

December Greetings 2020



News and Updates from Eastern Region

Dear BWY Eastern Region Members,

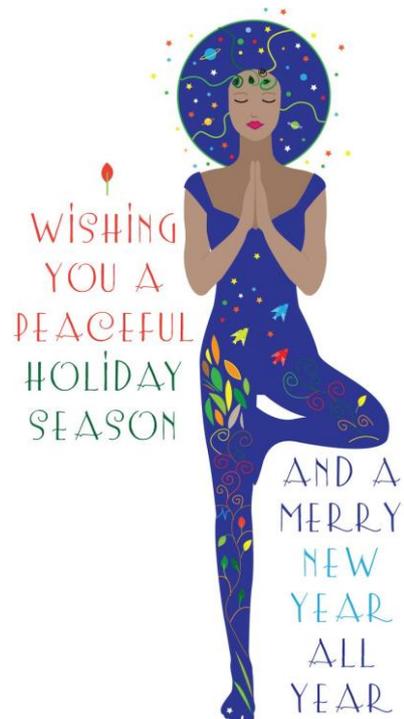
We would like to take this opportunity to wish you a merry Christmas and happy New Year.

We all know this is not the 'Christmas' we planned, hoped or thought we would have but we have the ability to be grateful for so much. This past year has tested us and many of us have suffered loss but we have all managed to cope with what COVID_19 has thrown at us. The prospect of a vaccine gives us hope that our lives will return to a place free from this threat and we can enter 2021 with optimism.

Our Winter Day of Yoga proved to be a wonderful day of learning, practice and nourishment. This was Sophie's first event as festival Organiser and her ability to coordinate the Eastern Region committee and put together this day was a fantastic feat and all of us who attended extend heartfelt thanks to her. Angela Davey (rep. for Bedfordshire has reviewed the Day and her article is included below) Our next county wide event will be the International Day of Yoga in June next year and this promises to be just as wonderful. We will keep you posted as tutors are confirmed. We also have included a list of our events and first aid days for 2021 in this newsletter.

On another note; The BWY is being rebranded. This is great news and please look out for this as it is gradually filtered through. Our logo will be replaced with a new image that represents the BWY as at the 'heart of yoga'. The new image has been chosen to represent balance, harmony and elegance and is clean and uncluttered. Information was given out on facebook live 8th December and this video can be found on Eastern Region fb page or the main BWY page. The idea of the BWY building from the past (not forgetting our foundations) but looking to the future is inspiring and something that is relevant to all of us and the way we can enter the new year.

Wishing you health and peace and a happy New Year!



In our newsletter this month you will find:

- Welcoming New members
- Congratulations to module completers.
- Winter Day of Yoga Review
- BWY rebranding
- Election process for Regions
- Events, courses and First Aid days in 2021
- 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

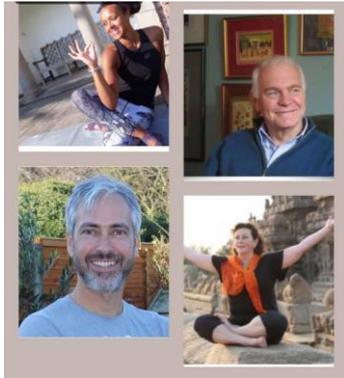
It is always great news to find out we have more teachers that can continue to spread the benefits of yoga. Please join us in congratulating our module completers for November. They have worked hard for this!

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

Michelle Mellor Chair Yoga
Sevda Mubarek Yoga Therapy
Izabela Angelova AT
Eugenie Kamasa AT
Sophie Lightfoot AT



Eastern Region Winter Day of Yoga.



5th December saw Eastern Region's Festival organiser, Sophie Lightfoot bring together 4 tutors to give us a nourishing and wonderful day of yoga. Our committee came together to ensure this day was delivered professionally and with care. Our Bedfordshire county representative, Angela Davey reviews the day below.

We started this day with an Ashtanga inspired practice from Emma Connelly-Barklam. Emma led a gently opening practice, which gradually built strength and flexibility. Having had experiences of Ashtanga in the past that had involved fast paced movement leaving me shaky, unstable and rapidly losing confidence in my physical ability I was so appreciative of Emma's sensitive approach. It was a thoroughly enjoyable session. Her attention to language, links to yogic philosophy and suggestions for modifications left me wanting more. A great start to the day, restoring my interest in Ashtanga inspired practices and leaving me refreshed and confident.

With the theme "Finding the Self within" Alistair Shearer led us through what could have been a complex and difficult topic. Alistair began with the suggested premise that the enquiry involved searching for something that had been lost. With references to ancient yogic texts, unravelling of Sanskrit aphorisms and a gently paced demystification of the abstract he arrived at a different and highly practical outcome. I was engaged at every point, promising myself some more thinking time later to absorb and digest such a practical and common sensical unravelling. Well worth the listening time, and now in search of Alistair's many books!

The third session of the day was led by Paul Fox. This was a gentle session on mindful movement and pranayama for self-nourishment. Paul took much of this lesson from his current teachings for NHS patients, so it was suitable for those who wanted to practice from a chair. It was a subtle reminder that yoga has a power and potency to transform whether it be strong and energetic or gentle and slow-paced. A beautiful calming session for a Winter's afternoon.

Our Winter Day of Yoga ended on a restful and restorative note with Judy Hirsh Sampath. Judy gracefully took us through a number of restorative practices including many makeshift or otherwise yoga props. A much-needed position lying on our stomachs face down at the start took us away from the many visual images encountered and stored from our time on Zoom through the day. Surprisingly comforting! Judy continued with Yoga Nidra, with an inspired use of language to evoke the best visual imagery I had experienced in a while. It left me feeling absolutely refreshed and relaxed in mind, body and soul. I could have listened to her voice and words all night. A brilliant jewel of a class to end a completely inspiring, restorative and informative day of yoga.

We plan another day of yoga next year to celebrate the International day of Yoga and will keep you updated as the timetable is confirmed. We hope you can join us!

The BWY is taking on a fresh image.



On a facebook live (8th December 2020) session with Sue Ashurst from Holy Cow marketing consultants, Gillian Osborne explained how the core values of our organisation are being kept, learnt from and built upon. This new image is not about forgetting the past but looking to the future. The world is changing, evolving and adapting and the BWY is embracing this.

Keep a look out for the new logo and image. Our strap line is 'At The Heart Of Yoga' and the lines intersect at the centre to represent The BWY being the beating heart and centre of Yoga. The clean, uncluttered lines illustrate that we are without boundaries and represent balance and harmony. Embrace change and adapt; it is what yoga teaches us!



Election Process for Regions is Changing

We have a new way of electing committee members being introduced. This is detailed below and comes from Michelle Misgala (Regional Officer Committee Rep to the NEC) Yoga East (sent out in February 2021) will give you details of the Easter region Committee as it stands now. Please contact us if you have any questions.

Election Process Begins

Nominations open 16th February 2021

This is when you will receive the nomination packs via email or post, dependant on your cited preference; that will enable you to nominate yourself for a role. All positions within your region will be available for nomination, whether they are currently held or not. There are important governance safeguards in having a professionally handled election rather than the previous "in house" arrangements. Therefore, although you are invited, indeed welcomed, to apply for any positions currently held, the formal process must be gone through this year, regardless of whether you already hold the post. As volunteers, the BWY is looking to both safeguard and protect voluntary roles and to ensure that we comply with our duty of care to volunteers. Moving to professional handling of regional elections is a positive step for all of the BWY family, not just for Regions.

Anyone in the Region who is interested and who is eligible to put themselves forward for any of the roles available is a potential candidate. The organisation may ask that candidates submit certain information as part of their nomination submission (Photo, membership details, personal statement, bio,

or other), this information is used to check the members eligibility for the role and also to gather information to be used in any election process. BWY will ask that in addition to you nominating yourself, you have two other members in your Region to propose and second you.

All nomination packs will have full details on how to go through this procedure and full and complete role descriptions. The documentation is very well explained by UK Engage and BWY is involved in the wording of the forms and instructions, so the steps in the process are very clear and straightforward.

Nominations close 1st March 2021

This is the date when the nominations close and so anyone nominating must do so before this date, there will be no further nominations accepted after 9th March 2021.

At the close of the nomination period the validation checks against the potential candidate's eligibility are undertaken as well as a moderation process on any written statements submitted.

Ballot Papers Despatched 22nd March 2021

This is when all members in a Region will receive the ballot papers and are invited to vote and elect the candidates nominated. If there are more potential candidates for a role than the number of roles available, then you as an individual member will need to select the candidate you feel is best suited for the role, based on the information you know, or the information that is provided in the candidate's supporting statement, bio etc. If there is for example only one potential candidate submitting their nomination for a role, then they will be appointed that role by default (providing they meet the qualifying criteria) and no election contest is required.

Ballot poll and Election closes 20th April 2021

Votes cast outside of the voting time period will not be included in the count. We will send email communications or paper communications according to your contact preferences. It is worth noting that if postal ballots are used, they must arrive with the Returning Officer (RO) before 20th April 2021.

After the voting period closes checks are undertaken on all votes cast and the count process gets underway with the declaration of results shortly after.

Results of Regional and NEC election results will be announced at Sangha AGM on 24th April 2021.

New post holders officially take up their posts from this date.

Events and First Aid days

All bookings taken bwy.org.uk/eastern

27 th February 2021	Vinyasa Flow with Liz Lark on Zoom	Norfolk	IST/CPD
28 th February 2021	First Aid	Hertfordshire	
6 th March 2021	First Aid with Colin Fordham	Suffolk	
March 6 th 2021	Chair Yoga with Richard Kravetz (TBC)	Bedfordshire	IST/CPD
13 th March 2021	First Aid with Colin Fordham	West Essex	
March 20 th 2021	Happy Chemicals in Yoga with Stephen Braybrook on Zoom	West Essex & East London	IST/CPD
March 20 th 2021	Integrating philosophy into a yoga class with Elaine Fletcher	Suffolk	IST/CPD
April 17 th 2021	Pranayama in Perspective with Phillip Xerri	East Essex	IST/CPD
May 23 rd 2021	The Kleshas with Ade Belcham (TBC)	Hertfordshire	IST/CPD
19 th June 2021	International Day Of Yoga TBC	Eastern Region	
September 4 th 2021	Common Ailments and Conditions with Francis Lumley (TBC)	Hertfordshire	IST/CPD
October 9 th 2021	Yoga with Peter Blackaby	West Essex and easy London	IST/CPD
November 14 th 2021	You and Your Gut with Elena Voyce (TBC)	Hertfordshire	IST/CPD

BWY have recently launched a project to endorse Yoga Therapy schools to deliver Yoga therapy diploma courses in collaboration with BWY. These courses are not BWY courses but like accredited groups, are BWY approved/endorsed. There have two centres so far – Yoga United and Yoga Focus. The Minded Institute (also BWY approved) is also offering training to help students with mental health Info@themindedinstitute.com

Yoga Therapy for Mental Health Trainings

22nd January 2pm - 6pm skills working with anxiety

2nd February 2pm - 6pm skills for working with depression

9th February 2pm - 6pm - skills for working with trauma

Please keep a look out for these courses and check out the BWY website for more details.

Regional Committee Contact Details

Role	Officer	Email Address
Regional Officer	Ilkay Ozcan	ro.bwyeastern@gmail.com
Regional Treasurer	Gill Gittins	treasurer.bwyeastern@gmail.com
Regional Training Officer	Stacey Connor	rto.bwyeastern@gmail.com
Regional Secretary	Bindie Edwards	secretary.bwyeastern@gmail.com
Regional Newsletter Editor	Donna Negus	editor.bwyeastern@gmail.com
Regional Website Editor	Lindsey Stevenson	bwynorth.web@gmail.com
Regional Festival Organiser	Sophie lightfoot	festival.bwyeastern@gmail.com
County Representatives		
Bedfordshire	Angela Davey	bedfordshire.bwyeastern@gmail.com
Cambridgeshire	To be announced	cambridgeshire.bwyeastern@gmail.com
East Essex	Jo Thomas	eastessex.bwyeastern@gmail.com
East Essex Deputy	Caroline Baya	eastessexdep.bwyeastern@gmail.com
Hertfordshire	Siobhan Murtagh	hertforshire.bwyeastern@gmail.com
Norfolk	Rosie Evans	norfolk.bwyeastern@gmail.com
Suffolk	Carole Baker	suffolk.bwyeastern@gmail.com
West Essex	Donna Negus	westessex.bwyeastern@gmail.com
West Essex Deputy	Margaret Adesanya	westessexdep.bwyeastern@gmail.com

We are looking for enthusiastic and committed yogis to help us as we continue our work. Each of our regions would benefit from a deputy (or more help!) and we would love for you to contact us if you would like to be part of our team. Please contact our Regional Officer who will be glad to give you more information; ro.bwyeastern@gmail.com

Looking forward to hearing from you!

With Love and best wishes for a healthy, happy Christmas & New Year

Eastern Region Committee.