

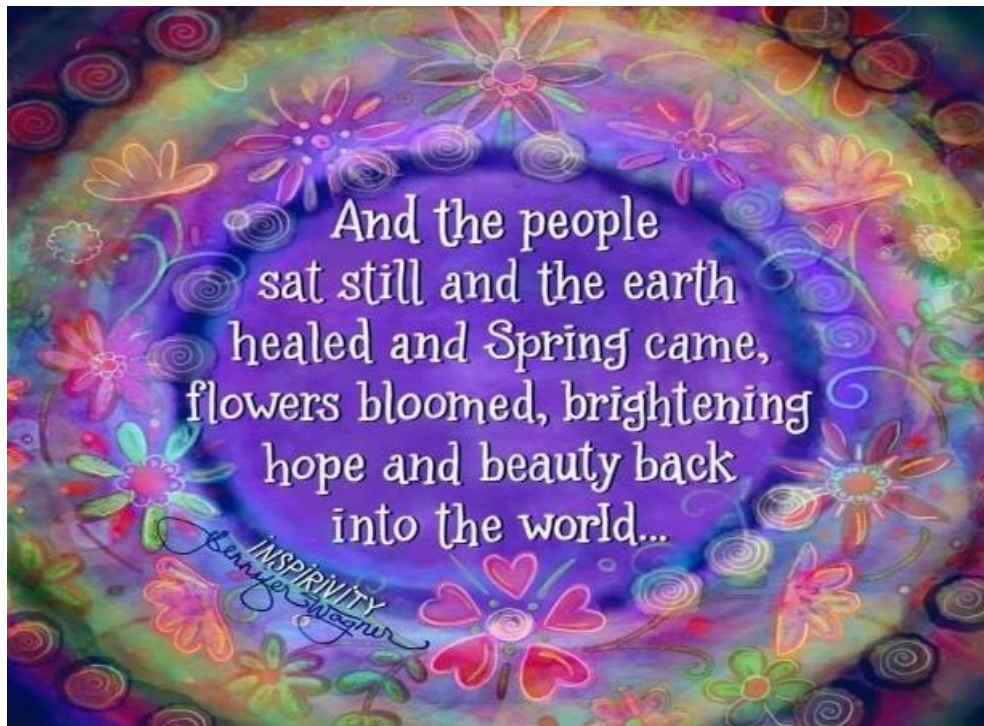
April 2020

SPORT+
RECREATION
ALLIANCE



YogaEast News

The British Wheel of Yoga Eastern region



Keeping Our Yoga Practice Alive in Unprecedented Times.

Dear Eastern Region Members,

Our yoga and meditation practices are a great resource from which we can draw to sustain us through this time of uncertainty.

It is vital to keep our yoga practice alive, so the Committee of the Eastern Region would like to encourage you all to use all the ways available to us. There is a lot of support for us out there, we just have to find it.

BWY Members - Finding Teachers Teaching On-Line:

- 1) Members can *personally* check with your regular yoga teacher directly, to find out if they are teaching online.
- 2) This can also be achieved through the BWY website (<https://www.bwy.org.uk/>). All BWY teachers have their contact details on the BWY website. Classes can be found using the “Find a Yoga Class Near You” and searching by either the teacher’s name or your own postcode.
- 3) **Paul Fox** recently taught a class online for all our Eastern Region members (over 90 people joined in!). This gave us inspirational techniques and practices to aid our well-being. The session he taught can be found at; <https://youtu.be/OJpYVoxC8i0>

BWY Teachers – Setting up Online Classes:

- 1) If you have already started teaching online please ensure that you have updated your Class Details on your own BWY Profile Page. Please make sure that if you are teaching on line to new students you are aware of the Covid-19 Updates published on the [BWY Website](#)
- 2) If you are a teacher and need help setting up classes online, please check out the [BWY Website](#)
- 3) There is also Facebook page; [Yoga Teacher On-line Support Network](#) that we found extremely helpful.
- 4) As a committee we aim to be accessible and want to actively encourage the practice of Yoga as much as possible. We are taking the steps to consolidate all the regional Facebook pages into one;

[British Wheel of Yoga – Eastern Region](#)

So please make sure you receive updates by ‘liking’ and/or ‘following’ this page. We aim for this page to keep all members updated with everything that is going on in your area and more.

We also have an Instagram account [here](#). Please take a look and follow!

Updating BWY Profiles – to keep in touch:

In these turbulent times, to be able to receive all the communication, please ensure that you log in to your [BWY Member’s profile page](#) to update your Privacy & Communication preferences. Due to GDPR restrictions, if you have not updated your profile – you might *not* receive all communication through BWY website or by post.

Would you like to volunteer for a role on the BWY Eastern Regions committee?

We are looking for volunteers for a few key posts:

- Regional Training Officer
- Treasurer

Contact us [HERE](#)

Yoga East.

The Next Yoga East will be with you in June. This will have the latest information on planned events and courses in your area. It is a great way to advertise what is going on and if you would like to have your yoga classes/workshops/studios included please

email Donna Negus; editor.bwyeastern@gmail.com

Special rates for BWY members. Deadline 15th May.

We hope this message finds you well and offer our deepest wishes that you remain safe and healthy.

Eastern Region Committee

