

Dear BWY Eastern Region Members,

Summer is upon us and even though holiday plans have been cancelled or postponed we can enjoy the warmer weather and be glad for the opportunity to be outside more. If nothing else, the lockdown we have all experienced has taught us to be grateful for simple things: our health, our family and the lives we have. Cultivating gratitude for these makes us realise the 'simple' things are the most important.

The easing of the lockdown is proving to be a gradual process and the latest government guidelines are given in this newsletter. Many of us are still teaching and being taught online and some of us are teaching outside with small groups and social distancing in place. Some of us have taken the time to deepen our personal practice and take advantage of the imposed retreat. Our common thread is our commitment to yoga practice and with this in mind we are bringing you online workshops and courses for you to take advantage of.

In this newsletter you will find online events that will not only provide you with CPD points but will allow you to progress on your yoga journey. There is also an online Sound Module that you may be interested in.

Following the success of our previous CPD days held on Zoom please see the online workshop taught by Elaine Fletcher 25th July (10 -1pm). Elaine is a popular and experienced tutor and this is sure to be a wonderful morning of yoga and learning. Bookings are being taken now; <https://www.bwy.org.uk/eastern/event/1539/>

We would also like to hear from you if there is any particular tutor you would like to see teaching. Our contact details are included at the end of this letter.

Wishing you happiness and peace.

In our newsletter this month you will find:

- Welcoming New members
- Congratulations to module completers.
- Committee News.
- New Events to look forward to online in July, August, September & October
- Updates in light of COVID_19
- Social Media
- Training courses
- Our contact details.

Welcome to our new members

We would like to take the opportunity to welcome all new members. We are always glad to know that we have something to offer everyone whether you are a teacher or an interested yogi. We are putting together a welcome pack that will be with you shortly. This explains our booking system and website access and if you have any questions please do not hesitate to contact your area representative. Our contact details are on the Eastern region website and included at the end of this newsletter.

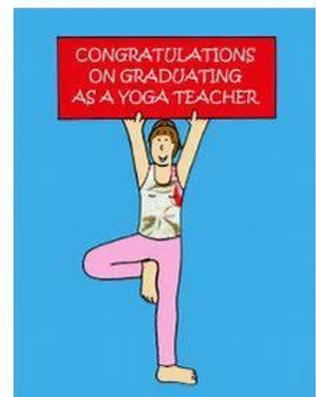


Congratulations to Eastern Region Module completers

It is always great news to find out we have more teachers that can continue to spread the benefits of yoga. Please join us in congratulating our module completers for June. They have worked hard for this!

Details of classes can be found on the British wheel of yoga website:
<https://www.bwy.org.uk/find-a-yoga-class/>

Surname	Forename	Status
BOSWELL	Helen	T Menopause YogaModule
BROPHY	Marcia	T
DODKN	Christina	T
ELLIOTT	Francesca	T
FISHER	Jill	AT
GOLDSWORTHY	Loren	T
HARMAN	Hollie	T
HOWSON	John	AT
KAVANAGH	Victoria	T
MATHIESON	Victoria	T
NEWMAN	DEBBIE	T
ROBINSON	Jacqueline Catherine	Gentle Years
ROLFE	Jane	T
TAM	Stephanie	T Menopause Yoga Module
VEENMAN	Michelle	



Eastern Region Committee News

We are very pleased to announce we have a new Hertfordshire Representative; Siobhan Murtagh.



Siobhan Murtagh; County Rep. for Hertfordshire.

“Change is not something that we should fear. Rather, it is something that we should welcome. For without change, nothing in this world would ever grow or blossom, and no one in this world would ever move forward to become the person they’re meant to be” – B.K.S Iyengar

I hope you and your families are keeping safe and well during these unprecedented times.

I would like to introduce myself as your new county representative for the BWY Hertfordshire Region and also thank Vicky Salter and Richard Jones for the fantastic work that they did during their time running the Hertfordshire region. You will be a hard act to follow. Please feel free to get in touch if you have any questions or need further information about any of the above events. I can be contacted via email on bwyherts@talktalk.net or mobile 07590 562274.

Keep safe and I look forward to meeting you at future British Wheel of Yoga events.

Events



Exploring Awareness and The Value of Yoga Practice with Elaine Fletcher

Saturday 25 July 2020 10.30-13.00 CPD/IST £20.00

Bookings; <https://www.bwy.org.uk/eastern/event/1539/>

This 2.5 hour event is open to all yoga practitioners in Eastern Region.

About Elaine Fletcher:

Having practiced yoga since the early 1980's, Elaine has been teaching for more than 25 years and has been a Diploma course tutor since 2000. Her approach to asana has been influenced by working with well- respected teachers, Peter Blackaby, John Stirk and others, with the emphasis on promoting the natural range of movement and the value of focusing on sensation and refining awareness. Elaine's sensitive teaching aims to promote a sense of well- being on all levels of our being.

About this event

Elaine's practical session will focus on movements to release the upper back, shoulder girdle, head and neck. Tension in these areas may currently be more prevalent, both due to spending more time in front of a screen and the underlying anxiety of adapting to life as it is now. The focus will be on the 'felt 'sense of the body as a means of refining awareness, considering how that can affect various levels of our being and assessing the value of various practices when delivering teaching event online.

After a short break and an opportunity for questions, the session will continue with breath awareness, pranayama and mudra to encourage a quietening of the senses, conducive to settling the mind. The event will end with relaxation, to absorb the effects of the practice.



Creative Planning with Andrea Kwiatkowski

20th September on Zoom 10-4pm CPD/IST £45.00

Bookings; <https://www.bwy.org.uk/eastern/event/1171/>

Andrea is an Advanced Jivamukti certified teacher. She also teaches Yin Yoga and Restorative Yoga. Andrea is known for her deep philosophical message in her class, interweaving the teachings from the scriptures and making them practical for everyday living. Andrea is known for her passionate, dynamic and inspirational teaching that incorporates both the physical and spiritual aspects of yoga from the lineage of her gurus Sharon Gannon and David Life and their gurus Sri K Pattabhi Jois, Sri Brahmananda Saraswati and Swami Nirmalanda.

In this online workshop Andrea will explore creative ways to inspire our students. Ideas for preparing, warming and developing the body physically, energetically and spiritually. You will come away with new ideas for your classes and teaching. Expect a physical practice that you can try out online with fun use of props as well as a talk on class planning.

The structure of the day will be as follows:

- 10am to 10:30am: introduction and why preparation is important
- 10:30am to 1.00pm: physical practice including tips, drills and techniques to inspire and bring awareness to joints and muscles
- 1.00pm to 2:00pm: lunch
- 2.00pm to 4.00pm: ask the teacher Q&A's followed by a relaxation session
-



Integrating Yoga Philosophy into Practice with Angela Ashwin

**10th October In person (if allowed) or on Zoom
10am–4pm £45**

Bookings; <https://www.bwy.org.uk/eastern/event/1373/>

This yoga event will look at ways in which we can integrate the philosophy of the Yoga Sutra's of Patanjali into our own yoga and teaching practices. This CPD training day is open to all practitioners and teachers and will be led by experienced tutor Angela Ashwin. Please note this event will be held on Zoom if the Costessey Centre venue is unable to open to the public due to Covid-19 restrictions at the time of the event. Please bring your usual yoga equipment, a copy of The Yoga Sutra's of Patanjali if you have one and your own lunch, cup and cutlery on the day. Cost : BWY members £45 For more information or queries, please contact Rosie Evans bwynorfolk@gmail.com

Event Category - CPD Day CPD Points - 7.5

COVID_19 Updates

NEW COVID-19 ADVICE - ENGLAND ONLY

In light of the most recent Government advice - we are delighted to announce all teaching indoors may now begin again if you feel safe to do so from the 25th July - England only. As far as we are aware - outside teaching the numbers still remain the same 5 students plus teacher.

Inside there are no numbers given as it all depends on the size of the room - there needs to be adequate space for the recommended 2 meters distance if possible 1 meter+ if not. We advise the following:

- > 2 metres between mats wherever possible
- > Well ventilated room before, during and after each class
- > Students to bring own mats and equipment
- > Leave enough time between classes to clean and sanitise
- > Ensure teacher is as far away as possible from students
- > Suggest students book for classes and arrive on time, so as not to congregate outside studio
- > Hand sanitiser outside rooms and toilets to use before entering the facility and on leaving
- > Floor and surfaces cleaned and disinfected between classes and on a regular basis
- > Responsibility of the studio owner to clean and disinfect the rooms.
- > Responsibility of the teacher to perform a risk assessment and ensure the room has been cleaned and disinfected. Teacher to keep documented evidence of the risk assessment. Please see the Risk assessment form which will shortly be on the Covid-19 pages of the website.

Please see the full Government advice here:

<https://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19/providers-of-grassroots-sport-and-gym-leisure-facilities>

Social media



If you haven't already, please check out, like and follow our face book page for regular updates and news - ; British Wheel of Yoga – Eastern Region.



We are also on Instagram – [bweasternregion](#)

If you have any news, inspiring story etc. please let me know
editor.bweastern@gmail.com

Training courses



Yoga of Sound Module

10am -5pm

September: Saturday 5th, Sunday 6th ONLINE

October: Saturday 3rd, Sunday 4th

3rd weekend - Letchworth Garden City

COVID_19 and participants preference depending

ONLINE or IN PERSON – COVID_19 and participants preference pending.

The Sound of Yoga Module shares the teachings of what is said to be the most direct path to finding inner harmony, balance, health and peace.

Working conscientiously through this course offers insight into your life and the opportunity to introduce changes for the better. You will experience the basics of therapeutic sounds, how to use your voice effectively, the use of Mantra and the preliminary practices of Nada Yoga all of which will offer you the tools to transform your daily routines, individual and universal vibration. This Module can be used for both personal and professional development.

Booking For an application, booking form and teacher reference form please email or call:

mrandsbrilliant@gmail.com

07901972341

Foundation course 1

Angela Davey starting September 2020

Bedfordshire bedscr.yoga.east@gmail.com

Pauline Flemming and Lisa Hemmings September 2020

Chingford info@hathayogawithlisa.co.uk

Donna Negus Starting February 2021 Leigh on Sea Essex

Donna.negus11@gmail.com

Foundation Course 2

Donna Negus starting January 2021 Romford, Essex

Donna.negus11@gmail.com

Yoga East Winter 2020

The next Yoga East will be with you October 2020. If you would like to advertise your classes, workshops, courses, retreats etc please get in touch.

We would also like to hear from you if you have any interesting ideas for articles and inspiring stories. Also, It would be great if you have attended one of our events and would write a review. Email Donna, editor.bwyeastern@gmail.com

Please sends adverts to editor in Word form. Payments as per invoice instruction. Your BWY membership number is needed if you wish to take advantage of members rates.

Foundation course and Diploma course listings are free in our area.

Advertising Rates	BWY/Accredited price	Full Price
Half Page	£15	£30
Full page	£25	£35
Back page	£40	£75

Winter 2020 Edition – Copy Deadline 10/9/20 Sent out October

Spring 2021 Edition -- Copy deadline 01/01/21 Sent out Feb

Committee Contact

Role	Officer	Email Address
Regional Officer	Ilkay Ozcan	ro.bwyeastern@gmail.com
Regional Treasurer	Gill Gittins	gill.gittins@gmail.com
Regional Training Officer	Stacey Connor	stacey.connor969@gmail.com
Regional Secretary	Bindie Edwards	bindie@bindie.yoga
Regional Newsletter Editor	Donna Negus	editor.bwyeastern@gmail.com
Regional Website Editor	Lindsey 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	cambsbwy@gmail.com
East Essex	Jo Thomas	eebwydeprep@gmail.com
East Essex Deputy	Caroline Baya	caroline.baya@btinternet.com
Hertfordshire	Siobhan Murtagh	Bwy.herts@talktalk.net
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

Wishing you a healthy and happy summer from the Eastern region Committee.



**SPORT+
RECREATION
ALLIANCE**