



the devon school of yoga

newsletter

SPRING 2017

welcome to spring!

Welcome to the 2017 Spring edition of the Devon School of Yoga's Newsletter. We trust that you will find items of interest in this issue.

There are plenty of workshops, retreats and other events to choose from to keep you yoga inspired. Thank you to everyone who contributes and reads the newsletter. Please feel free to share it with anyone you think may be interested. If you have some stories to share please send them in to info@devonyoga.com

Nameste

Duncan, Jules & Sue

DSY events diary

10-12 November

Holistic Yoga Autumn Retreat with Duncan Hulin and Andrea Guest. 3pm Fri to 3pm Sun (2 nights) £295. Experience a weekend of yoga, pranayama and meditation with time to relax and enjoy the beautiful surrounding countryside at Rill Estate near Buckfastleigh, South Devon. Delicious and nourishing vegetarian cuisine, spacious light studio and hot tub. (NOTE - the price for the residential includes accommodation, all food and drinks, three yoga sessions per day, evening kirtan (chanting) on Saturday and use of hot tub.

17 June, 10am-4:30pm

Holistic Yoga Workshop with Duncan Hulin
Long Downs, Penryn, Cornwall
Book via: www.bekarmayoga.uk

1 July, 10am-5pm

Summer Solstice Workshop with Duncan Hulin
The Barefoot Barn, Chagford, Devon.
£45. Deposit to hold a place £20.
To book email: info@devonyoga.com

DSY Postgraduate Yoga Therapy Course

Starting September 2017

The Postgraduate Yoga Therapy Course is to enhance and develop yoga teachers' knowledge especially for working in small therapy orientated groups or for working with clients on a 1-2-1 basis and dealing with varying conditions. It is a 2 year course and provides more in depth therapeutic skill sets. Advanced Teacher Training Course.

DSY Advanced Teacher Training course

Starting September 2017

This is a short course specifically designed to enhance yoga teachers' class teaching skills - especially with regards to broadening those skills to be able to teach a more holistic approach. For example, rather than a teacher's weekly class being focussed on just asana and relaxation with maybe a little bit of pranayama, skills are introduced so that teachers may incorporate more yoga philosophy, chanting, kriyas, deeper pranayama/meditation, hands-on adjustments, etc.

Both courses do have a focus on participants personal development and personal sadhana which includes residential weekends. There are currently places available on both courses.

For further details, email the DSY office at: info@devonyoga.com



Walking the Dog Whilst Listening to Georg Feuerstein, or Contemplations on the Joys of Svadhyaya

by Juliana Hopkins

I graduated from DSY Teacher Training in 2014 and no longer being in the presence of DSY teachers to inspire learning I have turned to books. Recently I discovered an audio book of “The Lost Teachings of Yoga” written and narrated by Georg Feuerstein.

As Duncan says, once we have yoga in our lives it is always there for us. A dog walk on Dartmoor is a simple daily pleasure that is there for me as well as yoga. Sasha and I have a good stomp, and I enjoy filling my lungs with air, feeling my blood pump around my body, listening to the Dartmoor sounds. Sasha revels in the smells and the joy of running. A rabbit or a bird is a delightful bonus. I decided to make a temporary swap from the sounds of Dartmoor for some earplugs and Georg Feuerstein’s gentle, clear and lyrical voice. His soft German accent talked me through everything I had learned on the DSY course, refreshing my memory and re-inspiring me with the joy of learning.

Whilst I could list many points of learning from the experience of listening to the book, this article isn’t so much a book review as a promotion for Svadhyaya, the fourth niyama, translated as self-study or even the study of the Self. Using terms of Western psychology, the act of studying psychology puts me into “flow” - an absorption into the activity that is meaningful in itself - autotelic (a great word!) which is defined as “having a purpose in and not apart from itself”. Studies of this state of flow show that when it occurs, positive chemical

changes happen in the brain and good respiratory regulation follow. The state of flow is very much associated with creativity. I think it can happen for anyone doing just the right task that is meaningful and purposeful for them.

The brain is like a muscle and needs exercise just as our biceps and quads do. Studying is one of the keys to lifelong mental health. It certainly feels as though something lights up inside me - mind and body - when I experience myself engaged in learning. The extra bonus is that I have just experienced a complete refresher course of all that I learned about philosophy and psychology on the DSY Teacher Training course - I’d recommend it wholeheartedly. I feel further grounded in an approach to living that encompasses awareness of myself as a physical, social, and spiritual being connected to everything and everyone. I’m far far away from the ultimate goal of realising myself fully as “pure consciousness unbounded by time and space” (quoting from Feuerstein) but I am closer to “freeing myself from ignorance”.

Share your inspiring stories: email info@devonyoga.com

What yoga is like for a modern-day man in UK?

by Paula Kaminska

Find out how men thrive in yoga – a female dominated industry in the UK (interview). Directors, managers, administrators, analysts, executives and PhD students as well as cyclists, rock climbers, runners and rugby players are those who come to my yoga classes the most. I invited them to share what yoga means for them.

Paula: Sathish, you are only 24 and been already practising yoga for over 5 years. Why?

Sathish: To relieve my stress and clear my thoughts.

Justin: I can fully support this. Yoga really helps me to relax. I feel like I can begin the day all over again after an hour of yoga.

Paula: Would everyone agree on this?

Jason: Yes, although I mainly practice for health reasons. I think that yoga is healthy for my body. It keeps me flexible and reasonably toned. I guess it's like WD40 for your joints!

Sam: Absolutely. My flexibility is terrible from years of heavy weight training. Yoga has totally loosened me up and corrected my caveman posture!

Justin: Yep, yoga can really help in the Gym! It improves your core strength and balance.

Paula: That's very encouraging! And do you find yoga easy?

Ian: Challenging.

Andrew: Moderate.

Sathish: I would say 7 out of 10.

Jason: I find it just easy enough to access but hard enough to have something to work towards.

Justin: It isn't scary, however I do find some of the stretches challenging.

Paula: Are these the reasons why there are not that many men practising yoga in UK?

Justin: I think men find it hard to grasp. We just have the wrong perception about yoga sometimes.

Sam: Probably an insecurity thing, or they don't realise the benefits flexibility and relaxation can have on the more macho aspects of their lives.

Andrew: The reason is the view that it is not hard enough (low impact), and a bit hippy / alternative.

Jason: I don't think men are as aware, or take as much care of their bodies as women do.

Ian: I don't know; women seem to generally be more flexible than men so perhaps are more suited to it.

Meditation can also involve facing one's emotions or inner self, which men stereotypically avoid.

Tomas: It's all about misconceptions of what yoga is!

Paula: Would you say then that yoga is also a men's activity?

Sathish: Yoga is for humans. I would recommend it to everyone.

Jason: Gender neutral – it doesn't matter if you are man or a woman. The benefits are the same.

Sam: It's great for mental and physical health. Top male athletes swear by it! It's not just for women!

Andrew: It's good for you and complements other activities.

Ian: For me, flexibility, strength and meditation are worth working on and yoga is a good way to achieve that.

Paula: Your determination is something I would like to see replicated across the UK. One thing bothers me though. What is it like to be the only man in a yoga class?

Sam: Awesome!

Jason: It doesn't bother me: I just get on and do it.

Tomas: It doesn't really happen to me very often. I don't really care though.

Justin: I love it. Have no problem with it at all, but I think some men might find it uncomfortable.

Sathish: Yes, sometimes it feels awkward but yoga is good for me so I don't care about it.

Andrew: Fine – it's quite an inward looking activity, so most of the time you are only aware of the teacher and yourself (though I am glad to say I am not the only man!)

Ian: I haven't experienced being the only man in the class.

Paula: And, what's your experience with yoga so far? How long have you been practising?

Ian: 2 weeks! Though I've done a little before ad hoc.

Justin: 2 years.

Sathish: 5 years.

Tomas: On and off since 2009. Actively, at least once a week, for 2 years.

Sam: About 3 months.

Jason: Two months. I'm still very much a beginner.

Andrew: 1 year.

Paula: Guys, thank you for the interview. Keep up the good work!

Share your inspiring stories: email info@devonyoga.com

dsy events, workshops
& retreats

9-11 June

Holistic Yoga Summer Retreat with James Russell & Barry Elms 5pm Fri to 3pm Sun (2 nights) £275.

Experience a weekend of holistic yoga set in an idyllic location in the heart of the Devon countryside at The East Down Centre. Hosted by experienced Devon School of Yoga tutors James Russell and Barry Elms. The yoga practice will include preliminary exercises, asana (postures), pranayama and kriya (breathing exercises) and yoga nidra (deep relaxation). There will also be qigong and kirtan (chanting). **£275 or £250 earlybird. For more info contact: info@hathayogaretreat.co.uk**

14-16 July

Devon Yoga Festival

PLEASE NOTE - only 1 double room left (e.g. 2 people sharing a room with 1 bed) and 2 non-residential tickets left

For further information see: www.devonyogafestival.co.uk
For booking information, email: info@devonyogafestival.co.uk

25 Nov, 11am-6pm

Holistic Yoga Workshop with Duncan Hulin. The Forge Yoga Centre, Totnes, Devon.

Book via: James Russell at jamer_russell@yahoo.co.uk

9 Dec, 10am-5pm

Postgraduate Workshop with Duncan Hulin
The Barefoot Barn, Chagford, Devon. £45. Deposit to hold a place £20. To book email: info@devonyoga.com

The Potential of Yoga Powerfood

by David Ash B.Sc., Nutrition



When people are first introduced to Yoga Powerfood they are amazed at how much is packed into a single 4g teaspoon when they are used to taking tablespoons of supergreens. The other thing that surprises them is how good it tastes when so many supergreens are a 'dread-to-drink'.

One of the secrets to the success of powerfoods is synergy. The ingredients act together so the beneficial effect of the sum is greater than that of the parts. For example pepper activates the curcumin antioxidants in the turmeric increasing its activity tenfold. That means the 400mg of turmeric in a 4g teaspoon of Yoga Powerfood is as effective as a whole teaspoon of turmeric on its own.

Another way Yoga Powerfood works synergistically is with the 285mg vitamin C and the proanthocyanidin antioxidants – in 80mg grapeseed extract - contained in every 4g of the powerfood. These bioflavonoids provide antioxidant protection for up to 72 hours if they are regenerated by vitamin C. In the regenerated state the proanthocyanidins are amongst the most powerful antioxidants known; being 30x more potent than vitamin E and 50x more potent than vitamin C on its own. Another synergy occurs with the amino acids, glutamine, glycine and cysteine that support production of the liver detox enzyme, glutathione. Glutathione is essential in transporting electrons from vitamin C to the proanthocyanidins but the three amino acids also mute the bitter taste of the grapeseed extract. This is just one of the synergies in Yoga Powerfood that makes it palatable. Working together, the activated turmeric and regenerated grapeseed extract give substantial antioxidant protection in a daily teaspoon while the regenerating ascorbic acid (vitamin C) and activating pepper also enhance the taste of Yoga Powerfood. Bicarbonate of Soda in the powerfood is alkalizing. But bicarbonate also helps buffer the vitamin C and creates a refreshing effervescence as Yoga Powerfood is stirred in water.

The main benefit of powerfoods over superfoods is that powerfoods are enriched with extra vitamins to fortify the supergreens. For example, every teaspoon of Yoga Powerfood contains 10µg Vitamin D and 2.5µg Vitamin B12. You would have to eat an entire 100g bag of supergreens to get this amount of B12 and even then you wouldn't get a trace of all important vitamin D.

People kid themselves if they think that nutrient dense superfoods will provide the vitamins and minerals they may need due to a lack caused by cooking, food processing, soil depletion or a restrictive diet. More than half of the population are over fed but under nourished. Many people lack vitamins and minerals and need supplements or powerfoods to ensure they get all the micronutrients they need.

In powerfoods, minerals are provided in bioavailable forms. Most supplements that advertise 100% the RDI of magnesium include cheap magnesium oxide which mostly passes right

through the body. It may look great on the label but at the most, only 9% of magnesium oxide is bioavailable. For some people the bioavailability can be as low as 1%. Cheap products are cheap products. Powerfoods are not cheap because they do not cheat the body out of essential nutrition. Powerfoods contain more expensive forms of bioavailable magnesium and other minerals as well as organic natural ingredients wherever possible.

Yoga Powerfood is blended at Indigo Herbs in Glastonbury, probably the best herbal and natural nutritional supplier in the UK today. Yoga Powerfood contains the organic supergreens, barley grass, spirulina and chlorella from Indigo Herbs. Yoga Powerfood also contains the organic ayurvedic herbs ashwagandha and shatavari to support yin-yang balance. Ginkgo biloba is included in Yoga Powerfood to help maintain a healthy circulation.

Yoga Powerfood provides support for muscle activity and mental cognitive function through the inclusion of DMAE (dimethylaminoethanol). Glucosamine sulphate and MSM (methylsulfonylmethane) are included to help maintain supple joints that are so important to the practice of yoga.

Yoga powerfood also contains kelp to provide superfood from the sea. Kelp and DMAE work together to help maintain a beautiful complexion. DMAE is good for the skin as well as muscles and the brain.

Banana powder and stevia provide natural sweetness. For additional sweetness Yoga Powerfoods can be stirred in dilute fruit juice instead of water. Yoga Powerfood is also delicious taken in a fruit smoothy.

Powerfoods aid in maintaining stamina as well as good health and can provide an energy boost if you are run down. A teaspoon on a regular basis is ideal for the maintenance of good health but powerfoods are also valuable when energy is lacking, or before or after periods of strenuous exercise. Strenuous exercise generates free radicals which necessitate extra antioxidant protection. At the same time strenuous exercise can deplete the body of vitamins and minerals requiring an additional input so a teaspoon of Yoga Powerfood when you are run down, before or after a session of yoga or any other form of exercise is highly recommended.

For more information about Yoga Powerfood go to www.ashsuperfood.com



29th April The Africa Yoga Project

AYP delivers global well being in and from Africa. We practice and teach Yoga with a deep conviction that the potential to change the world lives in each of us. We deliver tools to bring well being to the world, one body at a time.

In 2006 yoga teacher, Paige Elenson, was on safari with her family in Kenya when she saw some Kenyan acrobats doing handstands in the bush. Although she was told to stay in the jeep, she couldn't help herself.

She got out and showed them that she could stand on her hands too! When she got back to New York she kept receiving calls from the Kenyan acrobats pleading with her to come back and teach them more.

Finally, after lots of thought, she decided to go back. This trip is what changed it all for her. What she did not realize was that she would be staying in the informal settlements of Nairobi, where most people live on less than \$1 a day. While teaching, she met five teenage girls; they called themselves the "GhettoGirls."

They were living in a small room made out of iron sheets with one mattress. Every day they travelled over two hours to come to yoga class. They said it made them feel clean, strong and happy. From here, a connection was born with Kenya, and with the amazing young people who were coming to class.

After doing some research Paige found out that one of the root challenges that causes such abject poverty is youth unemployment. She turned this challenge into an opportunity by forming Africa Yoga Project with Baron Baptiste, to teach yoga as an avenue to education, empowerment and employment.

'teach yoga as an avenue to education, empowerment and employment'

Over 6,000 people participate in more than 300 community yoga classes weekly in 80 locations.

More than 200 young people, trained as teachers, earn a living wage by teaching yoga to people who otherwise would not have the opportunity.

Every week up to 360 people from all walks of life in Nairobi gather at our community centre to practice yoga for 2 hours together as a community. Please join us on the 29th April to help raise funds for this amazing charity.

www.africayogaproject.org

Holistic Yoga Centre now open in Torquay!

In March Of 2016 I told Duncan Hulin that I was finally leaving my NHS job to give Yoga and Ayurveda my full time attention and to see if I could make it work as my vocation. Duncan (so wise as always) said that if I do this that things would then fall into place because I had made space, and that opportunities would present themselves.

In January 2017 I opened a new centre for Yoga, Ayurveda, Meditation and deep relaxation in Torquay. I have been very fortunate in this coming about thanks to one of my Yoga clients having the venue available and we have together created this dedicated space.

The space is dedicated to the healing arts of Yoga and Ayurveda. We currently have four practitioners working from the venue every week, it has been extremely well received, and feels very needed in the local community.

We are promoting healing and wellness in each and every person who comes through the door of 'The Studio' in Torquay and aim to treat everyone as the unique individual that they are. We are all passionate about the practices we are sharing. Each practitioner has a slightly different experience and practice to share, from Holistic Yoga, Yoga Therapy, Kundalini Yoga, Mindfulness, Ashtanga Yoga, and now Gong and sound healing, we have been truly fortunate in hosting so many skilled practitioners and dedicated sessions already.

It feels as though Torbay is in need of this space, a space for everyone to come and just be, non judgmental and all inclusive. A space dedicated to healing and helping, listening and learning. Come and join us. We look forward seeing you soon at our Holistic Yoga Sangha.

www.holistic-yogasangha.com

Devon School of Yoga now has two CDs you can use to help deepen your practice.

CD1 Includes the DSY Seated Kriyas and Pranayama led by Duncan Hulin, *65 minutes*.

CD2 Includes Sanskrit Pronunciation with Mik Burley and Yoga Nidra with Barry Elms.

Each CD is £6.

To order copies, please contact the DSY office at: info@devonyoga.com



other events continued...

28 April-1 May. Spring Sankalpa Retreat At High Heathercombe.

This is a stunning and remote location in Dartmoor National Park. The focus of this retreat will be about setting an intention. At this time of year when nature is bursting into life we will share a deeply nourishing Yoga Nidra practice twice a day, dynamic posture work daily as well as restorative Yoga, Pranayama (breathing) and meditation. you will be encouraged to focus inwards whilst in this beautifully inspiring setting to consider your life's direction and to create a simple 'Sankalpa' or positive affirmation for yourself to take you through the remainder of the year. This will all be supported with wonderful, freshly prepared vegetarian food and massage therapy. Early bird cost (book before 14 March), £280 Full cost is £330 £80 deposit please to secure your space (payment details sent on enquiry) Virginia Compton, Holistic Yoga and Ayurveda Therapist
www.holistic-yogasangha.com
www.focusyourself.co.uk
www.virginiacompton.com

Manju Jois Ashtanga Yoga Intensive
Monday 22nd – Friday 26th May 2017
Location: Jala Flow Yoga, Sidmouth
Price: £350. Contact – Tom and Louise Hunt, Jala Flow Yoga, www.jalafloowyoga.com, jalafloowyoga@hotmail.com, 07495088676

1st - 4th June 2017
YogaBeez Teacher Training Course for Childrens Yoga. 4 day foundation course £550 (discount for early bird booking) To be held at The Yoga Studio Bude, EX23 8QN. For further details contact Bryony Duckitt info@yogabeez.com. Be part of this journey of sharing the benefits of yoga with children at home, schools or studios.

2 July Handstand Workshop in Exeter with London based Yoga and Acroyoga Teacher Sylvia Garcia (www.instagram.com/sylviasyoga). Further details to be confirmed. For more information contact Jules at yogawithjules@hotmail.co.uk

Poetry

For Every Occasion

by Rob Dickens

For every occasion,
Bring yourself completely unto this moment.
Arrive at the door of the ever unfurling present,
And allow the hands of distraction to draw you
ever closer in.
Sit comfortably with the noise and unease,
As it pulls you away from the seeking of silence,
And the grasping for moments of a stillness
passed.
Forgo the idea of the enlightened mind,
And rest now amongst the turbulent waves.
Not falling beneath their oppressive weight,
Nor rising above their rolling motions,
But just sitting with them, sitting with it all,
Moving with the water.
For this is the only place you will find rest.
Here, where the cuckoo calls and the wind
howls.
Where your aching limbs bend and stretch,
And your mind calls out for quiet.
This is the moment for rest.
Not to sleep or retreat from this world,
But to remain wide awake, for this is the very
moment that you need the most.

**For more from Rob, please see his ongoing
blog "Best Left Wild"**
www.bestleftwild.com/for-every-occasion

Look inside

by Claire Jennings

I hear a knock at the door, who could it be?
I wasn't expecting anyone tonight visiting me?
I open the door wide and look all around
Theres nobody there, not a soul to be found?
I stop for a moment and just close my eyes..
I am taken aback as the knocks from inside!
I listen intently to the voice that is me
Time is says time to just see...we are going on
an inner journey
You are special, cherish each day just be free
Hold onto your heart love starts with yourself -
breath deep and just be....

A journey through my spine

by Monica Bailey

There was a time, so long ago, a time of great
remembering....
The anchor of my soul,
A journey through my spine.
It holds the memory and the potential, all
wisdom lies within the spine.
My spine of delicious unfolding....holding.
Holding on, flowing through, up and down,
A ladder of light, revealing itself, blossoming its'
truth.
Divine nectar. Dark, mysterious. The spine
holds my body,
holds my remembering - reveals potentiality.
Undulations of light.
Echoing the song of my soul.
Tuning into its' frequency.
The revealing unknown.
Like a fern uncurling, it's not the doing - it's the
unfolding that releases.

Namaskaram

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Here you will find news, views, and authoritative articles on all matters Yoga, plus an up-to-date
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'what's on' page to find out how to add your listing. For more information: www.namaskaram.co.uk

www.independentyoganetwork.org