

YOGA *Voices*

BWY Newsletter – Midlands Region



www.bwy.org.uk/midlands

Winter 20/21 – Issue 76



Midlands Committee

Regional Officer – *Sally Kennedy*
ro@bwymidlands.org

Newsletter Editor – *Post Vacant*
editor@bwymidlands.org

Regional Treasurer – *Perry Lewis*
treasurer@bwymidlands.org

Training Officer – *Vanessa Gerrard*
rto@bwymidlands.org

Festival Organiser – *Lindsey Watson*
festival@bwymidlands.org

Website Admin– *Simon Kane*
webadmin@bwymidlands.org

Area Representatives:

Birmingham and Black Country – *Sue Duffy*
birm.arearep@bwymidlands.org

Derbyshire – *Dave West*
derbys.arearep@bwymidlands.org

Hereford & Worcester– *Post Vacant*
hw.arearep@bwymidlands.org

Leicestershire – *Post Vacant*
leics.arearep@bwymidlands.org

Lincolnshire – *Philip Burgess*
lincs.arearep@bwymidlands.org

Northamptonshire – *Post Vacant*
northants.arearep@bwymidlands.org

Nottinghamshire – *Post Vacant*
notts.arearep@bwymidlands.org

Shropshire – *Jules Burdett/Jenny Scott*
shrops.arearep@bwymidlands.org

Staffordshire – *Linda Robinson*
staffs.arearep@bwymidlands.org

Warwickshire – *Post Vacant*
warks.arearep@bwymidlands.org

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Midlands Website

www.bwy.org.uk/midlands

BWY Central Office

01529 306851 www.bwy.org.uk

Cover pictures:

Front: Winter sunset, *Sally Alvey*

BWY Midlands

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REGIONAL NEWSLETTER EDITOR – Sally Alvey



It seems such a long time since the last issue and sadly so little has changed in the way that we are able to offer yoga sessions to those still keen to practice.

The adaptation to online sessions was swift and effective in the most part and will, I think, continue in future providing yet more diversity in what is on offer across the region and beyond.

Teachers up and down the land adapted, trialled and delivered some wonderful yoga practice in what otherwise would have been an ‘*annus horribilis*’ indeed. I hope you have ‘had a go’ – it’s much easier than you might imagine, although it does have a different ‘feel’ to being with a great teacher.

In this issue there is a brief outline of the responsibilities for each committee role and a report on the forthcoming changes to our electoral system – please have a read and perhaps put yourself forward for a committee post – it would be lovely to see some ‘new faces’ taking the region forwards.

By the time you are reading this, the days will once again be lengthening and it won’t be long before the first shoots of spring start to appear. I love to see that first green hue in a hedgerow – a sure sign that life is renewing once more.

Wishing you all well in 2021 (it surely has to be better than last year?!)

Sally

*Nothing ever exists entirely alone.
Everything is in relation to everything else.*

Buddha

Regional Vacancies – Volunteers Needed

We are looking for volunteers to join the regional committee in the following posts.

- **Regional Officer**
- **Newsletter Editor**
- **Area Representatives: Hereford & Worcs, Leicestershire, Nottinghamshire, Northamptonshire, Warwickshire**

You don’t have to do the job alone - team up with a friend and share the effort.
For more information about what’s involved please see page 11 and 12 where roles are explained or contact the person currently ‘in-post’ (see opposite).

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REGIONAL OFFICER'S REPORT – *Sally Kennedy*

Namaste from the Midlands region, At the time of writing, preparations for the festive season would usually be in full swing. This winter, most of our region is in Tier 3 restrictions due to the pandemic and this is dampening the spirit of the festivities in many quarters. I hope that despite the ongoing uncertainty you are finding some opportunities for yoga practice in whatever comes your way, and I hope that whatever you managed to do over the holidays, you are now looking forward into 2021 with some optimism as the vaccination programme progresses and the political landscape continues to change with Brexit concluded.



For the next 12 months, we will be carefully monitoring the advice from both the government and BWY, and while we recognise that online yoga practice is neither desirable or possible for many of our teaching and non-teaching members, the region will only begin to offer face to face events when we are sure that safety can be reasonably maintained for all attendees. For this reason, you will see that the first few events listed at present for 2021 on our regions webpage are online sessions, bookable via the website in the usual way.

You are also likely to see some changes to the now familiar and recognisable BWY branding as the organisation embarks on a project to revamp our website, social media and logo. Remember to keep your member profile, communication preferences and other details up to date on the website, and watch out for new promotional material and Facebook offerings over the next few months.

Also keep a look out for information regarding our regional AGM in March 2021 which this year will be accompanied by a Scaravelli-inspired workshop from Lisa McRory exploring the relationships between ground and gravity, the breath, and the spine in yoga practice. This is free for all members to attend, and tickets are also available for non-members, so your friends and colleagues can also access this popular and accessible teacher at a very reasonable price! Bookings can be made here:
<https://www.bwy.org.uk/midlands/event/1632/>

We have taken the decision to run both the AGM and the workshop online via the Zoom platform, which I understand may be still new and unfamiliar to many of our volunteer committee and members. All regional committee posts are eligible for election in 2021 and the NEC have commissioned UK Engage to administer both regional and national elections this year, to help ensure efficiency and transparency. Please see the communication from our Regional Officers Committee Chair on pages 9-10 regarding the new regional election process to be administered by UK Engage.

As ever, your committee is working hard alongside our 'day jobs' to continue to bring you interesting and inspiring opportunities to develop and expand your yoga practice in the changing world. As it now over two years since I took up the Regional Officer position, it

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is my intention to step down in March and our small friendly regional group invite you to come and join us. We are also looking for people to fill Area Reps and Administrator roles on the committee, so please do get in touch if you'd like more information.

Yours in yoga, *Sally*

REGIONAL TRAINING OFFICER – *Vanessa Gerrard*

Please ensure that you are maintaining your training to gain your 15 CPD hours. You can do this various in ways. For example logging your own personal development through reading and how this can enhance your teaching. Or by taking part in an online zoom training, please see the website for future events and ways to enhance your learning and teaching.

Hopefully we will all be back seeing each other in person very soon

Wishing all safe and well, *Vanessa*

FESTIVAL ORGANISER – *Lindsey Watson*

2020, as I write, is drawing to a close and we are probably all heaving a huge sigh of relief.

Sadly the Midlands Yoga Festival didn't happen this year. I am not sure what will happen next year but already formulating a few plans. I will keep you posted both in this newsletter and on our regional 'BWY Midlands' Facebook page.

We have all had to deal with our own anxieties and the collective anxiety. But what strengths we have gained along the way! Resilience, patience, acceptance. All of the skills that yoga teaches us.

I am amazed by how quickly we have taken our teaching and learning online and glad that it has worked, even been a lifeline for many. We should all be very proud of ourselves.

I wish you and yours a happy, healthy and peaceful 2021.

Namaste x

Lindsey

Winter 2020/21



NORTHAMPTONSHIRE – *Karen Cleary*

Dear yogi

As I write this, we are approaching the end of a year which has been very different for all of us. I hope that your yoga practice has been of benefit in maintaining some degree of resilience and calm in these difficult times. There is not much to report activity-wise from Northamptonshire this time. However there a number of online events happening in the Midlands region next year, including the AGM on March 21st, when Lisa McRory will be delivering a Scaravelli-inspired yoga workshop. The event is FREE for BWY members, and Lisa is an amazing tutor so it is well worth saving the date. Also, I am hoping that someone in the county will come forward to volunteer as area representative – the regional committee are a very friendly and welcoming lot! Do contact me if you would like further details about what the post entails.

For now, I wish you all the best for 2021.

Karen x

Energy Bars

- 125g Fat (butter, margarine, coconut/rapeseed oil)
 200g Jumbo rolled oats (or a mix of puffed rice and oats)
 200g Sugar (brown, white, syrup)
 375g Mixed dried fruit (raisins apricot, sour cherry, candied peel), nuts (walnut, almond, hazelnut) and seeds (sunflower, chia, pumpkin, sesame) **change as necessary for allergies.*

Melt the fat and sugar. Chop or blitz larger fruits, nuts, seeds and mix with the oats and combine everything together. Press lightly into a tin and bake at 160c fan for 20-30 mins or until slightly golden and crispy at the edge. Cut into pieces and leave to cool.

A Warm Midlands Welcome to our Region's New Members

Lisa Valentine	Bajno Maunder
Lucie Hodkova	Fiona Worrall
Hannah West	Anne Marie Tovey
Arron Polsworth	Harkiran Vernon
Keely Tagg	Christine Smith
Karen Peach	

Newly Qualified Teachers and Teachers' Further Training

Chair Yoga
 Kerry Mannion
 Mary Reilly



BWY Midlands

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Sheffield Yoga Days

2021

- **January – April : Swami Nishchalananda** : Tuning in to Conscious Presence
(Online Course : Can join after January : £80 / £50)
- **13th & 14th March : Bill Wood** : Freeing the Spine (2 day course - £140)
- **20th March : First Aid Training** (3 year certificate) : £65.00
- **24th April : Jayadhara** (Jane Cluley) : Yoga for Head, Heart & Hands
- **8th & 9th May : Philip Xerri** : Pranayama Teacher Training Module
(2 day course - £140)
- **June – October : Swami Gyan Dharma** : Prana Vidya – The Path to Healing
(3 x long weekends / 9 days residential course)
- **3rd July : Eric Wilkinson** : Integrating the Practices of Yoga & Somatics
- **18th September : Brahmananda** : Pratyahara – Gateway to meditation

Day workshops : £40.00

Venues : Grenoside Community Hall, Sheffield, S35 8PR
: Sheffield Yoga School, Sheffield, S6 5DY



0114 – 2338340

www.sheffieldyogaschool.co.uk

SHROPSHIRE – *Jules Burdett and Jenny Scott*

Well, what can we say that hasn't already been said about 2020! This year has certainly re-enforced how much we need our yoga both mentally and physically.

I am reminded of a class theme I have run with in the past of 'The Obstacle is the Path' – (Teaching Yoga Beyond the Poses by Sage Rountree and Alexandra Desiato)

At the start of our day, we often set out to be joyful or to find gratitude. On some days this comes to fruition. On other days challenge after challenge presents itself and maintaining the positive attitude is nearly impossible. The obstacle is always the path. Look for the ways that challenge tries to throw you off course, whether that's physical challenge or monkey-mind thoughts that disrupt your flow. These obstacles are the teacher. Stay true to your intention, whatever challenge arises.

After the success of our free on-line workshops with Julie Hemmings on Chanting and Angela Ashwin on Philosophy I am pleased to confirm that our regular Zoë Knott slot will be going ahead on 27th February 2021. Zoe will be teaching the 'Journey into Backbends' IST workshop. As we have all been hunched over our computers and closing our bodies against the cold and damp this feels very appropriate.

Here is a snippet of an article Zoë wrote for Spectrum... "I love Backbends! They stretch and open the front of the body while strengthening the muscles of the back in a way that counters our general daily forward movements. On an esoteric level I find backbends exhilarating and energising, encouraging the mind to be awake, alert and clear. Some backbends may be challenging but then so is life at times. We would not know we were alive without challenges. So exhilaration and challenge live side by side in backbends.

When we consider our habitual movements in daily life we realise how these involve rounding the spine, through sitting in chairs, looking at computer screens, child care, housework, shopping, gardening, sedentary life styles and forward movements in general. The muscles of the back become overstretched and weak whereas the muscles of the front of the body are tight and short.

'Back problems' as a general statement commonly refers to lower back pain which might be muscle strain, disc problems or joint pain. However, lower back problems are often caused by a rounded upper back which can simply be the result of a slumped posture, caused by an inactive lifestyle.

All of the natural curves of our back need to be maintained as we stand and as we sit: the natural forward curves in the neck and lower back, and the natural backward curve in the mid-back. An exaggeration in any of these brings the physical body out of balance".

This will be a virtual workshop so will be able to go ahead whatever the winter brings...

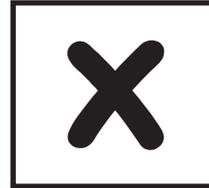
Here's to 2021 and hoping that this new year enables us to face all our challenging situations differently through the lessons we have learned this year.

Jules and Jenny

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Changes to BWY Regional Electoral process

The BWY is making changes to the way regional elections are run and below is an outline of the how the new system will operate. Please take the time to read this as it explains how our voluntary posts work and shows how much reliance BWY places on its' volunteers. Over recent years it has become more and more difficult to fill the committee roles and without support from our membership this won't improve. We need your help!



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.

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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 to 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.

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.

Michele Misgala,
Regional Officer Committee Rep to the NEC



BWY regional committees are entirely comprised of volunteers who help to administer regional activities with support from the paid team of staff at BWY Central Office. The Midlands Region desperately needs nominations for a variety of its posts – please consider putting yourself forward.

The volunteer posts and their primary responsibilities are as follows:

Area Representatives

Organise local events for their county and surrounding areas and provide links between members and wider BWY.

Regional Officer (RO)

Organise and Chairs regional AGM and committee meetings; has links with Regional Officers' Committee, providing input to and feedback from BWY National Executive Committee (NEC).

continues on page 12

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PRANAYAMA

PHILIP XERRI YOGA QUESTS 2021 PROGRAMME



PRANAYAMA FOUNDATION COURSE

LONDON begins 24TH April LISBURN, NI begins 10TH APRIL

6 Days spread over approximately One Year. Structured home practice, in depth practical and theoretical analysis of the main Pranayamas, a wide variety of integrated asana and movement practices relevant to optimising lung function, relaxation and meditative kriyas based on the breath, some work on combining Pranayama and the Chakras.

CREATIVE PRANAYAMA-LONDON Light Centre, Victoria 19th JUNE

A new concept in the understanding of Pranayama, essentially in terms of personal practice and development, but also providing new insights into the progressive teaching of it. The Day will explore **Sequential Flow Pranayama, Themed Pranayama and Creative Pranayama.**

I am also travelling around the UK doing Training and Workshops on various aspects of Pranayama - further information at www.yogaquests.co.uk where there are Cd's, Mp3's, and Manuals on Pranayama and two fictional novels based around esoteric philosophies.

At www.controlyourbreath.co.uk there is a series of 6 videos on the two main Foundational Pranayamas, professionally filmed and edited.

ZOOM I am doing regular zoom classes and ONEZONE sessions.

For further information on these and for more details on all of the Courses, Workshops, Training - please contact me direct at pax_yoga@yahoo.com



Philip has been practicing, teaching and studying Pranayama for over 40 years. An extremely committed teacher whose style is both entertaining and empowering. His aim has always been to give the process of Pranayama a coherent structure, without losing any of its inherent power and poignancy. He sees Pranayama as the energetic and contemplative heart of Yoga practice.
The crucial stepping-stone towards a richer and more meaningful inner journey

Treasurer

Manages and reports on regional finance and bank account, including payments received and made for event tutors and other regional activities.

Regional Training Officer (RTO)

Organises and co-ordinates regional CPD (Continuing Professional Development) activities for teaching and non-teaching members, provides link between region and BWYT (BWY Training committee).

Administrator

Takes and distributes meeting minutes, provides any other administrative support for committee members.

Webadmin

Supports regional members and committee with website administration, including digital meeting minutes and News, and email account administration.

Newsletter Editor

Prepares advertising/editorial copy and designs layout for regional newsletters before printing and distribution by Central Office team; links with Spectrum Editor.

Festival Organiser

Organises annual regional festival.

Everyone in these posts gives their time and expertise freely. Any out of pocket expenses such as travel and refreshment costs, are paid for by regional funds, and after a year in post, a nominal home workers allowance is paid annually by BWY.

Volunteering has been shown to have all sorts of potential benefits for the volunteer as well as for the organisation being supported, such as skill development, reducing isolation and improving communication, building communities and much more.

If you would like to know more about any of the volunteer roles or if you feel you could help in a more informal way, then please don't hesitate to contact anyone on the committee via phone, email, through our social media, or webpage.

All area reps get to participate free of charge in events they organise, and all committee members are also entitled to attend two regional events free of charge every year. BWY also provides a nominal sum of money annually which the committee can use on an a 'karma' activity of their choice to say thank you for their time and effort. Previous karma activities have included meals out, a gong bath and yoga workshops among other things!

As we approach the 2021 AGM, the following committee posts require new volunteers:

- **Regional Officer** • **Newsletter Editor** • **Administrator**
- **Area Reps** covering: Hereford and Worcester, Leicestershire, Northamptonshire, Nottinghamshire, Staffordshire,

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If you are unsure about taking on new responsibilities, please be reassured we will offer a full handover, induction and informal support from the rest of the committee on taking up your post and for the first few weeks and months of service. All committee posts can be shared between two people if needed and there is the option of taking on the role of deputy for a period of time – a great idea if you'd like to explore what the role involves and work together for a while.

If there is more than one person interested in the same committee post, we would be required to hold a formal vote with potential candidates nominated for each post and the regional membership invited to vote for their preferred candidates. If there is no competition for each position then a formal membership vote is not required and the existing committee can co-opt the member onto the committee.

As the situation relating to the coronavirus pandemic is likely to change over the coming months, we have decided to hold our next regional AGM as an online event. There will be a 2-hour Scaravelli-inspired yoga workshop delivered by Lisa McRory after the AGM, which looks set to be enlightening and entertaining. This is free for members who have attended the AGM and also open to non-members for £20. Anyone wishing to join us will need to book a place in advance as usual and places are available to book online here: <https://www.bwy.org.uk/midlands/event/1632/>

We hope that the AGM in 2021 will be an opportunity for us to get together as a community virtually rather than face to face, and that this will mean that as many members as possible can join us from the comfort of your own homes! Unfortunately, we will not be able to offer you the usual tea, cakes and other goodies we normally do, but we hope that it won't be too much longer before larger gatherings are permitted and safe, and we can meet in person once again.

With warmest wishes,
from your
BWY Midlands regional committee

Please use your vote!!

Midlands Region Events

Date	Event Title	Tutor	Venue
16.01.21	Mental Health and Yoga Therapy	Nikki Jackson	Online
21.02.21	De-constructing Sun Salutation	Richard Fowler	Online
21.03.21	AGM - Scaravelli Inspired Yoga	Lisa McRory	Online
09.05.21	Kundalini: <i>What have snakes got to do with yoga</i>	Ruth Westoby	Online

Look on the website (www.bwy.org.uk) for a full list of events – many are online and can be enjoyed from anywhere.

Breaking down Sun Salutations

Richard Fowler, a tutor based in Manchester will be delivering a 3-hour workshop for us in February 2021 – this is what he had to say...

“It’s an honour to have been invited to deliver my ‘De-constructing the Sun Salutation’ workshop for BWY Midlands members. I’m sure all of you are familiar with Surya Namaskar: a wonderful and complete breath-led practice in itself, helping us to warm the body, engaging all major muscles groups and increasing respiration and circulation. But what does Surya Namaskar mean to you? Where and how did it originate? And what do the sequences of postures we practice in the 21st century have to do with the ancient Hindu sun god, Surya?

When I first started practising yoga, I learned a particular Surya Namaskar sequence and just assumed that there was no other version. How wrong I was! In this workshop we’ll be working with some of the more common versions of Surya Namaskar and breaking these down into their individual constituent asanas, exploring alignment and transition. We’ll also be looking at the origins of the practice, and become acquainted with (and practice using) the traditional mantras which accompany Surya Namaskar.

Following our asana practice there will be an opportunity to devote time to working at length with one of my favourite pranayama practices, nadi sodhana, to bring about energetic balance and relax body and mind, before closing our session with an extended yoga nidra relaxation. Looking forward to meeting you online in the near future.”

Namaste,

Richard Fowler

www.richardfowleryoga.com



Volunteers Needed

We are looking for volunteers to join the regional committee in the following posts.

- **Regional Officer**
- **Newsletter Editor**
- **Area Representatives: Hereford & Worcs, Leicestershire, Nottinghamshire, Northamptonshire, Warwickshire**

You don't have to do the job alone - team up with a friend and share the effort. For more information about what's involved please see pages 11 and 12 where roles are explained or contact the person currently 'in-post' (see page 2).



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PUBLISHING POLICY – BWY Midlands Disclaimer

Any views expressed in items published are not necessarily those of the Editor or members of the Committee and the right not to accept material is reserved. Please note that goods and services advertised are not necessarily BWY accredited. Advertisements are ALL prepaid and accepted at the discretion of the Committee for inclusion on a first come, first served basis as space allows.

EDITORIAL SUBMISSIONS

The Committee welcome the submission of articles, stories and any other items related to yoga and yogic life but this may not be used as 'free advertising' for events and courses. We cannot guarantee inclusion in a particular issue but will endeavour to include items of interest where space allows. If submitting an item which is date sensitive please mark it accordingly having taken into account the relative distribution date.

ADVERTISING CONTENT

Advertisement Rates:	Full Fee	BWY Member/Accredited Fee
Back cover (colour) (148.5x210mm)	£75	£40
Full page (120x175mm)	£35	£25
Half page (120 x 85mm)	£30	£15
Quarter page (55 x 85mm)	£20	£10

Advertisement bookings:

All advertisements should be submitted electronically to the Editor, to size (or appropriately scalable) and as **jpg** or **pdf** files. *If you produce artwork in Word® please remember to convert the file to PDF otherwise it may not print properly.* Items must be received by the deadline and paid for at the time of booking. The Editor will acknowledge receipt and send bank details for payment as well as copying booking details to the Treasurer who will acknowledge receipt of payment – replacing the invoicing system. Any Advertisement not paid for by the deadline will not appear in the newsletter. Payments should be made via internet transfer although other methods may be accepted by agreement with the Treasurer.

Next Issue	Copy/Advert deadline	Distribution
Summer 2021	31 March 2021	May/June 2021

For the love of yoga

Sangha, an event for everyone
23 - 25th April 2021

BWY

NOW
ONLINE
details
to follow

AT
THE
HEART
OF YOGA
AT SANGHA

Three days filled with classes, workshop, talks and discussions
To make sure you don't miss out book today at bwysangha.com