged and feeling full of the joys of spring.

If you get the opportunity to attend this event one day, I highly recommend it - it was a real cornucopia of yoga in its diversity.

For me, it was a timely opportunity to reconnect with just how profound and nurturing simple yoga breathing practices can be. In our busy lives it is so easy to get caught up in complexity and forget how ‘less can be more’.

There are lots of events coming up in Leicestershire over the next few months, including: a morning of Yin yoga in Kegworth with Yvonne Patrick in May, the region’s festival in June, our annual Summer school classes on Monday evenings in Knighton, Leicester on July 16th and 23rd and August 13th and 20th. There is an IST day for teachers with Carolyn Clarke in Quorn in October.

Do keep an eye on the website for more information and booking. I hope to see some of you on a mat soon,

Wishing you all the best
Love
Gilly

“Some of the simplest of things can teach us the most profound lessons in life.” Avijeet Das
IST Yoga Bodies – perspectives on the body-mind and their application in asana

Tutor: Ade Belcham

16th September 2018, 10:00 - 16:00
Papplewick Village Hall, 17 Linby Lane, Papplewick, NG15 8FB

This workshop is a practical exploration of the purpose of yoga asana. It introduces different ways of thinking and speaking about the body-mind under three categories of ‘physical models’, ‘energy models’ and ‘psycho-emotional models’. It includes reference to, but goes beyond the boundaries of western anatomy and physiology.

The aim is to better inform the way we practice and teach yoga. We begin by clarifying our goals and motivations. Then by shaping our perspective of the way that asana ‘works’ on the body-mind we can help ourselves and our students achieve those goals.

The day will be a mix of tutor presentation, group discussion and practical exploration involving individual asana practice and group work. The day promises to be a day that provokes reflection and provides inspiration and innovation for your practice and/or teaching.

Quite a long time ago in deepest darkest Wales, Ade was born on a warm June evening, a child of the moon and the sea. He has lived several lives since then including one as an environmental tutor, father of two and part time nomad. He currently spends his time working as a Rolfier, Craniosacral therapist, and yoga teacher.

His yoga story is centred around a daily ashtanga yoga practice begun in 2000 and involving many months over the years at the feet of the dark queen Nancy Gilgoff on the mythical island of Maui. He has been sharing stories about yoga since 2004 mostly from a barn in the Black Mountains of South Wales. He continues to do so from his new home in a cowshed in Sussex and via workshops in other UK venues. He loves a good tale!

Visit www.bwy.org.uk/events to book
Nowadays a lot of life seems to be instant. We want something, and we can order it off the Internet and it is here the next day.

We want to speak to someone, and if we send them a text they instantly know what is on our mind.

When some people are poorly, they are straight to the Doctor for an instant fix without giving the body a few days to rest and recover.

There are three things we need to remember when considering our yoga - PRACTICE, PERSISTENCE AND PATIENCE. Our bodies won’t change overnight. If you have not knelt for years, it is probably going to take a few years of practice before we might kneel again, and this takes a lot of persistence. In this fast speed of life, our yoga is a gentle reminder that life will unfold at its own pace.

Currently, we have three exciting yoga events planned in Lincolnshire for 2018. Places are still available at these…

19th May, Maryee Wyville, IST Bones for Life, Walk for Life.

13th October, Gary Carter, IST Spiral Dynamics and Rotations.

10th and 11th November, Bill Wood, Working with Gravity, the Breath and the Spine.

Please do not hesitate to contact me if you need any further information,

Julie
IST Spiral Dynamics and Rotations

Tutor: Gary Carter

13th October 2018, 10:00 - 16:00

Welbourn Village Hall, Beck Street, Lincs LN5 0LZ

There are no straight-line forces running through the body. Most forces tend to pass through us in circular or spiralic patterns generating efficiency of movement.

All movement, from the smallest to the largest is generated from this circular expression. This can also explain how simple injuries are set up, arising from initial imbalances in structure.

This workshop will explore just how these dynamics not only apply to practice but also where freedom and economy of effort really originate.

Specifically, we will look at pelvis to foot relationships, hand to pelvis spirals and scoliotic patterns.

Gary has over 25 years of 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. He is committed to teach, train and encourage kinaesthetic awareness, ease of movement and efficient body use.

Contact Julie Nelstrop for more information
lincsrep.bwyeastmids@gmx.co.uk
EVENT BOOKING PROCEDURE AND POLICY

How to book
Booking is through the BWY website, www.bwy.org.uk. Enter the website as a member, select the East Midlands 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. If an event is full, contact the event organiser directly to enquire if they are running a waiting list.

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 as soon as possible to the event organiser.

Post-dated cheques are no longer 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.

BWY refund policy
Refunds for events are on a sliding scale. Written/email cancellation received between:

- Opening of booking to 2 months – 100% of the fee paid
- 2 months to 1 month – 50% of the fee paid
- 1 month to 1 week – 25% of the fee paid
- 1 week to the event – 0% of the fee paid
- For exceptional circumstances please 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. 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.
Eating out, insomnia, and a busy lifestyle can aggravate your ayurvedic constitution and alter the natural balance of Fire and Air in the digestive system, creating gas, acidity and constipation. Here are some DIY Yogi-Tips to help you feel your best!

**Warm up 1/4 cup of coconut oil** and massage your abdomen and middle back in circular motions for about 5-10 minutes. The skin is an excellent medium for reaching the element of Air, the main reason for too much gas or feeling bloated. Lie flat on your back for a 30-minute nap, using a hot water bottle over your belly. Moisture and warmth are the exact opposites of Air and they will help soothe it down to a flatter stomach. Promote a relaxed environment, as Air is also very much disturbed by too much thought (which explains why your GI gets upset with mental stress too). Shower the oil off with without soap. The effect stays with you for 24-36 hours.

**Avoid gulping down large quantities of cold water**, which only puts out your digestive Fire further. Create the habit of sipping warm water inbetween meal times with freshly squeezed lemon juice (about 1 lemon a day) or plain with a few mint leafs. Citric and astringent flavours have the power to fuel up your Agni (digestive Fire) and burn off the excess of Air in your digestive tract. This is also a quick fix if you are experiencing acidity or you can feel yourself bloating up after a meal.

**Respect hunger.** Your body goes through a lot of work to create digestive Fire which can only remain alive with food to burn for fuel. A common mistake is to think we can get a flatter tummy or get rid of gas by skipping a meal or fasting, but this just makes matters worse. With no food to burn for fuel, Agni dies out and Air once again rules
YOGA FOR BETTER DIGESTION – Komal Dadlani

your digestive tract, creating symptoms of gas and feeling bloated. Ensure you eat your meals regularly and avoid heavy ones after sunset, when Fire and Agni are at their lowest.

**Do not force yourself out of constipation**, which will just stress your GI tract further. Prepare a warm ayurvedic beverage by bringing ginger, basil leaves (5-7) and ½ tsp. of ground cardamom to a boil for 3-4 minutes. These herbs are very helpful at keeping Fire and Air calm. Filter and sip it every morning to replace tea and coffee. Sipping while squatting in Malāsana (below) can also be very helpful to promote bowel movement. I have many friends who have tried this and it really works!

![Image of Komal Dadlani](image)

There are also many yoga-asanas and pranayama routines that you can practice to increase the effectiveness of Agni (Fire) and keep Air (gas) under control. I will be teaching the method during a 3-hour workshop on Sunday, May 27th with the BWY.

*Komal Dadlani is a Yoga Acharya and Meditation Instructor teaching private and group sessions in London.*

*Email komal@omhathayoga.com*
BWY TEACHING CERTIFICATE 2018
With Dawn Wesselby (Atamjeet)

Introductory day 29th September 2018 – Investment £20

The course will be held one Saturday per month over 18 months including a residential weekend.

It is open to students with at least two years class attendance and completion of the BWY Foundation Course is preferred but not essential.

The course covers the first five units of the BWY Teaching Diploma and an option to continue to the Diploma will be available should there be sufficient interest.

Syllabus includes:- Asana- safe practice and modification, breathing practices, relaxation, professional aspects from both a yogic and business perspective, anatomy relating to asana and an element of yogic philosophy.

Dawn has been teaching yoga since 2000 and is also trained in Kundalini yoga. She has a passion for yoga philosophy and is qualified in a number of therapies.

For more interest, please contact Dawn on 07748 071582 or by email on yogadawn@ntlworld.com

www.newdawnyoga.co.uk

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BWY Module, Yoga & Mindfulness for Children & Teens, with Christiane Kerr
Manchester Yoga Central
September 15 & 16, November 17 & 18, 2018 & January 19 & 20, 2019

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 953 812
Sheffield Yoga Days

2018

- 30th June : Bijam : Mind Balancing – Yoga for Stress


- 17th & 18th November : Brahmananda : ‘Ajapa Japa – Channelling the Transforming Power of Prana’ (2 day course £95)

2019

- 19th January : Hannah Penn : The Magic of Mudras!


- 9th & 10th March : Peter Blackaby : Attending & Responding (2 day course £95)

  Swami Krishnapremananda :

- 13th April : The Subtle Path between the Inner Sun and Moon

- 14th April (10am – 1pm) : Being Spacious Through Mediation and Mindfulness

- 19th May (Sunday) : Jayadhara : Yoga and Ayurveda

- 29th June : Kripa Devi : Living Yoga – Finding Balance

Days cost : £40.00

Venue : Grenoside Community Hall, Sheffield, S35 8PR

0114 - 2338340

www.sheffieldyogaschool.co.uk
Two Courses with Angie Blowers in
Stoneleigh Village Hall, Warks. CV8 3DG
(excellent direct links to motorways)

**Yoga Philosophy & Everyday Living**
*June 2018 to Feb 2019*

We put our own “philosophy” together from what we learn from the experience of living, but we rarely question whether it still serves us well! This course enables us to do just that in a fixed group of like-minded people who will become trusted friends.

It also aims to clarify how the various yoga philosophies fit together and how they compare to other ideas from west and east that have shaped our views of life. There will be short bursts of physical practice and ideas/information input with plenty of discussion in small groups and all together. For the brave and curious!

For those who already have some understanding of yoga philosophy. There will be 7 sessions, Saturdays 10am to 4pm.

**BWY Foundation Course – Level 2**
*Sept. 2018 to May 2019*

For those who have completed a level 1, or teachers wanting to refresh their personal practice. Its aim is to enable you to create practices for your personal objectives, integrating the full range of techniques from level 1 and 2. There is particular emphasis on meditation and developing Pranayama/Pranic practices.

12 meetings on Saturdays, every 3 weeks

Email for details to angie@blowers.f9.co.uk
Thai Yoga Massage Therapy
One-day Workshops

Thai Yoga Massage is a unique & powerful therapy combining acupressure, gentle stretching and applied yoga.

Hands on training in this beautiful, ancient art under the guidance of an experienced teacher at a purpose built studio in tranquil rural Worcestershire.

Suitable for complete beginners to health care professionals looking to widen their expertise and an introduction for those interested in attending the TYMT Diploma Course.

Accredited by the Federation of Holistic Therapists.
Diploma course earns 10 CPD
Cost from £45

For more information contact Barbara on 07980 501498

mail@paadena.co.uk    www.paadena.co.uk
PRANAYAMA

PRANAYAMA: THE POWER TO HEAL with PHILIP XERRI
An exceptional day of practice and theory exploring the immense potential of Pranayama for Self-Healing, De-Stressing and Reinvigorating the whole being. There will also be a focus on some of the deeper Relaxation practices that are based on Breath and Awareness and also some Breath and Movement based practices interspersed throughout the day.

October 20  Light Centre, Victoria, London
November 3  Lichfield, Staffs

HEARTS and PRANAYAMAS
with Philip and Kate Xerri
The Day will be a combination of getting to know the normal heart structure and function and how it can be adversely affected by lifestyle and personality type. This will be explored via lecture and power point presentations with Kate. Philip will show how to implement various Breathing techniques, simple Pranayamas, movement and breath sequences and deep relaxations in order to bring about healing and rejuvenation.

The Day will be roughly 50/50 theory and practice.

October 13  Lichfield, Staffs
Lichfield is easily accessible from London and the Midlands with two train stations. The venue is in the centre of this beautiful city and overlooks its famous Three Spires Cathedral.

Kate is a qualified Yoga Teacher and has been a qualified Cardiac Physiologist for 25 years, specialising in the early part of her career in paediatric congenital defects from new-born to young adults. She has delivered various programmes to Cardiac Rehabilitation groups aimed at alleviating the effects that stress can have on the Heart and how to implement strategies to alleviate symptoms. Philip has been teaching Yoga and Pranayama for 40 years. He has looked closely at Basic Breathing and simple Pranayamas and how they can be used for healing.

Further information/Booking:
Email  pax_yoga@yahoo.com  Web  www.yogaquests.co.uk
Mob 07710185827
2018/19 YOGA EVENTS

DAILY YOGA CLASSES IN CHELTENHAM: YEAR ROUND

THAI YOGA MASSAGE INTRO DAY: JUNE 2018

THAI YOGA MASSAGE TRAINING: OCTOBER 2018

RELAXING AND REJUVENATING YOGA HOLIDAYS:

- SOUTH WEST FRANCE: JULY – SEPTEMBER 2018
- BARCELONA, SPAIN: SEPTEMBER / OCTOBER 2018
- MARRAKECH, MOROCCO: OCTOBER 2018
- SICILY: APRIL, MAY & JUNE 2019

- YOGA FOUNDATION COURSE: MARCH 2019

FOR MORE DETAILS PLEASE CONTACT US:

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Celebrate the joy of yoga in the heart of the Charnwood Forest. A full day of Yoga, Relaxation, Meditation, Tai Chi, Qi Gong, Healing Sound Therapy, Bollywood Dance and Japanese Facial Rejuvenation workshops and more, offered by a variety of regional tutors.

Timetable for the day will be issued prior to the event. All sessions can be booked on the day. Full session and tutor information is on the website. Please bring your own lunch – light refreshments will be available.

BWY members £20, non-members £25
To book - www.bwy.org.uk/eastmidlands
Facebook updates - British Wheel of Yoga East Midlands