



BWY

AT
THE
HEART
OF YOGA

IN THE SOUTH EAST

BEYOND THE MAT

Summer Newsletter 2021

www.bwy.org.uk/southeast/

Regional Officer

Declan Wooloughan 07798 643589
rto@bwysoutheast.org.uk

Regional Treasurer

Julie Dinnage 07831 218745
rt@bwysoutheast.org.uk

Regional Training Officer

Jan Palmer 01622 755206
rto@bwysoutheast.org.uk

Regional Secretary

Gill Carter 01483 797722
rs@bwysoutheast.org.uk

'In the Know' Editor South East

Maura de Vries 07935950364
editor@bwysoutheast.org.uk

North Kent Deputy Rep

Sabine Smith 07971 090927
Depcr.nken@bwysoutheast.org.uk

East Kent Deputy Rep

Open position
Depcr.eken@bwysoutheast.org.uk

Surrey County Rep

Krisztina Kis 07540 872297
Cr.sur@bwysoutheast.org.uk

West Surrey Deputy Rep

Open position
Depcr.wsur@bwysoutheast.org.uk

Sussex County Rep

Rachel Claridge 01273 386121
Cr.sus@bwysoutheast.org.uk

East Sussex Deputy Rep

Gemma Newton 07715478230
Cr.esus@bwysoutheast.org.uk

West Sussex Deputy Rep

Open position
Cr.wsus@bwysoutheast.org.uk

Social Media

Tess West
socialmedia@bwysoutheast.org.uk

Web Administrator

Sam Ayres
webadmin@bwysoutheast.org.uk

Central Office

01529 306851 bwyooffice@gmail.com
 website: <http://www.bwy.org.uk>

Safeguarding, Diversity and Child Protection Officer

Rebecca Morris 07738 946320
safeguarding@bwy.org.uk

PUBLISHING POLICY

Please send adverts to the Newsletter Editor and make payments as per the instructions on the invoice. If you wish to take advantage of members' rates, you will need to provide your BWY membership number. If you are part of a registered charity VAT will be deducted.

Advertising Rates (inc VAT)	BWY / Accredited Price	Full Price
Half Page	£15.00	£30.00
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Please note: goods or services advertised are not necessarily BWY accredited. Views expressed are not necessarily those of the editor or the committee. Advertisements are accepted at the discretion of the committee, and are included on a first-come, first-served basis as space allows. Advertising of courses that offer 'yoga teacher training' will only be accepted if the course is BWY or accredited to the BWY.

The British Wheel of Yoga is the Sports England recognised National Governing Body for Yoga.
 Disclaimer: Please note that the views expressed in this newsletter are not necessarily the views of the editor, nor the British Wheel of Yoga. Any advertisements are accepted in good faith and no responsibility can be accepted for the contents.

SOUTH EAST NEWS

Wow, and there we are; **New Look, New Feel, Bold, Slick**, but with the old familiar layout. I can't wait to hear what you think of the BWY's new logo and of our new branding! A lot of work has gone in putting this all together and I want to thank all who helped get this in place for their hard work, patience, frustration, enthusiasm, and teamwork, because, **Holy Cow!**, what a job it was! I hope you are just as excited as we are, and I can't wait to hear your feedback! Please share your thoughts, as it is not only us but also **YOU** who make this newsletter! Cheers, and Let's all stay together in the Know **'Beyond the Mat!**



Warm Regards, Maura

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Newsletter Makeover

We are very excited about our new makeover, and we hope you too! We would love to hear your feedback on this and your thoughts on potential changes. **Please share your feedback with us via:**

editor@bwysoutheast.org.uk

Join the South East team!

We currently have 3 open positions on our committee. If you are great in organising and would like to help running events please reach out to Jan for an informal chat: rto@bwysoutheast.org.uk

Online Events in Winter Months

We are looking forward to getting back to in person events later this year and discussions on Hybrid events are currently taking place. After the successful introduction and roll out of BWY Events on the Zoom platform, we have decided that during November to February, most events will be Zoom based for the foreseeable future. We've considered the many benefits; our carbon footprint is reduced significantly, not only in terms of the many people travelling to an event, but also in terms of heating a large (sometimes draughty!) space. The colder, darker months are often associated with an increase in the spread of colds and viruses, something we are looking to avoid. We hope you agree and like to thank for your continued support in keeping everyone safe.

Notice Annual Report of Events 2020

Every year the RTO (Regional Training Officer) reviews the programme and members' comments from evaluations so we can plan our future events. This report used to be available to everyone at the AGM. As we have now moved to online voting if you wish to receive a copy of this document please contact Jan Palmer (RTO) on 07985-015510 or rto@bwysoutheast.org.uk

CPD update

CPD Event - 7.5 CPD points because it is a recognised BWY Training Day. General events and Masterclasses every hour counts for one point. If any yoga event or related seminar you attend prompts you to do further study (academic or specific personal practice) every two hours counts as one point. More CPD updates will follow in our Winter edition

KARMA YOGA FROM ENGLAND TO THE HIMALAYA

An article by Rose Hannaford, in which she let us travel with Emma Slade who shares with us the inspiring story on the 'Opening Your Heart to Bhutan' foundation.

"It is often difficult circumstances that really help us to recognise the suffering of others and reminds us of the preciousness of our human life and the lives of all of those around us. From a Buddhist point of view, we are always seeking to actively look at experiences in terms of the wisdom and kindness coming from them. This experience has shown us that we are all interdependent and interconnected, even through the very air that we share, something which has become clear to us in this very strange way."
Emma Slade

Opening Your Heart to Bhutan is a UK based charity that supports children with special needs and vulnerable people in Bhutan. The charity was founded by Whitstable resident Emma Slade - a BWY yoga teacher, coach, meditator, and author, as well as the first (and only!) western woman to be ordained as a Buddhist Nun in Bhutan.



Many readers may have met Emma (or Ani Pema Deki - her given Buddhist name) at congress or attended her classes or workshops. The charity is supported by a group of Trustees, many of whom are also BWY yoga teachers, including the Treasurer Karin Van Maanen, Cora Kemball-Cook and Maggie Ridge. While studying Buddhism in Bhutan, Emma saw first-hand both the challenges faced by people

living in poor rural communities, as well as the huge impact made by small, practical acts of compassion.

Opening Your Heart to Bhutan was born, with the core belief that everybody has the right to live their lives to the fullest potential. Vocational education and life skills empower disabled people with a route to a fulfilling life and an end to disability stigma. Bhutan is a mountainous,

landlocked country in Central Asia in which rural communities lack access to specialist medical services, and where growing inequality means those in the rural East are far more likely to lack access to basic healthcare, education, and decent living standards. One third of children living in Bhutan are identified as malnourished. UNICEF figures show that one in five children in Bhutan has some form of disability that, due to cultural factors and stigma around disability, sadly often goes untreated.

Since its inception in 2016 the charity has worked tirelessly to improve outcomes in Bhutan. Working in collaboration with local communities and other NGO's successful projects have included:

- Building facilities and improving accessibility at Draktsho Vocational Training Centre,*
- The provision of vehicles such as a school bus for Draktsho and a minibus for a children's home in Thimpu,*
- Building playparks that offer essential opportunities for play*
- The provision of medical equipment such as a foetal heart monitor as well as training for prosthetic technicians,*
- And the provision of essential supplies for children such as footwear, bedding, and blankets.*



Like all charities and non-profits, 2020 and 2021 have been particularly challenging years for us. With fundraising opportunities and charity events hugely diminished due to the pandemic, we have relied even more on the generosity of our loyal supporters. Travel to Bhutan is not currently allowed, supply chains are interrupted, slowing down progress significantly, and the schools we support in Bhutan have had to close – although the children will be returning soon.

Despite all these challenges and like many great things that are powered by compassion, purposeful action, and grit - the charity has still managed to continue its work with some carefully selected projects and with a lot of dedication from charity volunteers in the UK and our Project Manager on the ground in Bhutan. We even managed to achieve a huge milestone for the charity in November 2020, making it to £400,000 in funds raised and put towards projects in Bhutan. It is with enormous gratitude to everyone that has supported us

with donations, fundraising or volunteering that we celebrate this achievement. We now have our hearts firmly set on half a million!

We are currently campaigning for educational materials for the children in the schools we support, including art supplies, learning materials, and stocking the fantastic library and learning block that we built. As a charity we manage to keep our running costs low, which means a little goes a long way on the ground in Bhutan. Donating £100 can provide everything a child needs to attend a government run school, incl shoes, uniform, and equipment. Lack of these things can be a barrier to education, so we are really proud to support children in this way and ensure they can access the education they deserve. We are also funding the provision of nutritious school meals at Draktsho East, the vocational training centre for children with disabilities that we support. Since most of the children come from poor families and have disabilities that are sometimes multiple and complex, both obesity

and malnourishment are of huge concern. We wish to offer all the children at the school the same access to balanced and nourishing meals that will support them to learn and grow.

We are so grateful to all who decide to help us achieve our goals in so many ways. The charity has been so fortunate to have benefitted from some truly brilliant – and often creative – fundraising efforts by our team and wider community of supporters. So much of what Emma and the charity have done is in line with the yogic path of alleviating suffering and helping others. Emma always encourages people to reflect on their own lives on the ways in which it is easy for them to be kind and how that inherent ability to be kind can be expanded deliberately in order that more benefit can come. Perhaps a challenge for 2021 is to reflect on that idea and see what comes of it.

 More about the charity, its projects and donating online: www.openingyourhearttobhutan.com For more about Emma, her teachings and talks visit www.emmaslade.com



BRIGHTON YOGA FESTIVAL RETURNS!

After a turbulent year for all of us Mark Brocklehurst and his team are back and want to invite YOU to come to the Brighton Yoga and Well-Being Festival on 24/25 July

The Brighton Yoga Foundation is delighted to announce the return of the Brighton Yoga and Well-Being Festival for 2021. This year the Festival will be a hybrid event to allow attendees to experience the best of both worlds:

A “live and in person” festival at Cardinal Newman College in Hove on Saturday 24 July

This will be held mainly outdoors in large open-sided marquees, with all the traditional festival elements: food, drinks and retail stalls, music, a children’s zone, and classes suitable for every person and every body. Teachers include Gary Carter, Charlotte Watts, Tariq Dervish, Jyoti Jo Manuel, and Norman Blair.

A day of online yoga workshops and discussion panels on Sunday 25 July

This will showcase well-known teachers from around the globe and the UK, including Julie

Martin from Hawaii, Esther Eckhart from the Netherlands, Arence Fischer-Olsen from Denmark, and Simon Low, Stu Girling and Kallie Schut from the UK. There will also be inspiring panel discussions on yoga-related topics.



Following a hugely successful online only event last year, the Brighton Yoga and Well-Being Festival is delighted to be back. Now in its 8th year, it has consistently attracted thousands of visitors, making it the second largest yoga gathering in the UK (after the OM Yoga Show) and certainly the largest yoga event in the

South East. Brighton Yoga Foundation is a registered charity, and the not-for-profit event is organised on a “Pay What You Can Afford” model.

All the proceeds raised at the Festival go towards supporting the Brighton Yoga Foundation’s year-round community yoga outreach programmes. These free sessions are mainly therapeutic classes for those suffering or recovering from mental health issues, addictions, serious illnesses, domestic violence, and sexual abuse. During lockdown, the Foundation was running up to 6 classes a week and post-lockdown will be running a dozen or more classes a week.



So, join us at the end of July at the Festival – enjoy the sun and the yoga and know that everything you donate brings the gift of yoga to those who currently do not enjoy it. You can register for the Festival

here:

<https://www.brightonyogafoundation.org/brighton-yoga-well-being-festival/>



If you would like to sponsor the event, take a retail or food stall, or teach at the Festival, please contact us on: relax@brightonyogafoundation.org

MIND - THE CENTRE OF OUR EMOTIONAL, MENTAL AND SOCIAL WELLBEING'

Sabine Dahn on her upcoming training day on exploring the central role of our minds for our overall wellbeing and health

There is a significant increase in the prevalence of mental health issues and people's lack of ability to hold their own, stabilise and develop strategies to respond calmly and constructively to the challenges, stresses, and uncertainties of life. This has been starkly brought to the forefront by the turmoil of our recent times. The media, conflicting news and political rankles added to the general dynamic of instability sending our minds spinning outwards and many found themselves without recourse to a stabilising refuge.

As yoga teachers we are in a good position to offer some such refuge. We work with all dimensions of our being, physical, emotional, and mental, and can use the many practice tools of yoga to support students in restoring balance and a calm sense of self amidst the storms. The philosophy that underpins the practical tools offers an overall framework within which to make sense of experience.

Mostly, in our classes or individual sessions, we start with the body, and I would argue that it's a good place to start as our body provides us with a definite location.

They are the homes we live in after all – and the ability to create a tangible experience of stability, ease, and lightness. From the starting point of lived experience in our bodies, this sense of stability gradually permeates into all other aspects of our being: our breath, our mind, our sense of self and our social interactions.



With consistent practice the perhaps fragile and fleeting beginnings of stability will become stronger and over time. Our bodies, breaths and minds become firmly established in it. Every habit takes time and

effort to build but eventually we become healthy in the true sense of the Sanskrit word for health: svastha: 'being firmly established in the self'.

The BWY training day 'Mind - The Centre of our Emotional, Mental and Social Wellbeing' to take place on 23 October 2021 in Heathfield, will explore the central role of our minds for our overall wellbeing and health in an interactive and practical way. It encourages yoga teachers to recognise the depth of teachings we have at our disposal and the supportive role we can play creating many safe havens from which strong, stable people can stride forth, face, and turn these turbulent times into acceptance of movement and change and the constructive learning experiences that they provide. Each and every one of the 8 limbs of yoga holds within it the possibility and promise of deep connection and integration.

health issues and her presentations are based on this experience. Too much, not too little, but the right amount at the right time with the relevant reaction – where the yogic quality of sattva the current pandemic, I left the session feeling that the niyamas are more needed now than in any other time in human history.



The teacher, Sabine Dahn, follows the teachings of TKV Desikachar respecting the individuality of her students and their respective needs, encourage them to integrate compassionate self-observation into their āsana and breath work and to create a link between their yoga practice and their everyday lives. Many of her students deal with mental

HATHA YOGA: THE HIDDEN LANGUAGE

Learn more about Jacqueline Summer's upcoming workshop and the purpose of opening the stories or 'seals' held within our bodies and the ancient asanas.

What is Hidden Language? Hidden Language takes the practice of Hatha Yoga far beyond a series of physical exercises. It is the communication between our life experiences held in the body, helpful or otherwise, and the symbolism and cultural meanings 'hidden' within the ancient asanas.

Having thought about personal meaning of a particular asana, the practitioner then enters the pose and observes the physical, emotional, and mental responses from body and mind. These are written down so as to preserve the insights and guidance from this conversation between asana, body and mind.

In a Hidden Language class, further questions will be posed by the teacher; these are reflected upon by re-entering the asana. Spiritual practices such as breath work, chanting & meditation are incorporated into the process. There is an ebb and flow between working together and working reflectively on our own. After relaxation, which allows

the distillation of learning from the class, participants have the opportunity to share insights. Listening to one another enhances the learning; by voicing our discoveries they become more real and by hearing from others we can access further awareness.

Hidden Language really has to be experienced to be fully understood. What is the purpose of opening the stories or 'seals' held within our bodies and the ancient asanas? If we can catch the resulting intuitive insights and physical and psychological responses we have all the guidance we need, over time, to learn how to take control of the body and mind. This cultivates awareness and independence of thought and action. Perhaps more importantly, Hidden Language brings us back to the ultimate goal; remembering our essence, reconnecting with the Light within.

The Hidden Language of Hatha Yoga was developed by Swami Sivananda Radha from 1956 onwards. Her guru, Swami

Sivananda of Rishikesh, asked her to discover the mystical meanings of six asanas and report back.



Swami Radha had never heard of such a thing, neither had the swamis who taught yoga at the ashram. In desperation she returned for more guidance. Swami Sivananda gave one example “In the headstand, he said, you see the world upside down. How would your familiar surroundings look? Can you turn your beliefs and convictions upside down and look at them from an opposing viewpoint without losing your balance? And he referred to the Kundalini system, of which hatha yoga is an integral part, describing how in our usual stand the subtle intuitive insights are easily destroyed by our emotional fires and sensual passions.

But when we turn our world upside we symbolically become rooted in heaven, and the “nectar and ambrosia” of

intuitive knowledge can flow in, nourishing the mind like an open flower.” (Inner Life of Asanas by Swami Lalitananda) This one example enabled Swami Radha to go on to discover the physical, psychological and mystical aspects of 22 asanas and to publish her findings in her book ‘Hatha Yoga: The Hidden Language, Symbols, Secrets and Metaphors’ thirty years later. After returning to the West, from India, she founded Yasodhara Ashram, BC, Canada where she taught this approach along with experiential training in the Kundalini system.

Here is an example of Hidden Language for you to try; *Centre yourself with your breath, close your eyes and then bring a mountain to mind. What are its qualities? Write or draw your mountain.*

Choose one characteristic that truly resonates with you. Now enter into the Mountain pose with that characteristic in mind. *What happens physically, emotionally, mentally, and spiritually? Release from the pose and make some notes. What have you discovered?*

My journey of exploration with Hidden Language started in a class where we were asked to write down the question: ‘*in what water am I standing?*’ and then to enter the Crane pose and observe what happened in

my body and mind. Immediately, an intuitive response came, I thought 'I'm standing in stagnant water' and I knew it meant my work as a Probation Officer. I also knew that this was my language; this symbolic way of accessing inner wisdom. The Hidden Language experience opened up and improved my life and my relationships in ways I couldn't have foreseen, leading, ultimately, to yoga training and teaching.

The connection between body and mind and our physical and psychological well-being is now widely accepted in yoga practice but in the 1950's it was a new concept. From the 1960's onwards the human growth therapy movement, in all its forms, became popular. However, Swami Radha reminds us that as yoga practitioners we are seeking something more. She says in her book 'Kundalini Yoga for the West; a Foundation for Character Building, Courage and Awareness':

"Self-development in Yoga may, in its initial stages, seem to have much in common with the psychological approaches of the human growth movement. However, the goals are fundamentally different. The person who undertakes human growth therapy works towards self-acceptance, efficient functioning in everyday life,

mature relationships....

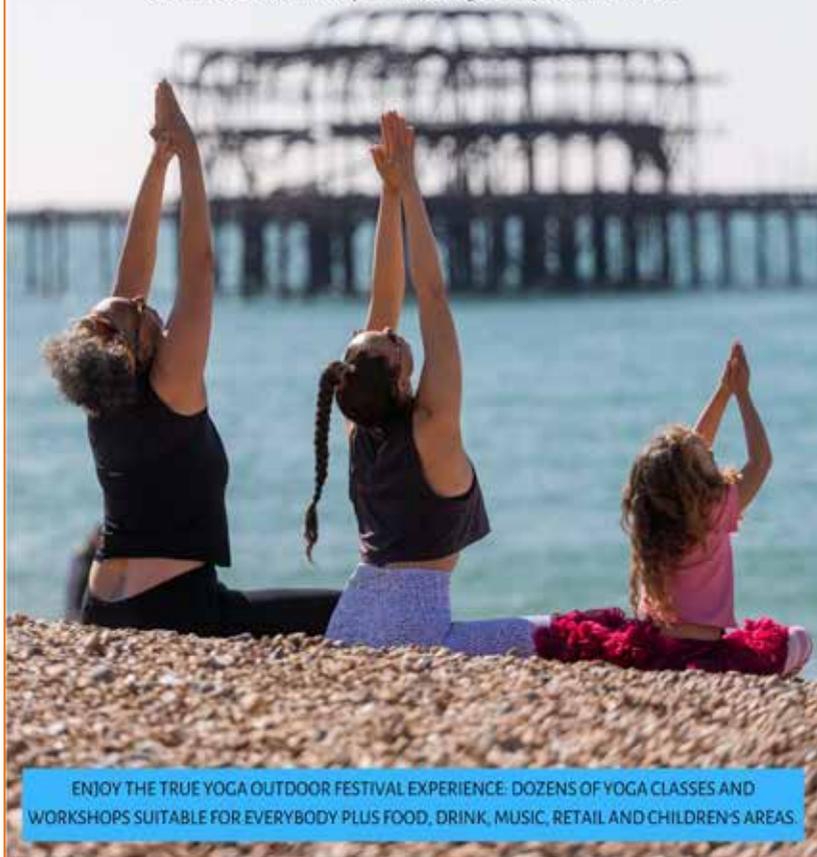
But the spiritual aspirant....For such a person the goal is liberation from all limitations, realising all man's potentials and, finally, the Self."



Jacqueline left a successful career as a Probation Officer after recognising the need to change direction during a Hidden Language class. She became a Professional Storyteller and Art teacher. In 2008 she trained as a Hatha Yoga teacher at Yasodhara Ashram, Canada and later certified to teach Hidden Language and Kundalini Yoga

Jacqueline will be inviting you to explore the hidden Language of Hatha Yoga on Saturday the 9th of October at Godmersham near Canterbury.

BRIGHTON
YOGA
and Well-Being Festival
SATURDAY 24TH & 25TH JULY 2021



ENJOY THE TRUE YOGA OUTDOOR FESTIVAL EXPERIENCE: DOZENS OF YOGA CLASSES AND WORKSHOPS SUITABLE FOR EVERYBODY PLUS FOOD, DRINK, MUSIC, RETAIL AND CHILDREN'S AREAS.



MORE INFORMATION
WEBSITE - WWW.BRIGHTONYOGAFOUNDATION.ORG
EMAIL - RELAX@BRIGHTONYOGAFOUNDATION.ORG

DATE	EVENT	LOCATION	TYPE	CONTACT
6 th June	Panchakosha- An integrated approach to asana <i>Ade Belcham</i>	Betchworth VH RH3 7DF	CPD 21/004	Krisztina Kis
12 th June	Bones for Life <i>Marye Wyvil</i>	Online/ Zoom	IST	Rachel Claridge
13 th June	Nada Yoga –An exploration of Sound and Vibration in Yoga <i>Rajesh David</i>	Online/ Zoom	IST	Rachel Claridge
20 th June	Yoga Therapy for Immune & Respiratory Health <i>Charlotte Watts</i>	Shoreham Village Hall TN14 7TB	Gen	Sabine Smith
27 th June	Going With The Flow <i>Deena Davis</i>	Shoreham Village Hall TN14 7TB	Gen	Sabine Smith
3 rd July	Breath, Spine and Movement – The Fundamentals of Motion <i>Gary Carter</i>	Bluebell Hill VH ME5 9QR	Master Class	Jan Palmer
4 th July	The Psoas and Piriformis <i>Gary Carter</i>	Online/ Zoom -SOLD OUT-	CPD 21/008	Rachel Claridge
11 th July	Bones, Joints & Arthritic Conditions <i>Frances Lumley</i>	St Johns Lye GU21 7SQ -SOLD OUT-	CPD 21/009	Krisztina Kis
14 th August	The Mystery and Magic of Fascia <i>Joanna Avison</i>	Herstmonceux BN27 4JX	GEN	Gemma Newton Smith
19 th September	Getting Your Happy Hormones From Yoga <i>Stephen Braybrook</i>	High Hurstwood TN22 4AD	GEN	Gemma Newton Smith
25 th September	Chronic Pain and Yoga <i>Peter Blackaby</i>	Oxted Community Hall RH8 9NB	GEN	Krisztina Kis

9 th October	The Hidden Language of Yoga <i>Jacqueline Summer</i>	Godmersham & Crundale VH CT4 7DR	GEN	Jan Palmer
16 th October	Mental Health Conditions & Yoga <i>Nikki Jackson</i>	Onslow Village Hall GU2 7QX	CPD 21/010	Krisztina Kis
23 rd October	Mind, the Centre of our Emotional, Mental & Social Wellbeing <i>Sabine Dahn</i>	Holy Cross Priory TN21 0TS	CPD 21/007	Rachel Claridge
13 th November	How Life Moves: The Nervous, Endocrine and Digestive System <i>Mary Mackie</i>	Online/ Zoom	CPD 21/011	Rachel Claridge
20 th November	The Shoulder Girdle <i>Gary Carter</i>	Online/ Zoom	CPD 21/016	Jan Palmer
21 st November	The Head and Neck – Far Reaching Effects <i>Gary Carter</i>	St John's Lye GU21 7SQ	CPD 21/012	Krisztina Kis
27 th November	Inspire your practise Zoe Knott	Online/Zoom See website for more info	Master Class	Jan Palmer
4 th December	Creative Lesson Planning <i>Dawn Wesselby</i>	Bluebell Hill VH ME5 9QR	CPD 21/014	Jan Palmer
5 th December	Pancha Vayus – the five pranas <i>Dawn Wesselby</i>	TBC	CPD 21/015	Krisztina Kis
11 th December	Face Yoga <i>Beverley Gibbs</i>	Online/Zoom	Master class	Sabine Smith

“IF YOU FALL I’LL BE THERE.”

- (YOUR) MAT-

Date:

6th June 2021: 10am-3.45pm

Event:

Panchakosha- An integrated approach to asana

Ade Belcham

Location

Surrey Betchworth RH3 7DF

Type of Event: CPD 21/004

Panchakosha- the 5 sheaths of existence. This workshop enables attendees to refresh their knowledge on the subject or gain new insight on how they can introduce panchakosha- this yogic concept to their own personal practice and in their general teaching. The day will be a mix of tutor presentation, group discussion and practical exploration involving individual asana practice and group work. By the end of the day, students will be able to identify and assess the balance of the 5 sheaths in their own relationship to asana. The day promises to be a day that provokes reflection and provides inspiration and innovation for your practice and/or teaching.

Ade works as a Rolfer, Cranio-sacral Therapist, and Yoga teacher. Ade's bodywork studies and practice deeply informs his teaching. Starting from a daily Ashtanga practice, he studied with Nancy Giloff, influenced by teachings inspired by the work of Vanda Scaravelli through explorations with Suzi Daw. He was blessed to study Dharma with Sonia Moriceau.

Contact:

Krisztina Kis

Date:

12th June 2021: 10am-3.45pm

Event:

IST - Bones for Life

Marye Wyvil

Location

Online/Zoom

Type of Event: IST

We welcome Marye for a day of dynamic postural re-education, showing us how to strengthen bones, safeguard vulnerable joints, improve posture, increase energy, and develop the body language of gentle assertion.

Bones for Life focuses on natural movement that can be enhanced in order to help develop the postural integrity, flexibility and stability that support strong bones so it is suitable for people of all ages and abilities Its' gentle exercises are designed to transform habitual patterns into ways of moving that can lead to what its' originator, Ruthy Alon, calls a state of "biological optimism".

Marye is co-director of Movement Intelligence UK. She trained at the Dharma Yoga Centre under the tutelage of Julie Friedeberger and later spent four years as a resident and teacher at the Mandala Yoga Ashram. She is also a teacher and trainer of Ruthy Alon's Bones for Life programme.

Contact:

Rachel Claridge

Date:13th June 2021: 10am-3.45pm**Event:**

Nada Yoga –An exploration of Sound and Vibration in Yoga

*Rajesh David***Location**

Online/Zoom

Type of Event: IST

Nada Yoga techniques lead to an increasingly refined tuning of our perception. The resonances produced by our vocal sounds have the potential not only to energise our body and mind, but also to heighten our awareness of the chakras.

Nada means sound. It also means vibration, thus incorporating everything from the most seemingly solid to the most intangible, therefore our exploration of Nada must go beyond the limitations of human hearing to encompass wider concepts of harmony, balance, and rhythm.

The day will include harmony and balance in postural work, chakra sensitization, Yoga Nidra and reflecting on the Mantra OM.

Rajesh David trained at the institute of Yoga Mumbai, India and is a composer and singer with a background in Indian Classical Music. He teaches workshops and seminars in the UK and Europe, and has taught training days for the BWY for over 15 years. He has also produced several yoga practice and music CDs.

Contact:

Rachel Claridge

Date:20th June 2021:10am-3.45pm**Event:**

Yoga Therapy for Immune & Respiratory Health

*Charlotte Watts***Location**

Shoreham Village Hall TN14 7TB

Type of Event: GEN

Yoga is uniquely suited to improving and maintaining the health of both our immune and respiratory systems, and in bringing stillness and balance to our central nervous system. How to take care of our immune and respiratory health effectively and efficiently forms the core of this event, which will include both physical movements, breathing and meditation elements as well as useful theoretical information.

Charlotte is a Senior Yoga Alliance teacher and trainer since 2007 as well as an award- winning nutritionist. Her teaching methods embody a physical awareness coupled with mindfulness. She fuses traditional yoga poses with elements of Somatics and Feldenkrais inspired principles.

Charlotte is also the author of several books on good nutrition and digestive health. She teaches on-line classes and face-to-face classes in Brighton.

Contact:

Sabine Smith

Date:

27th June 2021: 10am-3.45pm

Event:

Going With The Flow:
Deena Davis

Location

Shoreham Village Hall TN14 7TB

Type of Event: GEN

This workshop will explore how connecting to the foundations of mindfulness can help us to go with the flow on and off the yoga mat. The morning will include an exploration of the mindfulness concepts and a breakdown of yoga poses. The afternoon will re-cap the concepts in a flowing sequence of asanas. Breath work, concentration and guided relaxation will be included.

Deena teaches Hatha and Ashtanga based yoga in Bromley and the South East. She is also a Diploma Course Tutor for the BWY. She continues to explore and teach how yoga is a powerful tool for gaining strength and balance for body and mind.

Contact:

Sabine Smith

Date:

3rd July 2021: 10am-1pm

Event:

Breath, Spine and Movement – The Fundamentals of Motion
Gary Carter

Location

Bluebell Hill VH ME5 9QR

Type of Event: Master class

In our current times, learning practices and tools to maintain a regular daily practice of movement and breath is becoming ever more important to our wellbeing. We will explore the dynamics of breath, the fascial relationships of breath to movement and explore a series of practices that promote space and ease not only for breathing but also movement into everyday life.

Gary Carter is at the forefront of fascial research, and lectures in the UK, Europe, and the USA. He has over 30 years of experience in movement, physical training, anatomical study, and bodywork practices. He is committed to teach ease of movement and efficient body use.

Contact:

Jan Palmer



Date:

4th July 2021: 10am-3.45pm

Event:

The Psoas and Piriformis
Gary Carter

Location

Online/Zoom

Type of Event: CPD 21/008

This day is aimed at teachers with an interest in musculature, as we will be looking at the form, function and 3D structures of the Psoas and Piriformis within the body, with explanations of the balance of them and their relationship with each other. We will also discover how these muscles are crucial to the stability of the pelvis and how various postures, coupled with the breath can create freedom in the pelvis, lower back, and hip joints.

Gary has over 25 years of experience in movement physical training, anatomical study, and bodywork practices. He has lectured extensively on the anatomy of yoga in the UK, Europe, and America. He is the founder of the Natural Bodies centre in Brighton and is committed to teach, train, and encourage kinaesthetic awareness, ease of movement and efficient body use.

Contact:

Rachel Claridge

Date:

11th July 2021: 10am-3.45pm

Event:

Bones, Joints & Arthritic Conditions
Frances Lumley

Location

St Johns Lye GU21 7SQ

Type of Event: CPD 21/009

The day focuses on bones and joints, normal range of posture, alignment, and movement and how to recognise common adaptive and compensatory patterns. Frances will explain the difference between osteo and rheumatoid arthritis, as well as covering other bone and joint conditions including systemic illnesses and other arthropathies. This day is designed to provide yoga teachers and student teachers with a better understanding of common bone and joint conditions that might affect their students; and to explain how yoga can help to improve and maintain maximum function with minimal stress.

Frances has practised yoga since the mid-1980's with Sheri Greenaway and trained as a BWY teacher with Antonia Boyle, qualifying in 1996. She then trained as an osteopath qualifying in July 2000.

Contact:

Krisztina Kis

**** This event is currently SOLD OUT.**
 To be placed on the waiting list for this event please contact the organiser as mentioned above

**** This event is currently SOLD OUT.**
 To be placed on the waiting list for this event please contact the organiser as mentioned above

Date:

14th August 2021: 10am-3.45pm

Event:

The Mystery and Magic of Fascia
Joanna Avison

Location

Herstmonceux BN27 4JX

Type of Event: GEN

Understanding the fascia can help make sense of our anatomy in practice; both classical and contemporary. This day will give you a greater understanding of how traditional anatomy maps work within the wholeness of the living human body, including our intellectual understanding, our instinctive movement, and our intuitive awareness. The fascia is the common denominator of all three of these aspects of us, it literally and symbolically binds them. (Fascia means binding). Explained in plain English, with fun explorations, we'll make sense of fascia. You will go home with keystones to take the map to the mat, for yourself and those you teach.

Joanne is an advanced movement and manual therapist.. She teaches internationally helping people move better! As Director of the Art of Contemporary Yoga Teacher Training; a Senior YT (E-RYT500) and Certified Yoga Therapist (C-IAYT) her book YOGA: Fascia, Anatomy & Movement is a practitioners' guide, for all.

Contact:

Gemma Newton

**** The BWY South East is currently looking to trial a Hybrid event for this workshop. For more information, please contact the organiser as mentioned above**

Date:

19th September 2021: 10am-3.45pm

Event:

Getting Your Happy Hormones From Yoga
Stephen Braybrook

Location

High Hurstwood TN22 4AD

Type of Event: GEN

Join Stephen Braybrook, aka The Movement Man, for this fascinating workshop where he will delve into the body's happy hormones. A blend of theory and practical content, with practical tools and tips designed to be easily implemented in yours and your client's yoga practice straight away. This workshop will throw light on what the body's happy hormones are, how they are produced within the body and what we can do to encourage their production, within both our own yoga practice and in the classes we teach. Stephen will demonstrate Brain-Move exercises and drills as part of a practical neuroscience 'toolbox' to naturally encourage the body's happy hormones and to maintain a healthy body-brain connection.

Stephen is a movement expert, author of 'The Evolution of Biomechanics' and the creator of 'Brain-Move'. He helps movers, movement therapists and rehabilitation experts across the globe understand movement from a fresh, integrated perspective. Stephen seeks to push the boundaries of movement theory into the twenty first century and maximise movement potential.

Contact:

Gemma Newton

Date:25th September: 10am-3.45pm**Event:**Chronic Pain and Yoga
*Peter Blackaby***Location**

Oxted Community Hall, RH8 9NB

Type of Event: GEN

Pete says, "During the past twenty years or so there has been a marked change in notions of how pain needs to be managed, in particular, chronic pain. This comes, in part from the needs of an ageing population and, in part from new research into pain."

In addition to exploring the old view of pain and the new thinking, we will examine what yoga practices would be helpful for those suffering chronic pain and consider appropriate strategies for teachers to adopt in support of those students.

Pete describes his perspective on yoga as humanistic and says, "If we practice intelligently we can bring a greater sense of ease into our bodies and discover the way little things that we do can make life more difficult. Integration emerges as we learn to lose those unhelpful little things."

Pete is an osteopath who came to yoga via the teachings of Iyengar. He studied the work of Vanda Scaravelli before developing his style of humanistic yoga. He is a respected international yoga teacher and trainer teacher whose fully revised and rewritten book "Intelligent Yoga" Second Edition contains a new chapter on pain and how the body heals.

Contact:

Krisztina Kis

Date:9th October 2021: 10am-3.45pm**Event:**The Hidden Language of Yoga
*Jacqueline Summer***Location**

Godmersham & Crundale VHCT4 7DR

Type of Event: GEN

Our bodies store the stories of our life; some helpful, some out-dated. The ancient asanas hold stories full of symbolic meaning. When we enter the sacred poses, we bring both sets of stories together into our awareness. Physical responses, emotions, insights arise and if we write or draw them, we retain a record of the precious guidance for our growth.

You will be guided through the Hidden Language process, which incorporates asanas, meditation, breath work, relaxation, and writing/drawing. There will be opportunities to share your discoveries in small groups and to decide on any action you wish to take forward.

Jacqueline left a successful career as a Probation Officer after recognising the need to change direction during a Hidden Language class. She became a Professional Storyteller and Art teacher. In 2008 she trained as a Hatha Yoga teacher at Yasodhara Ashram, Canada and later certified to teach Hidden Language and Kundalini Yoga

Contact:

Jan Palmer

Date:

16th October 2021: 10am-3.45pm

Event:

Mental Health Conditions & Yoga
Nikki Jackson

Location

Onslow Village Hall GU2 7QX

Type of Event: CPD 21/010

Mental Health conditions in all age groups have reached an overwhelming number in the UK. An imbalance of the stress hormones cortisol and adrenaline has been associated with mental health disorders. It is widely known that yoga can help to reduce or balance stress hormones in the body.

In this workshop we will learn to recognise and reduce the core symptoms of mental health conditions such as stress, anxiety, and depression, using traditional yoga asanas and sequences. We will also gain a deeper understanding of anxiety, eating disorders, post-traumatic stress disorder, dementia, psychosis, and personality disorders and relate which asana practises may enhance symptoms and which practises will help to ease symptoms. We will also explore a variety of relaxations, simple meditations, breathing practices that would be particularly suitable for certain mental health conditions whilst highlighting those that would be contra-indicated

Nikki Jackson has been teaching yoga and yoga therapy for 26 years. She has worked in many different mental health departments for the NHS. Nikki is also a Mindfulness for Stress tutor (Breathworks - UK Networks of Mindfulness) and is currently running the Yoga Therapy Foundation module for the BWY

Contact:

Krisztina Kis

Date:

23rd October 2021: 10am-3.45pm

Event:

Mind, the Centre of our Emotional, Mental & Social Wellbeing
Sabine Dahn

Location

Holy Cross Priory TN21 0TS

Type of Event: CPD 21/007

In the UK one in four people experience mental health difficulties in any year-teaching yoga we are in a unique position to support people in managing and improving their conditions. Working with all aspects of our being yoga opens different avenues to affect our minds in positive ways and to restore a calm, stable sense of self.

During this day of presentation, discussion, reflection and practical experience, Sabine shares her experience of working with students with mental health difficulties. She bases her work firmly on the Yoga Sutras deriving practical tools for the classroom from these philosophical foundations

Teaching diverse groups in and around Brighton, Sabine (BWY, AYS) says, 'Following the teachings of TKV Desikachar, I respect the individuality of my students and their respective needs, encourage them to integrate compassionate self-observation into their asana and breath work and to create a link between their yoga practice and their everyday lives. Many of my students deal with mental health issues and my presentations are based on this experience.'

Contact:

Rachel Claridge

Date:13th November 2021: 10am-3.45pm**Event:**

How Life Moves: The Nervous, Endocrine and Digestive System

*Mary Mackie***Location**

Online/Zoom

Type of Event: CPD 21/011

For many people, their first introduction to yoga is through the desire to become fitter and healthier. In time one will find there is more to yoga than simply 'special' exercises. Our nervous, endocrine, and digestive systems are fundamental to our evolution, physically, mentally, and emotionally. This day is an overview of the evolution and development of body systems and how we can use this knowledge to explore modern, functional movement in yoga. It's a fascinating exploration of how the whole being revolves around the felt awareness of ourselves, the chemicals deployed by our nervous and endocrine systems and the microbiota of our digestive systems. The effect of the interplay of all of this on our well-being is far-reaching. It's an interesting and fun day full of practices that you can use in your own life as well as by a BWY trained teacher.

Mary has taught adaptive yoga for many years, runs a yoga therapy practice, Scaravelli style yoga classes, has been a DCT for 10 years and is on the faculty of Yoga United - Yoga Therapy Diploma training course, plus teaches anatomy and physiology for yoga teachers.

Contact:

Rachel Claridge

Date:20th November 2021: 10am-3.45pm**Event:**

The Shoulder Girdle

*Gary Carter***Location**

Online/Zoom

Type of Event: CPD 21/016

Gary is committed to teach, train, and encourage body awareness, ease of movement and efficient body use, which can bring a renewed sense of health and vitality through into daily life. Gary will undertake a detailed anatomical analysis of the shoulder girdle, and apply this in asana, breathing and movement. It is aimed at Yoga teachers, but if you are a health practitioner or have a keen interest in anatomy you may also wish to apply for this day. The day is suitable to all with a keen interest in anatomy. It is mainly lecture orientated. However, it also includes some experiential learning and group discussion. Influenced deeply by the work of Vanda Scaravelli,

Gary Carter brings over 25 years of experience of movement physical training, anatomical study, and bodywork practices. Gary has lectured extensively on the anatomy of Yoga in the UK, Europe, and America. He is the founder of the Natural Bodies Centre in Brighton.

Contact:

Jan Palmer

Date:21st November 2021:10am-3.45pm**Event:**

The Head and Neck – Far Reaching Effects

Gary Carter

Location

St John's Lye GU21 7SQ

Type of Event: CPD 21/012

This workshop will be looking at the anatomy of the head and neck.

The head and neck perform many important tasks, which require both strong, forceful movements, and some of the most delicate adjustments in the entire human body. Gary will describe and explain the anatomy, function and articulation of the head and neck. He will also explain how the head and neck relate to its connective tissue and tensesgrity of the entire body.

Gary will guide students through various movements and postures and help them deepen their understanding of how the head and neck works on key asanas. He will encourage students to develop their kinaesthetic awareness. The day is suitable to all with a keen interest in anatomy. It is mainly lecture orientated. However, it also includes some group work and experiential learning.

Influenced deeply by the work of Vanda Scaravelli, Gary Carter brings over 25 years of experience of movement physical training, anatomical study, and bodywork practices. Gary has lectured extensively on the anatomy of Yoga in the UK, Europe, and America. He is the founder of the Natural Bodies Centre in Brighton. Gary is committed to teach, train, and encourage kinaesthetic awareness, ease of movement and efficient body use.

Contact:

Krisztina Kis

Date:4th December 2021:10am-3.45pm**Event:**Creative Lesson Planning
*Dawn Wesselby***Location**

Bluebell Hill VH ME5 9QR

Type of Event: CPD 21/014

Are you in need of inspiration in your teaching? This interactive day is designed to explore different ways in which teachers can enrich the yoga experience for their students by integrating themes and quotations seamlessly into their teaching. The day centers around group work where you will be encouraged to think creatively and share ideas, with the intention that the attendees will determine the direction that the sequences will go with some guidance from Dawn. Using volunteers to demonstrate the postures as the sequences unfold will result in five lesson plans based on themes. We will stimulate our creativity by thinking literally and laterally using props within a group exercise and then look at how philosophical quotes can be linked into postures to help bring yogic concepts into the 'ordinary' yoga class.

Dawn has been teaching since 2000. She is a diploma course tutor and more recently completed the level 1 Kundalini Yoga Teacher Training which she now also shares. She believes that our yoga practice is an opportunity to discover more about ourselves on not only a physical, but also a mental and spiritual level. She is currently exploring the concept of our mind's limitations and how this impacts our physical ability and reactions both in yoga and daily lives.

Contact:

Jan Palmer

Date:5th December 2021: 10am-3.45pm**Event:**Pancha Vayus – the five pranas
*Dawn Wesselby***Location**

TBC

Type of Event: CPD 21/015

Yoga has a rich subtlety that can be accessed with close attention and the concept of the Pancha Vayus (the five energies) is one such example. We will explore how one can connect to them in our practice through asana, breathing practices and pranayama and how we can share that in our teaching. We will look at the difference between these five energies and discuss how they may manifest in our daily lives. We examine the stories around this topic in the Prashna Upanishad and discuss how they can be woven into our class teaching.

Dawn has been teaching since 2000. She is a diploma course tutor and more recently completed the level 1 Kundalini Yoga Teacher Training which she now also shares. She believes that our yoga practice is an opportunity to discover more about ourselves on not only a physical, but also a mental and spiritual level. Drawing from the experience of many of the teachers she has been blessed to work with, she aims to provide thought provoking classes to take students beyond a merely physical experience. She is currently exploring the concept of our mind's limitations and how this impacts on our physical ability and reactions both in yoga and our daily lives.

Contact:

Krisztina Kis

Date:11th December 2021: 2pm-5pm**Event:**Face Yoga
*Beverly Gibbs***Location**

Online/ Zoom

Type of Event: Master class

Face yoga is a combination of face exercises, massage, acupressure, and relaxation. This natural method will help lift and tone the skin, giving you a more healthy, glowing appearance.

In the same way that your body needs regular exercise to stay toned and firm, so do the muscles in the face, neck, and head. Learn how to relax the face and reduce the effects of stress on the skin, allowing your skin to radiate from the inside out.

As well as being a trained Ballet Dancer studying at the Royal Ballet Elmhurst School of Ballet and the Laine Arts Centre, Beverly Qualified as a Yoga teacher in 2016.

Yoga has been her lifelong passion with a special interest in teaching Restorative Yoga – known better as 'Active Relaxation'.

Easing and relaxing the facial muscles fitted like a glove into this method of teaching, which led Beverly to become a certified Teacher using the Facial Yoga Method developed by Danielle Collins (the Face Yoga Expert).

It is Beverly's passion, to get as many people as possible, to try this type of practice and realise the benefits, both physical and mental. Her classes focus on physical alignment, in order to create strength, flexibility and awareness of your body.

Contact:

Sabine Smith

INCLUSIVITY AND DIVERSITY

How can we cultivate Inclusion & Diversity in our Yoga Class

‘Once upon a time, you started a yoga class because you wanted to help people. You started of teaching in studios, gyms, and community centres but always with the vision to teach or own a place where a community of people could come together to support each other. *All would be welcome!*’ Sound Familiar?

But soon after starting to teach reality sunk in; Yoga is a fast-growing industry, but, getting people in the door in order to build your ideal community and to earn a living isn’t as easy as you’d thought. You are competing not only with other teachers (who’s number seem to grow by the day), but also with yoga studios, pilates studios, cycling studios, and corporate chain gyms that offer yoga classes. With Yoga marketing tutorials on the rise, you start focusing on numbers, doing the small business hustle. This works for a while but then you realise something essential is lacking in your yoga community; Diversity. You hate to admit it, (might even be ashamed to), but you always thought that your class was so welcoming, and you hoped from the start that people of every race, ethnicity, income level, ability, and practice level would feel good about practicing there. Now you see that the community you’ve got just doesn’t reflect your original vision.

So, what can we do to get our class/ studio be more inclusive and encourage diversity?” Please find here some steps to help you build and sustain a diverse, community-centred space.

CULTIVATING INCLUSION AND DIVERSITY	
Foster Inclusion	Increase Representation
1) Get the basics right. Read up on what D&I stands for and review how you are currently using this within your yoga class, marketing, vision. Who is missing in your class and why?	How are you currently marketing your classes, and where are you marketing; who has the visibility to it, and how inclusive is this?
2) Build a sense of overall belonging and community for all your students with a focus on inclusion, and be aware of impact of biases and talk to others about the impact of unconscious bias.	Do your market research. Open yourself up and investigate if you feel that there is an under representation within your class. Ask, be humble and create understanding and learn!
3) Educate yourself to better understand on how to approach topics with your students and be mindful of the words you use. Read, watch, and listen to educational materials made by people that are currently not represented.	Invest time in understanding your own unconscious mind and retrain your brain by getting to understand your own behaviour and thought process. Attend workshops on topics that need areas of growth.

<p>4) Create a plan on how you are going to change your class/ approach with what you have learned. Inform your community of this and build an authentic community that relates to your core values. Maybe you could identify an I&D theme within your class to educate others (without preaching or forcing).</p>	<p>Take an I&D approach when you teach: DON'T use gender-specific language DO cue from a place of inquiry DON'T tell students what to feel DO normalize opting out of a pose or trying different modifications. DON'T use language that's limiting or creates a hierarchy of poses or ability</p>
<p>5) Start with yourself and Identify if there are things that you personally could do different to create Inclusion.</p>	<p>Re- asses while you are going through the process. Check in how you feel, how your community feels.</p>

Final note: *Be kind to yourself!* None of us are perfect. It is all a learning process, and we will still get feedback and correction on our language and cues. We will not be able to please everyone, and that is also ok! Just actively listen and learn; after the initial sting, you will be grateful for the opportunity to learn and improve ;-).

*With love from my heart to yours,
 Maura de Vries*

YOGA FOR CHILDREN UNDER 11 YEARS

A series of workshops, approved by The British Wheel of Yoga start in July 2021,

Times: 12.00 - 3.45pm

£30 drop-in; or £125 for a block of five

New Dates: 3rd July, 24th July; 7th August; 21st August; 4th Sept

Venue: St Lukes' Church Hall, Queens Park Rd, Brighton, BN2 9Z



Over five sessions, the workshops introduce multi-sensory ideas; ways to support positive behavior and calm; including children with additional needs in your class; child development; and how to present yoga concepts in a child centered way

Please bring a mat, and a block /cushion to all sessions. Hand- outs, tea and biscuits are offered. 2 meter social distancing rules will be observed. Paid parking is available, and the Nos. 18 bus runs directly to and from St Lukes' church to Brighton Railway Station,

For more information please contact: jennywatson1a@gmail.com

Tel: 07817546398 3. Website: <https://breatherelaxsmileyoga.wordpress.com>



ONLINE BWY COURSES - LIVE STREAMED ON ZOOM



BWYQ PROGRESSION COURSE

Teacher Training

from Certificate (290hrs) to Diploma (500hrs)

With: Lucie Landau and Assistant teacher Maggie Davis

When: 17 July 2021 – 26 November 2022

15 Saturdays on Zoom, 9am – 4.30pm

This course is for those who have successfully finished their **BWYQ Teacher Training Certificates** but would like to deepen their knowledge and practice through further study of **Pranayama, Meditation, Yoga Philosophy** and **Subtle points of Asana** by completing their training to the **Diploma** level.

Contact: lucieindia@gmail.com www.yogauniversal.co.uk

BWY FOUNDATION COURSE 1



With: Anna Knowles and Lucie Landau

When: October 2021 – July 2022

10 Sundays on Zoom | 9am- 1pm | plus recorded talks/practice

Taster: 26th September | 9.30am - 1pm (£20)

Cost: £650 including registration fee | BWY membership fee is £37

This 60hr Foundation Course explores different aspects of yoga allowing participants to delve deeper into their personal practice of asana, pranayama, meditation and yoga philosophy. It can be taken as **self-development** or a **pathway to Yoga teacher training**.

Contact: Anna - asoulfulspace@gmail.com www.a-soulful-space.co.uk

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**Total cost: £600
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2021

4th/5th September

2nd/3rd October

6th/7th November

ONLINE VIA ZOOM



Emergency First Aid at Work Courses for Yoga Teachers

MGM Training Limited is holding a regular schedule of Emergency First Aid at Work courses for Yoga Teachers and Student Yoga Teachers. Holding regular courses for numerous Studios, you can be sure these high quality courses are aimed at Yoga Teachers, provided by a Trainer who specialises in First Aid Course Provision.

To book your place please visit www.mgmtraining.co.uk

(Please note off-line bookings incur an additional administration fee)

MGM Training Limited also offers 'in-house' courses for **Studios**, groups, IST, and **Teacher Training Classes**, where we will visit your venue and provide a course for up to and including twelve students. We are able and willing to travel to remote TTCs within the UK and outside the UK. In-house courses are charged on an extremely competitive course price; please email us to discuss your course needs. For further details of an 'in-house' course please email info@mgmtraining.co.uk



****The BWY do not arrange any first aid courses through MGM and as such are not responsible for the content of the MGM first aid training course and it's T&C's****