

the devon school of yoga newsletter

SPRING 2018

Welcome to spring!

Welcome to the 2018 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.

Duncan & Jules

www.devonyoga.com/ info@devonyoga.com

DSY Courses

DSY - Teacher Training Course

Starting September 2018

This 2 year course focuses on the skills required to teach Yoga in a safe 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.

On meeting the prerequisites, students can join the course which comprises 44 days of practice and study held over 20 weekends in Devon, three of which (10 days in total) are long weekend residential (and are included in the course fee). Comprehensive course manuals are provided.

The course is 284 taught hours over 20 monthly weekends, plus home study and practice, leading to 500 hour status with the Yoga Register.

DSY

Postgraduate Yoga Therapy Course Starting September 2018

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.

Devon School of Yoga Seasonal Sangha

A seasonal meeting for DSY students past and present. Reconnect with DSY, the lineage, old and new yoga friends. The evenings will be an opportunity for chanting, kriyas, pranayama, meditation, talk and discussion followed by tea and biscuits.

In 2018 there will be three Sangha's:

- Spring Friday 9th March,
- Summer Friday 29th June,
- Autumn Friday 14th September

Venue: Derek the Dog yoga studio, Exeter EX4 3RP. Time: 6pm-8pm

This is a free event, donations accepted to cover costs. See last page of newsletter for more information.

Yoga Stories

By Teresa Hillman

In the mid-80s as a young woman I qualified to teach yoga with the British Wheel of Yoga, little emphasis was made on its philosophical aspects. It came over as a very physical system of fitness, with a touch of mindfulness meditation thrown in.

We were taught about the existence of the chakras, but I could find very little information about them. I taught yoga for 17 years, paying scant attention to the mystical side, as I was very 'un-mystical' and being a scientist, very sceptical.

Then at the age of 43 my world opened up and strange things began to happen which could neither be explained nor denied. To try to make sense of them I joined a meditation circle. One evening I sent up a call to the Universe. I said I was confused, and I didn't know what to believe that there was so much new age material available and much of it was beyond my comprehension. In my meditation I was taken to a cave in the Himalayas, there sat a Guru who later became known to me as Guptananda. He told me to read the Bhagavad Gita, and other similar texts, which I dutifully did.

Shortly after that Guptananda came to me in meditation, in answer to a new question: 'What can I teach my students about the Crown Chakra?' He provided me with a story! This was followed by a 43 more stories over a period of years. It became an online book with aspects of yoga demonstrated through stories about his life. I loved writing the stories, they were always a total surprise, gently humorous and very appealing. I am now thinking of turning it into a hard-copy book, for yoga teachers and young people, and of making it more accessible on line, through some internet wizardry. It is yogastories.co.uk

I would love some feedback. Please contact me if you like this book and find it interesting. I just need to know if people enjoy it and use it! I will not use your information for marketing in any way. I have only just put it on Google Analytics, which did not exist in 2008 when it was first published. If people respond favourably I will consider spending some money on getting it republished. Thank you so much.

Ancient Sanskrit Poem

From Duncan Hulin

Look well to this day
for it is life,
the very best of life.
In its brief course lie all the
realities and truths of existence,
the joy of growth
the splendour of action

the glory of power.
For yesterday is but a memory
and tomorrow is only a vision
but today, if well-lived, makes
every yesterday a memory of happiness
and every tomorrow a vision of hope.
Look well therefore to this day.

DSY Events

10 March

Postgraduate Yoga Therapy Course Q&A
Open Morning 10am-12noon, Lotus Loft
yoga studio, 25 Southernhay, Exeter EX1
1QP, FREE.

This event is free and is for those wishing to learn more about the DSY postgraduate yoga therapy course which will begin in September 2018. You will have the chance to meet the teachers and discover the venue. We ask that all attendees please be present the full 2 hours.

To let us know you will be attending, please email: info@devonyoga.com

23 June

Summer Solstice Workshop with Duncan Hulin. 10am-4:30pm, the Barefoot Barn, Chagford, £45

Includes: Breath only kiryas, asana, shavasana, satsang, miscellaneous practices and pranyama. To book a place, please email: info@devonyoga.com

27-29 July

Holistic Yoga Summer Retreat with James Russell and 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 www.hathayogaretreat.co.uk/retreat-2018.html

Holistic Yoga Autumn Retreat with Duncan Hulin and Andrea Guest

09 - 11 November 2018 Rill Estate, South Devon. 3pm Friday until 3pm Sunday

Experience a weekend of asana, pranayama and meditation with time to relax and enjoy the beautiful surrounding countryside at Rill Estate near Buckfastleigh. Delicious vegetarian cuisine, spacious light studio and hot tub. (Price includes accommodation, all food and drinks, six yoga sessions, evening kirtan (chanting). Retreat price: £310.

info@devonyoga.com



Mantra

By Elise Yuill

My introduction to mantra, chanting and singing with devotion in 2010 gave me an overwhelming sense of coming home. I was instantly fascinated with this ancient spiritual practice where the many names of divinity become illuminated by heartfelt sacred melodies, sung not for the purpose of being a great singer, but as a pathway to enlightenment.

My first personal experience of embracing these heavenly sounds sent tears of joy streaming down my face as my heart and body exploded with blissful, ecstatic sensations.

Intrigued by multi-cultural and globally influenced chanting styles I developed a constantly evolving devotional singing practice.

As a yogi and recording artist these two passions have gradually dovetailed. In the early days, I sang the mantras in private without much analytical thought.

Yet I became curious about what was actually happening whilst I chanted the mantras, as incredibly tangible changes occurred in my life. Inspired to study, I sought to find words to express the embodied experience

of these powerful, transformational, healing sounds, and I feel a constant call to share this magnificence with others.

Through the sound vibrations we create when we sing the sacred mantras with devotion, we dispel darkness by quite literally vibrating negative energy patterns out of our physical and subtle bodies that do not align with our new higher vibration as we call in divine light.

By changing our inner world vibrations, we directly effect our external environment, sending ripples of positive vibration out to create a butterfly effect of change upon the world around us. When we come together at participatory Kirtan gatherings we co-create amplified waves of this positive energy. Light and love waves that are so greatly needed on our planet at this time.

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



Helping the homeless through yoga and eye pillows... join the movement.

By Jacqui Robinson

Whilst visiting Bristol recently, I was shocked to witness so many homeless young people. I live on the Rame Peninsula and realised how sheltered we are in this relatively small wealthy community. It seems so unjust for so many people to be cold on the streets in the UK in 2017/2018 and I was inspired to raise funds for the homeless in Plymouth.

I decided to make 40 lavender eye pillows to sell for £5 each through my yoga classes.

Well they quickly sold; some people from my classes donated fabric and a very kind farmer donated two bin bags full of beautiful lavender. So in between being a full time yoga teacher and mum of three, I got to work in my shed! Since 4th December, I have sold 180 eye pillows, raising £900. The ripple effect had started and inspired some of my students to contribute. Penny and Jemma Knowles raised £85 making and selling crafts. Michelle Griffiths, Julie O'Connor, Clare Rushton and their amazing children raised an impressive £160 through carol singing.

Last weekend, I ran two yoga workshops as the final push to boost the funds. The total raised is a staggering £1520.00 When I had initially thought of raising money, I underestimated the generosity of our community. I didn't mind how the money was spent as long as it benefited the people that need it and that is isn't absorbed in admin. The amount raised got me thinking.

Whilst sewing I came up with an idea to really make a difference...to set up a unit somewhere out of the cold, somewhere people struggling to survive in our society can come to learn sewing skills. They could learn how

to make lavender eye pillows, lavender cones and other simple crafts. The crafts could then be sold through yoga networks and other places, giving them a chance to make the money to pay for the room for the night. The opportunity is there, if it's done in the right way, for people to build credits to make money for a deposit on accommodation. We, as yoga teachers, could make this happen, it could become nationwide, similar to the Big Issue.

I spent many hours in the 'lavender shed' and it's a really positive thing to make and sell, knowing that you will help others. Unfortunately, I haven't the time or resources to do this alone. But I am more than happy to run workshops showing how to make and sew and be part of a co-operative to make this happen. I hope that this article ensures that the small ripple that I have started on the Rame Peninsula gets larger and inspires more people to get involved.

If you are interested or want to help, share ideas, raise awareness or fundraise in your area, you are welcome to contact me. www.rameyoga.co.uk

You can also find us on Facebook at: Rame Yoga
I give gratitude and thanks to everyone who has helped to raise this money. I feel very blessed to be in a situation to be able to do this and to have yoga as a way of life.

I also give great gratitude for having three beautiful children, a wonderful home and be surrounded by love...

Wishing you all peace and happiness for 2018
Om Shanti

Book Review

Robert, a Yoga teacher, in his late 60's, has been seeking a spiritual path most of his life. Having gone through romance, tragedy, loss, and eventual burn out, he finds himself drawn to a trackless forest in the Himalayas. He takes a fall, and is badly injured, with little hope of being found. Was he drawn there? Or, is it just another fruitless quest? Robert is about to find out.

Jai, 28, has lived with his Swami for most of his life. His spiritual path is set, but, deep inside worldly yearnings are beginning to surface. Memories of his parents, and of his childhood friendships, are beginning to disrupt his disciplined life and normally focussed mind. Can he overcome these feelings and eventually fulfil his destiny of becoming the Swami?

Robert and Jai find themselves travelling along paths they never intended, meeting challenges that were unexpected, and coming face to face with buried memories and emotions, and with the enduring power of love.

Review by Jan Palmer

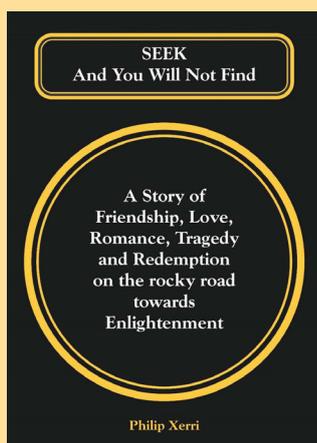
Aptly described by the author as 'fictionality' (meaning a subtle blend of fiction and reality), Philip Xerri's debut novel is an easy yet compelling read which can be devoured in one sitting.

It's paradoxical title "Seek and you will NOT find" encapsulates the underpinning philosophy. It's a 'West meets East' storyline - Robert, the narrator has an accident trekking in India and is rescued from certain death by a Swami's Chela (apprentice).... the Swami himself observes that "Robert came to us and unwittingly unleashed a storm of emotional turmoil " which provides the substance of the story.

As the tale unfolds, intertwining past and present, it invites the reader to understand a little about Indian village culture and customs plus that of a Welsh boy raised in the 1950's alongside a story of spiritual epiphany that transcends background and tradition. The eclectic quotes drawn from ancient texts, literature and song prefacing each chapter gives a wonderful lyrical quality and flow as the storyline gradually develops and blossoms like a vinyasa.

Philip Xerri's warm humour and down to earth approach to life, shine out from each page, engaging the reader's senses fully with his wonderfully descriptive style.

Philip admits, on the back cover, to an 'upsurge in creativity' in 2013, since when he has 'hardly been able to stop!' So with any luck this will be the first of many more books from him.



other yoga events

Spring 2018

OM Voice Circles Courses.

Discover the transformational healing powers of sacred sound, mantra and devotional singing. Led by Elise Yuill Cohen. Venue: Studio 30 (The Hexagon), Park Rd, Dartington Hall, Totnes, TQ9 6EF. Contact details: elise@eliseyuillcohen.com. All information: <https://www.eliseyuillcohen.com/om-voice-circles> Advance bookings only.

Sunday 1 April

Easter Heart Songs Kirtan, Chagford

A global fusion of ancient chants, contemporary melodies and joyful participatory music making with Elise Yuill Cohen. Venue: Barefoot Barn, Chagford, Devon. Time: 6.30 - 9pm
Cost: £10 Advance, £12 Door
Online booking: www.eliseyuillcohen.com/events

9-10 June 2018

Acroyoga Workshop in Exeter

with Erica Montes & Jesse Saunders
contact Jules for further details:
yogawithjules@hotmail.co.uk

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



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- Summer Friday 29th June,
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Derek the Dog yoga studio, 3rd floor, Queens Walk, 83-84 Queen Street, Exeter EX4 3RP. Time: 6pm-8pm

Talks to be announced closer to the time so keep an eye on our Facebook page for information. This is a free event, donations accepted to cover hall costs. Suggested donation of £5 per person. Please confirm if you are coming as it would be helpful to know numbers.



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

