



# YogaEast News

The British Wheel of Yoga Eastern region



## October News 2020



Dear British Wheel of Yoga members,

As our days become shorter and our nights longer we hope this newsletter finds you well and prepared for the changes in both the season and the year ahead. Uncertainty and caution are still part of many aspects of our lives and we hope your yoga practice is continuing to give you resilience and peace (if only for a moment!). The British Wheel of Yoga sifts through and follows the changing guidelines that we are given and at present we are still able to teach, and be in class sizes that are governed by the ability to have enough distance between mats. The rule of 6 is for social situations and indoor sports. Yoga classes do not fall under this category. The BWY website and social media pages keeps us updated with any changes and we welcome any input from you as well. Please feel free to message, email and contact us.

We also have CPD workshops online this month and a fantastic Winter day of Yoga event 5th December to look forward to. Please make a note of dates and spread the word! You know the benefits of Yoga and it is so important to make sure we can inspire others to feel the benefits too. Our workshops are not only for teachers or BWY members. We want Yoga to be for everyone!



Issues around first aid certificates (if you are teaching) continues and there is a possibility of a 6month extension past expiry date (opposed to 3 months as it is now). We will keep you posted. Our region has a First Aid Day in Cambridgeshire 21<sup>st</sup> November and bookings are being taken now at <https://www.bwy.org.uk/eastern/event/1481/> This is certified and follows all guidelines to ensure your safety.

**In our newsletter this month you will find:**

- Committee News.
- Events to look forward to for the rest of this year.
- Winter Day of Yoga
- Yoga East
- Regional Committee contact detail

## Eastern Region Committee News



### Introducing Sophie Lightfoot: Festival Organiser and Deputy Representative for Suffolk

Sophie is delighted to have the opportunity to champion yoga in the Eastern region having grown up in Suffolk. She is a committed environmentalist, enthusiastic foodie and has a background in design and community arts. When she is not practicing yoga she is usually organising events or working on the renovation of the small Victorian pub she calls home.

Sophie is being kept busy with organising our free Winter day of Yoga to take place 5<sup>th</sup> December. Please put this date in your diary, tell your friends and join us for what promises to be wonderful day. Details are in our Events section.



### Committee Vacancies

Helen Craig, our Cambridgeshire representative has taken the decision to step down at the end of November. Helen has been responsible for Summer yoga in Cambs. for many summers and was our secretary too. She will be missed but we wish her well in all her future projects. We welcome any enthusiastic Yogis who would like to join our committee. We are all fairly new to this and would love for you contact our Regional Officer ([ro.bwyeastern@ghmail.com](mailto:ro.bwyeastern@ghmail.com)) and Helen ([cambsbwy@gmail.com](mailto:cambsbwy@gmail.com)) for more information as to what to expect from the role.

We also need a someone with I.T. skills who can look after our website and social media. We know you are out there and hope you can contact our RO, Ilkay ([ro.bwyeastern@gmail.com](mailto:ro.bwyeastern@gmail.com)) to find out more.

## Events



Our CPD days in October have transferred online. We are committed to making sure you have a great learning experiences and our tutors are experienced and able to make this so. Bookings are being taken now and we hope to see you in the virtual space.

Integrating yoga philosophy into practice  
with Angela Ashwin on Zoom  
10th & 11th October  
10am - 12.45



**CPD Workshop on Zoom led by Angela Ashwin Integrating Patanjali philosophy into Yoga.10<sup>th</sup> and 11<sup>th</sup> October for 2 morning sessions (10 am to 12.45)**

Bookings now being taken to secure your place.

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

**A CDP event organised by BWY Norfolk to gain 7.5 in-service training points.**

### **On Saturday 10th October:**

Angela will give an overview of the main thread going through Patanjali. Followed by a practical session exploring Patanjali's concept of asmita.

### **On Sunday the 11th October:**

We will look into "progress in yoga" as seen in Patanjali in practice.

### **About Angela:**

*"I have been practicing yoga for 37 years, it is part of my life, it is my life and will always be. In 1992 I trained with the BWY for a diploma and have taught classes since 1993.*

*The DCT training started in 2001 and I have taught 6 diploma courses since.*

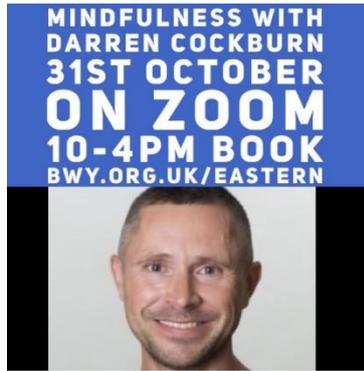
*I have taught lots of IST and CDP events, taught on BWY congress and National training week a couple of times.*

*My main interest in yoga was always the spiritual side. Over the years I have come to realise more and more that all we need is to follow the ancient instructions, in particular Patanjali. Patanjali is not a philosophy we ought to understand intellectually besides our practice, but an instruction book for our yoga practice. Each verse contains deep understanding that wants to be applied. My teaching is based on the text, we practice the text, so that the body is opened, the energies flow, the mind gets controlled and, hopefully, insights occur".*

Participants will be emailed the Zoom links and joining information prior to the weekend

Cost BWY Members £45 / non-members £55 for both sessions, please book your place via <https://www.bwy.org.uk/eastern/event/1373/>

Please contact Rosie Evans on [bwynorfolk@gmail.com](mailto:bwynorfolk@gmail.com) for any queries



CPD Workshop on Zoom with Darren Cockburn presenting his simple and practical approach to mindfulness and meditation 31st October 10-4pm on Zoom. BWY Member £35 No- Member £40

Bookings taken now to secure your place.

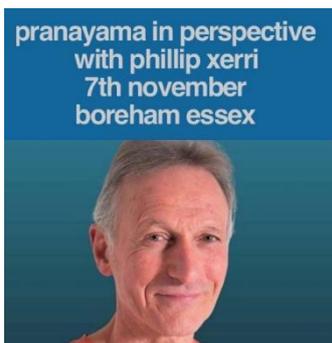
<https://www.bwy.org.uk/eastern/event/1196/>

In this CPD online workshop, mindfulness expert Darren Cockburn will be presenting his easy to follow approach to mindfulness and meditation including how they connect us with the spiritual realm. Discover how to integrate these teachings into your personal practice and within yoga teaching environments. The workshop will be ideal for teachers who are new to mindfulness and beneficial to teachers who are more experienced wishing to refresh their knowledge and practice. Those who are not teaching yoga are welcome and will enjoy the workshop with its focus on personal application of mindfulness and meditation.

**About Darren:** Darren is the founder of the Mindfulness Online Training web site and podcast. He is passionate about guiding people to live in the present moment and cultivate a peaceful mind. Nominated for [Kindred Spirit's](#) 2019 Emerging Voices Award and the author of two acclaimed [mindfulness books](#). He also provides [local mindfulness training](#) in Bournemouth, UK and meditation groups via facebook and Instagram.

Participants will be emailed the Zoom link and joining information prior to the day. Cost £35 BWY members £40 non-members. Please contact [donna.negus.bwy@gmail.com](mailto:donna.negus.bwy@gmail.com) for any queries and book your place at <https://www.bwy.org.uk/eastern/event/1196/>

## Upcoming events in November and December:



### CPD Workshop in person with Phillip Xerri bringing Pranayama into Perspective. 7th November 2020

**Time:** 10-4pm BWY member £35

**Location:** Springfield Parish Centre, St Augustines way, Springfield, Chelmsford, CM1 6GX

**Organiser:** Jo Thomas

Bookings now being taken to secure your place.

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

A CDP event organised by BWY East Essex to gain 7.5 in-service training points

### PRANAYAMA IN PERSPECTIVE

#### THE FIVE PHASES OF PROGRESSIVE PRACTICE

The Day will give a 'bird's eye' view and experience of the FIVE PHASES via lecture and practice. The Day will be 'workshop' style – an explanation of the particular phase giving an understanding of its physical and energetic aims followed by a practical application of one or more practices taken from that phase.

The Day will also include integrated Asana and Relaxation practices

#### About Phillip

Philip was born in Cardiff, Wales in 1948. He was an accomplished athlete and rugby player in his youth. He became a 'wanderer' in his 20's and then aged 28 walked into a Yoga class run by Philip Jones in Cardiff. This was a major turning point. Since this time Philip has continually practiced and taught Yoga and Pranayama throughout the UK and Europe

Bookings now being taken to secure your place.

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



### CPD workshop in person with Paul Fox Saturday, November 14th 2020 10-4pm BWY Member £35 No-Member £40

**Location:** Martlesham Community Hall, Suffolk IP12 4PB

**Organiser:** Carole Baker & Sophie Lightfoot

Bookings taken now

<https://www.bwy.org.uk/eastern/event/1437/>

This IST day is suitable for any BWY teacher interested in teaching yoga to NHS patients. It is also an opportunity to explore the teaching of yoga in ways that activate self-healing and self-care. Paul Fox works with Heather Mason and other leading figures in UK Yoga to develop the Yoga in Healthcare Alliance 10-week Yoga4Health protocol as a Social Prescribing intervention for NHS patients. Yoga is an effective system of self-care and self-healing that has the potential to reduce the burden on the NHS and empower patients to live healthier and happier lives. The areas covered on this IST day will be relevant to anyone teaching yoga in a therapeutic way, not necessarily in the NHS. Bookings taken now.

#### About Paul

Paul has been practicing and studying yoga intensively for the past 24 years and is a past Chair of BWY. Paul works closely with Heather Mason and is a Director of the Yoga In Healthcare Alliance. He helped to create the Yoga4Health yoga protocol commissioned by the West London NHS Clinical Commissioning Group and delivered to nearly 300 patients in West London. He also represented BWY during the creation of the All-Party Parliamentary Group on Yoga in Society.

<https://www.bwy.org.uk/eastern/event/1437/>

**To be confirmed;** CPD workshop in person with Billy Doyle Exploring the Energy Body. 21st November 2020

Time: 10-4pm BWY Member £35 No- Member £40

Location: Wilstead village Hall, Bedfordshire MK45 3BX

Organiser: Angela Davey.

A wonderful day offered by Billy at Wilstead Village Hall in Bedfordshire. Billy believes that by deep relaxation and listening to the body, it comes alive. We discover in this process our real body to be vibration, light, transparent and expanded in space. In this practice we avoid all mechanical movement and end-gaining, but live moment to moment in the sensation. This promises to be an inspirational day and will be confirmed soon

**BWY Winter Day of Yoga  
5th December on Zoom  
Relax, Recharge, Enjoy.  
All Welcome**



The program for this online event is being finalised now by your Festival Organiser, Sophie Lightfoot. Bookings will soon be taken on [bwy.org.uk/eastern](http://bwy.org.uk/eastern) and we hope you can join us.

This is free to everyone and if you are teaching please encourage your students to participate.

The Day will begin with pranayama with Phillip Xerri. This will be accessed via the BWY YouTube channel at your leisure.

The second session will be with Paul Fox who will deliver a Hatha Yoga session live.

After lunch there will be a philosophy talk and another yoga session and we will end the day with a wonderful yoga nidra to ensure we are fully relaxed but recharged. Details will be sent to you via our monthly newsletter as the program becomes confirmed but please put this in your diary and join us on your mat to be part of what promises to be a wonderful day at a time when we may need it most.

### Yoga East

**The deadline for advertising or writing an article to be published in the Spring edition of Yoga East is 20th December. Please contact our editor if you would like to be included.**

**We also have a facebook page and Instagram page for you to follow.**



**British wheel of yoga – eastern region**



**Instagram - bwyeasternregion**

### Regional Committee Contact Details

Role	Officer	Email Address
Regional Officer	Ilkay Ozcan	<a href="mailto:ro.bwyeastern@gmail.com">ro.bwyeastern@gmail.com</a>
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Regional Training Officer	Stacey Connor	<a href="mailto:stacey.connor969@gmail.com">stacey.connor969@gmail.com</a>
Regional Secretary	Bindie Edwards	<a href="mailto:bindie@bindie.yoga">bindie@bindie.yoga</a>
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