



YogaEast News

The British Wheel of Yoga Eastern region



June Newsletter 2020

INTERNATIONAL DAY OF



Dear BWY Eastern Region Members,

We offer our heartfelt wishes that you are well and managing the changes that are being implemented in this time we are living in. With the lock down easing, new challenges arise but we can allow ourselves the hope our yoga classes and events will return to how we have always known them in the future. For now, we have been grateful for the opportunity to take our practice online and this news sheet is a celebration of this. We give our thanks to your support and our pledge to support you on your yoga journey.

In our newsletter this month you will find:

- Welcoming New members
- Congratulations to module completers.
- Committee News.
- Review of our International Day of Yoga; A celebration.
- New Events to look forward to online in July.
- Continual Professional Development update.
- 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. Our region also has teachers qualifying in helping those living with cancer. Please join us in congratulating our module completers for April and May. They have worked hard for this!

Surname	Forename	Status
DUNWELL	Tracey	Level 4
EDWARDS	Eva	Menopause Yoga Module
FLACK	Caroline	Level 4
GOLBY	Jennifer	Level 4
MOSS	Sarah	Living with Cancer
OXLEY	Beverley	Level 4
PROCTER	Janice	Living with Cancer
SABINSKAITE	Irena	Living with Cancer

SMITH	Zoe	Living with Cancer
SPENCER	Jan	Living with Cancer
WADE	Paula	Living with Cancer
WATTS	Naomi	AT
WYMAN	Kate Ann	Level 4

Eastern Region Committee News

We are very pleased to announce we have some new members on our committee. Fresh ideas and enthusiasm is always great to have and we welcome Bindie, Stacey and Caroline to the team. Below is some information they have provided;



Belinda (Bindie) Edwards – Eastern Region Secretary

Dear Friends,

I've always been called Bindie by my family and friends so it seems a bit ironic that I should end up as a yoga teacher with connotations to the Hindu Bindi. I was drawn to yoga relatively early in my mid-twenties nearly 40 years ago, but I only began my teaching journey in 2010 with Simon Low and The Yoga Academy.

Since then I have mentored and then taught on the Yoga Academy 200 hr course and done many additional trainings of my own including yoga for those living with cancer, yoga for addiction, yoga for eating disorders, and Wellwoman yoga for female pelvic health. My big passion is for anatomy and physiology which I study at every opportunity with Gary Carter, Judith Lasater, Doug Keller, Julie Gudmestad and others.

I live on the border between Norfolk and Suffolk and mostly teach at the Self Centre in Bury St Edmunds where I have a regular class for those living with cancer. After teaching for 10 years in the area I feel it is a good time to give something back to the yoga community that has sustained me by offering my services to the regional BWY committee. I hope that my experience in administration and event organisation, which I have done for almost as long as I have practiced yoga, will be useful. I am delighted that I shall be taking up the role of Regional Secretary for BWY Eastern and look forward to meeting new colleagues and friends when lockdown eases.

For the future, I plan to continue my work with student teachers and those living with cancer. In addition, I hope to offer nurturing retreats for women, focusing on navigating the transitions we make through different phases of our lives.



Stacey Connor – Regional Training Officer for Eastern Region

Hello Everyone, I am the new Regional Training Officer for the Eastern region. I am very much looking forward to meeting and working with the wider BWY community as well as with regional committee team.

I began my yoga journey more than 15 years ago, I spent a few years prior to this thinking about joining a yoga class and never doing it and I guess I was just not ready. Then I was, yoga became integral to my life. After some persuading by my teacher I joined a BWY Foundation course just to expand my own knowledge and then moved onto the BWY teaching Diploma course. The BWY training is exceptional and I am really looking forward to being a part of this team and supporting all the great work our teachers and regional representatives do.



Caroline Baya – Deputy Representative for East Essex

I began my yoga path and practice with Pat Bruce (BWY teacher) in Chelmsford in 1989 which led me to start on foundation 1 and 2 courses with DCT Elaine Fletcher. Before commencing my BWY diploma teaching qualification (2010 – 2012) I also completed a module in Pranayama with DCT Margaret Woodley.

I am from Denmark and have lived in the UK since 1987 and work in healthcare within the NHS specialising in cancer care. Following the module in “Yoga for people living with cancer” in 2013 with Julie Friedeberger I set up a class teaching yoga for people with cancer within a local cancer charity as well as offering one to one teaching. Over a number of years, I have also very much enjoyed running a general yoga class in my community. Yoga is a vital part of my life where I draw strength and comfort from as a way of remaining sensitive, grounded and contentedly alive.

Vacancy to Volunteer

We are very sorry to say farewell to Vicky Salter and Richard Jones who had been Hertfordshire County representatives for several years. We appreciate all their hard work and they will be badly missed. This, of course, leaves a space on our team for Hertfordshire. If anybody would like to contact our Regional Officer, Ilkay, for information as to what is involved and how you can help - please do!

INTERNATIONAL DAY OF



Our first online event. Before this pandemic 'Zoom' was not even part of our vocabulary!

Our Regional Officer, Ilkay, was keen to ensure that even though person to person teaching had to be cancelled/postponed we could still celebrate this day together.

Rajesh David put together a mini home retreat for us and June 20th and 21st saw just under 100 yogis join him to learn about the vital role Pratyahara plays in our practice, our life and our wellbeing.

Any worries about how this could be given to us online can be dismissed as we proved that adapting to circumstance is just as much a part of life as learning. Rajesh's words about this event 'being a wonderful thing to have flowered from our situation' were mirrored by one of the comments given, 'The best way to spend time in lockdown'.

Connection to others was truly felt as we were informed of the true nature of things. This being we are all One and joined to the Absolute. Rajesh delivered his teachings with warmth and a humbleness that was heart felt and we thank everyone who joined us to make this event a successful celebration of Yoga.

We have had some fantastic feedback post-event and are so glad you helped make this a success and benefited from it.

Following the Success of our International Day of Yoga event, we have 2 more online workshops. Please book via our eastern region website and join us on your mat.

www.bwy.org.uk/eastern

Online Events in July



Asana practice with an Ayurvedic approach: Tarik Dervish

Sat, July 11th: 9:40 am – 4 pm CPD/IST BWY teacher and student teacher members £35

Online event, Cambridgeshire, Organiser: Helen Craig

About Tarik Dervish

Tarik Dervish has been teaching Yoga for 20 years and Ayurveda for 10 years. He is a DCT, BWY Diploma holder and also holds a degree in Ayurveda. He specialises in building bridges between the two practices to help improve health and wellbeing and create the foundations for a deeper relationship with Self. He also runs an Ayurvedic clinic in Central London. He runs Foundation courses, Teacher Training courses and a BWY Module in Ayurveda

About this Event

This workshop will explore why certain systems suit us better than others and how we can adapt our own practice, and potentially the classes we run for our students, to take Ayurvedic principles into account. The following considerations might include: the season, the time of day, the time of life and some basic common ailments. The morning will cover the basic principles of Ayurveda including the 5 elements and 3 Doshas, and applying those ideas to your current Yoga practice. The afternoon will cover planning sessions based on these principles.



Exploring Awareness and The Value of Yoga Practice with Elaine Fletcher

Saturday 25 July 2020 10.30-13.00 CPD/IST £20

Online event, East Essex

Organiser: Jo Thomas

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 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.

Teachers can claim CPD points for this event

The full details of this course are found on the BWY Eastern website (www.bwy.org.uk/eastern) where you can book your place. If you need help with Zoom please contact your local committee member for help.

Continual Professional Development Update



The number of CPD points you can accrue from private study has increased from 5 to 15. It is now possible to be able to meet your CPD requirement from self-study alone.

The events organised that have moved online are worth 7.5 points. Our International Day of Yoga event was worth this.

Please note that First Aid days do not accrue CPD points.

If you have any queries please get in touch with Eve Douglas or Vickie Holman Brown office@bwy.org.uk

Social media



facebook

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 – bwyesternregion

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

Training courses

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 Autumn 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. Email Donna, editor.bwyeastern@gmail.com

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

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Winter 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
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