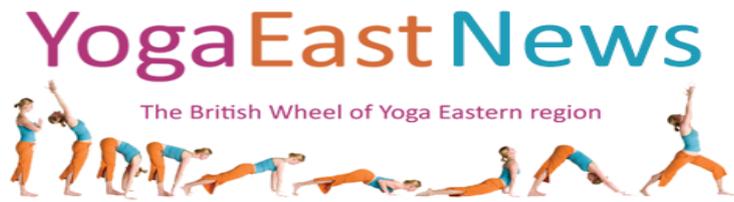


30th March 2020

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Spring 2020



**Eastern Region News – Keeping you
Informed.**



YogaEast News

The British Wheel of Yoga Eastern region



Update for Eastern Region.

Dear Eastern Region Members,

We hope this email finds you well and managing to cope in this uncertain and unsettling time. The events of the last few months and the battle with COVID-19 has taken its toll on all of us. Now, more than ever, our yoga practice can sustain us and prove to be the resource needed to see us through. All British Wheel of Yoga teachers have been advised to stop teaching person to person classes and there has been free webinar sessions via facebook and Zoom to encourage and give advice on how Yoga teachers can take their classes online. These can be found on the BWY website

All CPD day and Events have been cancelled through to September. You are all able to receive a full refund for any day you had been booked onto. This can be sorted through your area rep.

Our **Eastern Region AGM** had to be cancelled (28th March 2020) due to the COVID-19 crisis. In accordance with Margaret Murray's (ROC Chair) advice and subject to members approval the existing committee have agreed the best course of action would be to allow all nominations to be upheld. Your new committee takes effect from 29th March 2020. If anyone has concerns please contact your county rep.

Role	Officer	Contact
Regional Officer	Ilkay Ozcan	Ro.bwyeastern@gmail.com
Regional Treasurer	Gill Gittins	Gill.gittins@gmail.com
Regional Secretary	Jo Thomas	Sec.bwyeastern@gmail.com
Regional Newsletter Editor	Donna Negus	Editor.bwyeastern@gmail.com
Regional Website editor	Lyndsey Stevenson	Bwynorth.web@gmail.com
Regional Festival Organiser	Angela Thompson	Angeiet2@aol.com
County Representatives		
Bedfordshire	Angela Davey	Bedscr.yoga.east@gmail.com
Cambridgeshire	Helen Craig	cambsbwye@gmail.com
East Essex	Jo Thomas	eebwyprep@gmail.com
Hertfordshire	Vicky Salter	Herts.cr@hotmail.com
Hertfordshire Deputy	Richard Jones	Herts.eo@hotmail.com
Norfolk	Rosie Evans	bwynorfolk@gmail.com
Suffolk	Michelle Mellor	suffolkbwy@gmail.com
West Essex	Donna Negus	Donna.negus.bwy@gmail.com
West Essex Deputy	Margaret Adesanya	maggiadesanya@hotmail.com

We have a full committee. The main changes are;

A new Regional Officer – Ilkay Ozcan

A new secretary – Jo Thomas

A new Editor – Donna Negus (myself!)

A new Cambridgeshire county rep – Helen Craig

Angela Thompson, after many years of hard work has given over the role of Regional Officer to Ilkay Ozcan. This opportunity must be taken to thank Angela for the time and effort she has given the BWY. Angela remains part of the Eastern Region Committee as Regional Festival Organiser.

As the in-coming New Letter editor (this being my first!) I would like to say I look forward to keeping you informed of what is happening in our region. This letter finds us in a challenging and unprecedented time and it is in this kind of experience that our resilience is tested and our strength found. I have avoided the whole ‘teaching’ online phenomena that has been creeping up on us but now we are having to find different ways of connecting to our students and peers. I encourage everyone to check to see if your teacher is offering any classes/recordings online. This may not be something you had thought of before, but we are being forced to adapt and we will be stronger for it. Flexibility is not just a physical phenomenon.

First Aid Certificate & BWY Insurance;

In the light of first aid days being cancelled and if your certificate has expired, we are reassured by the BWY (ref. Vickie Holman Brown at Central Office) that we will continue to be insured to teach remotely. Please ensure you are booked onto the next available First Aid Day.

Planned Yoga Days;

At present, all these days are planned to go ahead.

Bedfordshire

21st November 2020 Exploring the Energy Body and Self Enquiry with

Billy Doyle

East Essex

17th October 2020 Adjusting Students with Elaine Fletcher

7th November Pranayama in perspective with Phillip Xerri

30th March 2020



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Hertfordshire

20th September 2020 Andrea Kwiatkowski - Creative Preparation

8th November 2020 Developing Your Practice with Belinda Emberson

Norfolk

10th October 2020 Integrating Yoga Philosophy into practice with Angela Aswin

Suffolk

14th November 2020 Teaching Yoga to NHS patients with Paul Fox

West Essex

14th November 2020 Mindfulness with Darren Cockburn

19th December A winter Afternoon of Yoga

These days can be booked via the BWY website.

A final thought (Author Unknown);

**Anything that annoys you is
Teaching you patience.**

**Anyone who abandons you is teaching
You how to stand up on your own two feet.**

**Anything that anger you is teaching
You forgiveness and compassion.**

**Anything that has power over you is
Teaching you to take power back.**

**Anything you hate is
Teaching you unconditional love.**

**Anything you fear is teaching you courage
To overcome your fear.**

**Anything you can't control
Is teaching you how to let go.**

**Wishing you all health, safety and peace,
Eastern Regional Committee.**

(Donna Negus - Newsletter editor)



**THE BRITISH WHEEL OF
YOGA**