

# the devon school of yoga newsletter

AUTUMN 2017

## Welcome to autumn!

Welcome to the 2017 Autumn 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.

Enjoy!

**Duncan, Sue & Jules**

[www.devonyoga.com/](http://www.devonyoga.com/) [info@devonyoga.com](mailto:info@devonyoga.com)

## Devon School of Yoga events

### **Holistic Yoga Autumn Retreat with Duncan Hulin and Andrea Guest 10-12 November**

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.) Book via: [info@devonyoga.com](mailto:info@devonyoga.com)

25 Nov, 11am-6pm

### **Holistic Yoga Workshop with Duncan Hulin**

The Forge Yoga Centre, Totnes, Devon.

25th Nov, 11am-6pm

Book via: James Russell at: [jamer\\_russell@yahoo.co.uk](mailto:jamer_russell@yahoo.co.uk)

### **Postgraduate Workshop with Duncan Hulin 9th Dec, 10am-5pm**

The Barefoot Barn, Chagford, Devon.

£45. Deposit to hold a place £20.

To book email: [info@devonyoga.com](mailto:info@devonyoga.com)

## North India Yoga Retreat

**With Duncan Hulin & Andrea Guest**

**23 March - 8 April 2018**

### **This 15 day, full board package includes flights and transfers as follows:**

- Return flights from Heathrow to-and-from Amritsar, via Delhi All internal transfers in India as follows:
- Amritsar Airport to Basunti
- Basunti to Mcleod Ganj
- Mcleod Ganj to Basunti
- Basunti to Amritsar
- Amritsar to Airport
- Please note: each trip length is approximately 3+ hours except the last transit to the airport which is 20 minutes. The trip to Mcleod Ganj is a breakout from the retreat where you will have the opportunity to visit the Dalai Lama's temple, get up close to the mountains and do any shopping
- 15 nights accommodation (including 13 nights at Basunti, 1 night in Mcleod Ganj, 1 night in Amritsar)
- All meals (except lunch/ dinner /breakfast/lunch in Mcleod Ganj and lunch/dinner/breakfast in Amritsar)
- 30+ yoga classes

### **The price excludes:**

- UK transfers to and from Heathrow
- Travel insurance
- India visa fee
- 7 meals as mentioned above
- Basunti staff tips and optional charitable donation
- Entrance fees to Kangra Fort and Masroor Temple (approx £3 each)
- Afternoon excursions from Basunti, including trip to Bathu temples and rowing boat trip with local fishermen. (Optional, one each week, with each one estimated at roughly £10-£15 depending on numbers going)

For more information see our website at: [www.devonyoga.com/retreats-workshops/india-retreats](http://www.devonyoga.com/retreats-workshops/india-retreats)  
Or email the DSY office at: [info@devonyoga.com](mailto:info@devonyoga.com)

**Price £2895 (only 3 places left available)**

click onto [www.devonyoga.com](http://www.devonyoga.com) website for more details



# My First Year at DSY

by Anna Ravenscroft-Ward

I've wanted to be a yoga teacher for about ten years, so finally, in 2016 when I found myself in a position to take the plunge, there was only one path to take and that was the Devon School of Yoga. I'd heard many positive things about Duncan and knew people who had trained at DSY who gave excellent feedback.

I recall the very first day, waiting to go into Derek the Dog Studio unsure of what to expect, when a group of people came up the stairs chatting together. My heart sank as I thought everyone else already knew each other and I knew no-one. As they introduced themselves, it transpired that they had completed the foundation course together. They were very positive about their experience on the course and excited to take it further. Despite my worries, they were friendly and welcoming which I would later realise, is very much the ethos of DSY. More people arrived who hadn't been on the foundation course and were welcomed in a similar fashion. I relaxed.

When Duncan arrived to welcome us all, it was clear to see where this warmth is rooted. James was our very first teacher and an excellent example of the outstanding teaching one can expect on the course. We were made to feel

relaxed and excited about the learning to come. The second weekend that we all spent together was the residential, a bonding, peaceful and informative few days. This was a great opportunity to absorb our learning and practice our yoga in quiet, beautiful surroundings with the most amazing food!

We have continued to meet and benefit from teachers who come from varied backgrounds and bring their own experience, knowledge and wisdom. The variety and quality of teaching is one of the strengths of this course. Led and nurtured by these teachers, we have already learnt so much and I'm feeling positive about what lies ahead.

There is a real sense of support between students as well as between students and teachers and I feel like I've gained another family – my yoga family.

Search for '**Devon School of Yoga**' on facebook and join the group



# Basunti Review

by Jason Parker

Like many adventures in my life, the trip to Basunti began with beer and curry. This was of course courtesy of the chef at Mrs. Bhandari's Guesthouse, before everyone turned in for cosy night's sleep.

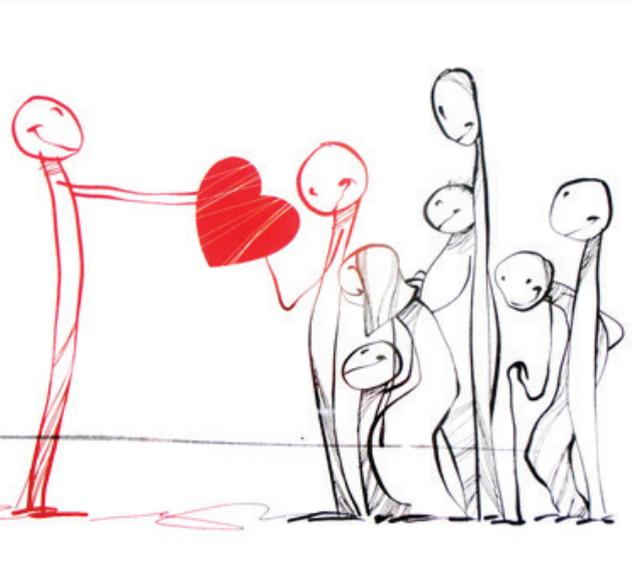
The next day we travel through the picturesque countryside of North West India, eventually crossing the now famous Pong Dam and arriving at the Basunti Yoga Retreat: where upon we received a warm welcome from owners Dave and Izzy. So began our ten-day retreat with The Devon School Yoga.

I'll be first to admit that the prospect seemed daunting: 7am-9am meditation and sun salutations on the rooftop, 10:30am-12:30am asana in the shala, back in the shala at 4:30pm for satsang and finally ending up back on the roof at 6pm for pranayama. I was certainly one of least experience in the group and I was quite unsure as to whether I would be able to keep up the pace. I need not have worried though, as it soon became clear that I was among friends who were more than willing to support me.

In my opinion this support network is really the key to retreat's continued success. On this occasion we had an age range of 17-61 with people of all abilities and backgrounds practicing, eating and living as one community. For example, there were times when our guru Duncan would demonstrate a posture and we'd just look at each other in disbelief. However after some guidance and a bit of teamwork we were all congratulating one another on the fact we could hold the posture too. No one ever felt pressured, simply encouraged.

Between the sessions there was always plenty to occupy our time. From lazing by the poolside to swimming in the lake or visiting the nearby village: home to possibly the friendliest people in all of India (which is saying something!). Overall the trip was very enjoyable and extremely beneficial both physically and mentally: a perfect blend of practice, exploration and relaxation.

I would encourage anyone with a love for yoga to attend and I wish you the best of luck on your journey.



## Yoga for Peace 2017

**After a year off, Yoga for Peace Day returns once again this autumn. Yoga for Peace is a community fundraising event that celebrates peace and raises money for charities that support people affected by war.**

Each year, teachers and studios kindly give their time and energy to create events at which a whole day of classes, in a variety of yoga styles, are offered. Attendees can take part in as many classes as they want to and are asked to give a donation in exchange. At the end of the day, all the money donated gets divided equally between the three charities that Yoga for Peace Supports:

Child Victims of War, Freedom from Torture and Women for Women International.

Yoga for Peace is an opportunity for yoga communities come together and, through their shared love of yoga, give something back to communities that have been devastated by conflict. Since its founding in 2011 by Devaki, Yoga for Peace has raised over £5000 for those affected by wars.

This year we have been particularly busy behind the scenes and have created a brand new website and are planning events in Bristol, Portsmouth, Exeter and Totnes. Yoga for Peace will take place in Portsmouth, Exeter and Totnes on 15th October. Bristol dates are yet to be confirmed. The schedules for each event will be published shortly and will feature an amazing variety of yoga styles, including Ashtanga, Hatha, Vinyasa, Kundalini, Acroyoga and Yin yoga. On Sunday night we are also planning a big Kirtan in Exeter, hosted by local Kirtan wallah Barry Elms with special guest, singer & songwriter, Elise Yuill Cohen.

For more information please visit:  
[www.yoga4peace.co.uk](http://www.yoga4peace.co.uk)  
Yoga for Peace on Facebook

Om Shanti James



## Teacher Training Course

**Starting January 2018 (only 2 places left available)**

This two year course focuses on the skills required to teach yoga in a safe, informed and inspiring way.

This is achieved through gaining deeper knowledge and practical experience in a safe and nurturing environment. With heightened self awareness, confidence will grow enabling knowledge to be intuitively shared. For more information please see: <http://www.devonyoga.com/teacher-training>  
Or email the DSY office at: [info@devonyoga.com](mailto:info@devonyoga.com)

## DSY Foundation Course

**Starting February 2018**

This 10 day course, spread over five monthly weekends.

Which two are full board residential (included in the course fee), is aimed at yoga students who wish to deepen their practice, knowledge and experience. For more information please see: <http://www.devonyoga.com/foundation-courses> Or email the DSY office at: [info@devonyoga.com](mailto:info@devonyoga.com)

## Postgraduate Yoga Therapy Course

**Starting September 2018**

Transformative and inspiring, this holistic and eclectic course offers a broad and deep base of academic, practical and experiential studies.

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. The deadline for application to enrol on this course is April 2018. For more information please see: <http://www.devonyoga.com/yoga-therapy-course>  
Or email the DSY office at: [info@devonyoga.com](mailto:info@devonyoga.com)

## Advanced Teacher Training Course

**Start date to be confirmed**

The Advanced Teacher Training course 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. For more information please see: <http://www.devonyoga.com/advanced-teacher-training>. Or email the DSY office at: [info@devonyoga.com](mailto:info@devonyoga.com)

Please visit [www.devonyoga.com](http://www.devonyoga.com) for information about training courses

# New DSY Postgraduate Short Course: “Pregnancy Yoga Teacher Training”

This 50 hour course is an holistic approach to pregnancy specific yoga teacher training. We aim to empower the yoga teacher to safely and consciously support women throughout their pregnancy using yogic philosophy to help guide an appropriate practice and attitude towards the transformative experience of pregnancy, birth and motherhood.

This 5 day course will run over 5 months during the spring of 2018 (dates and course fees to be confirmed). If you're interested in this course, you can email the school for further information at: [info@devonyoga.com](mailto:info@devonyoga.com)

## **Course content includes:**

- Modifications of asana for pregnancy
- Philosophical and psychological understanding of pregnancy from a yogic perspective
- Pranayama and sound practices
- Tools for positive birth outcomes
- Relieving pregnancy related symptoms
- Overview of anatomy and physiology through the 3 trimesters
- Postnatal recovery yoga therapy
- Relaxation and yoga nidra



For classes, workshops, retreats and courses, please visit [www.devonyoga.com](http://www.devonyoga.com)

# Postgraduate Yoga Therapy Course Review

by Rachel Sherring

My interest in yoga therapy started while helping my dad rehab from a hip replacement. Sitting with him and the physio the day after his operation he was given a set of exercises, interestingly they were all yoga asanas.

My dad had always been a fit and strong man so his recovery was quick and within 12 weeks he was back to full health and more importantly had a better quality of life without pain. I was inspired by how yoga can improve life and wellbeing at any age or ability.

I recently completed the DSY yoga therapy 250 hour course as I wanted to develop my yoga business into a full time occupation. On the course we looked at specific pathologies to understand the symptoms and how we could apply yoga. We were taught how to take yoga as an ancient practice into a modern day therapeutic environment. When working with clients we were taught to treat them holistically by looking at the underlying causes of illness as well as treating the symptoms. Within the first year of the course, the referrals and work I received had paid for not only my yoga therapy course but my teacher training course.

These days more health care practitioners understand the benefits of yoga therapy, although I still meet people who think they will have to stand on their head!! Yoga therapy demonstrates a different way of thinking about health and illness that encourages patients to face and manage their health conditions, to help prevent or reduce symptoms, restore balance and vitality, improve attitude to wellness and chronic illness. I am lucky enough to work with many talented and experienced nurses, physios and therapists where we can all bring our skills together to complement each other with the best outcome for the client.

One day a client said to me after class 'I wish I knew about this 13 years ago when I was recovering from cancer'. His face and smile made my job and all the training worthwhile and a real honour - Namaste.

Please visit [www.devonyoga.com](http://www.devonyoga.com) for information about the school

Sunday 3 September

1:30-4:30pm

"The View from Here", exploring inversions, £25

Vinyasa Flow Yoga Workshop

ALL LEVELS WELCOME

Lotus Loft Yoga Studio, Exeter

To book, contact: [yogawithjules@hotmail.co.uk](mailto:yogawithjules@hotmail.co.uk)

22-24th September

(6pm Friday 22nd - 1.30pm

Sunday 24th)

"Abundance" a weekend

retreat in the beautiful North

Devon countryside. £120 to

include 2 nights of full board

accommodation, nature walks &

6 Yoga sessions & use of the hot

tub! To book, contact Alex Giffoni,

[breathingyoga.co.uk](http://breathingyoga.co.uk) or Sally

Ornellas, [yogabreathing.co.uk](http://yogabreathing.co.uk)

Sunday 24 September

Handstands with Sylvia Garcia

£60 (£45 early bird before the 10

September) University of Exeter St

Luke's Campus Gymnasium

ALL LEVELS WELCOME

contact Jules for further

information: [yogawithjules@hotmail.co.uk](mailto:yogawithjules@hotmail.co.uk)

hotmail.co.uk

Sunday 1 October, 2pm to 5pm

Anatomy & Physiology Workshop

for Yoga ~ with Keith Belliss, £25

Lotus Loft Yoga Studio, Exeter

To book, contact Jax on 07989

409284

Saturday 7th October

'Coming Home to the Body' Yoga

Retreat Day, 10am-5pm at The Yoga

Barn, North Devon. £55 (includes

lunch). For more info or to book:

[claire@clairebrejchayoga.co.uk](mailto:claire@clairebrejchayoga.co.uk)

0779 215 7735

Saturday and Sunday 21 & 22

October Acroyoga with Erica

Montes & Jaqui Wan

University of Exeter St Luke's

Campus Gym. One Day £75 (£60

early bird by 29/9/17)

Two Days £130 (£110 early bird

by 29/9/17). Previous Acroyoga

experience expected

To book contact: [yogawithjules@hotmail.co.uk](mailto:yogawithjules@hotmail.co.uk)

hotmail.co.uk

Sunday 19 November

Handstands with Sylvia Garcia

£60 (£45 early bird before the 10

September) University of Exeter St

Luke's Campus Gymnasium

ALL LEVELS WELCOME

contact Jules for further

information: [yogawithjules@hotmail.co.uk](mailto:yogawithjules@hotmail.co.uk)

hotmail.co.uk





# Devon Yoga Festival 2017

Duncan, Jules and James would like to give a huge thank you to all tutors and attendees of the 2017 Devon Yoga Festival, for helping to make it a wonderful, sangha weekend of holistic yoga. The English summer weather was kind to us allowing attendees to enjoy the outside lawns and woods of the 80 acre Rill Estate.

Once again in this our fifth festival, there was a wide variety of yoga traditions offered, ranging from: Holistic Hatha, Scaravelli and Kundalini to Neurogenic, dance, pranayama & meditation, philosophy and ayurveda .

One of the highlights of the long weekend was the ecstatic Saturday evening kirtan!

This year's donations to the charities were the most generous to date and we raised £1000 for Ganga Prem and £500 for the Glacier Trust. Also, the Ganga Prem festival stall took a thousand pounds.

Adding to all attendees and tutors generosity, was our one off sponsored headstand, where several practitioners took to standing on their heads for as long as comfortable with the incentive of pound-per-minute

donations. As each headstander came down they received a generous clap and the final remaining headstanders stayed upside down for a respective 15, 18 and 20 minutes. The donation bucket was filled with an amazing £318. This sponsored headstand event was to raise funds for a Devon School of Yoga trainee teacher who experiences deafness to help subsidise her course and interpreter fees.

Once again it is with much appreciation to all for helping to make this year's event a success. We feel that our ethos of 'small is beautiful', simplicity, along with the non-commercial and not-for-profit principles make this a unique yoga festival and we'll look forward to continuing and seeing many of you again next year.

With Oms and Shanti - The Festival Team

Search for '**Devon School of Yoga**' on facebook and join the group

# Poems by Hannah Hulin

## (Poem 1)

*A strength in her spine  
That will not crack  
Her mind is focused  
Her toes are spread  
Her fingers are aligned and she's not turning  
her head  
With her arms straight out  
and her finger tips alert  
The Himalayan air  
Gently ripples her shirt  
A deep throaty breath  
Keeps her eyes looking west  
She had mastered the warrior  
And now she needs a rest!*

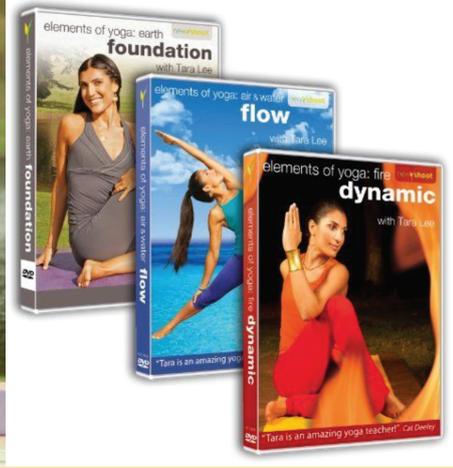


## (Poem 2)

*Take me back to Basunti  
Where the breeze is cool and the sun hot  
My movements slow and my thoughts relaxed  
Take me back to the rooftop  
Where I could breath and feel the vast beauty  
of the world before me  
Take me back to the veranda where  
conversations and food were plenty  
As we lived and moved as one yogic entity  
Take me back to the lake and it's smooth waters  
So deeply refreshing it eased even a heart that  
was aching  
Take me back to the Shala  
Where I pushed myself, growing strong in my  
body and awakening my stagnant mind  
Take me back to me sat here waiting for a  
bus to I'm not sure where but a life that I will  
handle with care*







# Video Review: Tara Lee

Reviewed by Chris Forester

Tara Lee is best known for her pregnancy and post natal yoga classes, but has also produced an excellent set of 3 DVD's called "Elements of Yoga." The set is suitable for beginners and beyond, and is also available as a download.

Each video contains about an hour of practice and is divided into 3 sections of around 20 minutes each. The first section tends to be an extended warm up where you tune in to the meaning of the practice and prepare your body for the postures. The second 20 minutes is usually more strenuous and focussed practice, and the last section tends to peak in physical activity before calming down into stretch work, static poses and, eventually, shavasana.

The first video, Earth (Foundation) starts with a warm up, and calming and slow practice with some aspects of flow. The second section includes a flow practice with cobra and downward dog elements; but also tree pose and Warrior 1. The last section intensifies the flow before slowing down again.

Water (Flow) starts with more breathwork and warm ups which open the lungs, before moving to a more vinyasa flow style of yoga, and is a little more demanding than the Earth practice.

Fire (Dynamic) is a more intermediate practice in terms both of the physical energies required and the demands of the postures. For example, the warm up involves holding naukasana (boat pose) which can be challenging.

All the postures are well explained with enough time for the student to make transitions. You understand what's going on and have time to relax in the poses where appropriate. The practices also focus on the meaning of the elements, as well as different chakras.

You can easily use the first 20 minutes of one of the videos for a short practice, or sections 1 and 2 together for a 40 minute practice where you will get a good balance of postures.

I'd recommend these videos for times when you can't make a class or are travelling- they're clear, easy to follow, and improve energy levels and physical health without being inaccessible or too demanding on the practitioner.

Tara Lee Yoga: <http://www.taraleeyoga.com>

*The reviewer has no connection with the product reviewed.*

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

**CD1** This includes the DSY Seated Kriyas and Pranayama led by Duncan Hulin, 65 minutes

**CD2** This 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](mailto:info@devonyoga.com)



## Yoga Music

### Deva Premal & Miten - Temple at Midnight - UK Tour 2017

These powerful gatherings offer a joyful path to centering in turbulent times, creating moments of what Deva describes as "ecstatic silence" or in Miten's words, "luminous pools of deep celebration."

Sep 22 DUBLIN, IE

Sep 26 LIVERPOOL, UK

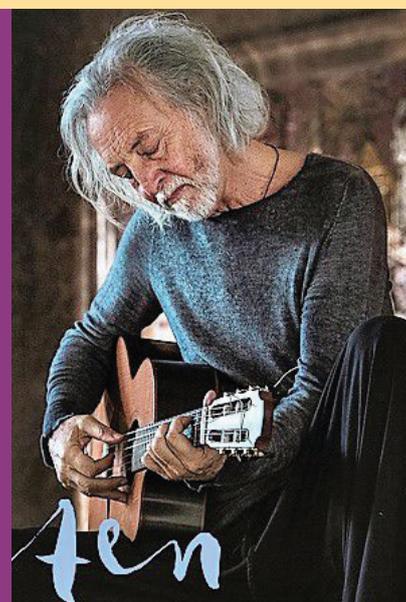
Sep 29 LONDON, UK

Sep 24 EDINBURGH, UK

Sep 27 MANCHESTER, UK

Sep 30 LONDON, UK

For further information: [www.devapremalmiten.com/temple-midnight-world-tour-2017](http://www.devapremalmiten.com/temple-midnight-world-tour-2017)



## Namaskaram

The online magazine for The Independent Yoga Network

Here you will find news, views, and authoritative articles on all matters Yoga, plus an up-to-date list of workshops, retreats and seminars put on by Independent Yoga Network members. If you are an Independent Yoga Network member you can list your classes, workshops and events - go to the 'what's on' page to find out how to add your listing.

For more information: [www.namaskaram.co.uk](http://www.namaskaram.co.uk)



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