



the devon school of yoga newsletter

AUTUMN 2013

welcome to autumn!

Welcome to the DSY Autumn newsletter. It's time to gather ones energies and tune into the wisdom of the season and enjoy the Autumnal colours. We have another packed newsletter for you to enjoy.

There are plenty of articles of interest including:

DSY Diary of Events, 2014 Devon Yoga Festival, 2014 North India Retreat to Basunti, DSY Foundation Course 2014, Yoga Summer Sangha Review, Developing a Daily Practice: Part 1, Postgraduate Yoga Workshop Review , Travels with Yoga, Yoga Film Review Ripple Event Recovery Festival.

Thank you to everyone who contributes and reads the newsletter. Please keep in touch and send us any yoga articles, reviews, workshops, etc, which you wish to share with the DSY community. Enjoy!

Duncan, Jules and Sue
www.devonyoga.com/ info@devonyoga.com

The DSY office has two 1 day entrance tickets for the OM Yoga show to whoever would like them

dsy courses retreats & workshops

DSY Holistic Yoga Autumn Retreat
Friday - Sunday, Oct 25-27 - ONE SPACE LEFT
Duncan Hulin and Andrea Guest

As this popular weekend became fully booked months in advance, do make a note to yourself if you are interested in coming in 2014 Autumn Retreat - the dates for which will be confirmed soon (watch the website: www.devonyoga.com). This will be the only DSY residential weekend in 2014 at Rill Estate as in the spring there is the North India Retreat and in the summer the Devon Yoga Festival.

Vegetarian Cookery Demonstration - Friday 8th November
With Andrea Guest, in Exeter.

Arrive 9.30am for tea /coffee, demo starting at 10am and ending around 2pm with a sit down lunch. Many of you will already know Andrea for her cooking on the DSY residential weekends, during the demo Andrea will create a vegetarian lunch to share and an evening meal to taste! Her aim is to create tasty, nutritious meals using fresh seasonal ingredients where possible and often including ingredients many may be unfamiliar with. An opportunity for anyone wanting to learn a bit more about the variety of vegetarian food and for meeting like minded people. **LIMITED SPACES AVAILABLE.**

Cost £40 (to include tea / coffee, lunch and written recipes).
For information on booking and venue please contact Andrea Guest
01392 444727 / bernadandcat@yahoo.co.uk

DSY Holistic Yoga Day Saturday 23 November 10am-4:30pm
Duncan Hulin Including breath kriyas, asana and pranayama.
Yoga Loft, Plymouth Bookings see: www.yogaloft.co.uk

DSY Autumn Postgraduate Workshop Review

by Tanja Bartlett

On a peaceful autumn morning we arrived at the beautiful Barefoot Barn, a warm wooden haven overlooking luxuriant vegetation and granite hills. After two fantastic years on the DSY teacher training course, and a break for summer, it was time for a reunion. Attending Duncan's full day workshop were 7 of us newly qualified teachers, along with a couple of DSY TT veteran.

The first half of the workshop was an extended holistic yoga class: Duncan led us through conscious breathing, the chanting of the first four of the Yoga Sutras, and a powerful asana sequence. We then worked through the full DSY seated kriya sequence (suffering from a heavy cold, installed right in front of the wood burner, I appreciated these more than ever!) followed by chakra-balancing pranayama, meditation and finally savasana.

After lunch we gathered in a circle for the second half of the day, which began with a networking portion, where everyone spoke about how their teaching was progressing. A recurring issue for both new and more experienced teachers was the need to nurture and nourish ourselves and our personal practice first, since this is the grounding for anything we teach: we discussed the perils of teaching so many classes that you sap your own energy.

There was also some discussion about the western obsession with asana to the exclusion of other aspects of yoga, and the importance of tailoring the practice to the individual rather than taking a one-size-fits-all approach.

In the mid-part of the afternoon we opted for a shiatsu/ bodywork swap - out came heaps of mats, cushions and blankets; a delightful session which must've looked as good as it felt, judging by a passing cat's keenness to join us.

Finally it was time for the diploma presentation - I had been secretly hoping Duncan would dress up as Shiva to present us with our diplomas, but I guess this is not DSY style so it was a fittingly informal clap from everyone and big hug from Duncan, and then time for a final round of OM Shanti's to bring this lovely autumn equinox day to a close

Travels with Yoga

By Sue Greenall



In September last year I began a Teacher Training Course with Devon School of Yoga and in February I moved, with my partner, from a 4 bed Victorian terraced house that had been my home for 27 years, into a motor home to travel around the coast of the UK for a year. I had no idea how these life style changes were going to work out!

I've travelled from several places for the weekends. Berwick on Treed, the furthest. I've stayed in a variety of places in Exeter with understanding friends and relatives. But most interesting has been the different yoga classes I've attended in the country and the variety of settings I have done my self-practice in.

During the coldest winter since 1952 it wasn't easy to practice in the motor home with its restricted height and width, moving from the front to the back to the middle depending on which pose I attempted. It hasn't always been easy getting to lessons, either.

The formal lessons I've attended have been varied and interesting. Even though I practice regularly, the emphasis given by teachers is different and can be challenging.

A Scaravelli session in Tavistock was with a lovely lady called Helen. Very different to my usual practice. Then there was the Hatha session in a Leisure centre in Minehead with Melanie; Liz from Ludlow not only picked me up for her session, but also gave me a full lesson plan and her leaflet about Viniyoga. The Sivananda session I attended near Ely was in the most stunning setting. The entrance to the converted barn was down a lane and through an English

cottage garden. The barn was - wow - full of yoga and good vibes. It ended with chanting. The first one to do so. The session in Dingwall in Scotland was a good Hatha session.

I have experienced good and interesting teaching styles and some that were less so. One teacher did the first half hour with her eyes closed, even though there were two new people in the class, and a couple didn't ask me about any injuries or experience. Some demonstrate each pose, others hardly demonstrate at all. Seeing such a variety has been special and enabled me to decide how I wish to proceed.

The most wonderful experiences have been during my self-practice. I have practiced in campsite laundries and Information rooms and, weather permitting, outside. I have learned that however flat grass looks - it isn't; Gravel will always organise itself so that a particularly large lump is in the middle of your back or head for the relaxation and that it is very difficult to be successful in any balances in those circumstances and with a head wind (we spent August and September in Scotland). Doing yoga in the open is definitely different. It's an audience of ducks (Luss), facing Arran, or on the side of a Loch on Skye. Fun! Uplifting! Special!

DSY Yoga Festival 2014

The second Devon Yoga Festival (www.devonyogafestival.co.uk) will be held on 1 – 3 August 2014 at the same beautiful location – Seale Hayne near Newton Abbot in Devon – and will offer festival-goers a chance to immerse themselves in eight workshops out of a choice of over 40 workshops on offer across the weekend.

The 2012 event was such a huge success and we had so much positive feedback asking for the same stunning location in the heart of Devon, the delicious local food and the sense of community – so that is what we are aiming for again.

Despite it having the potential to become something much bigger, we're very clear we want to keep it a non-commercial and not-for-profit event, with proceeds going to the Ganga Prem Hospice in Rishikesh, North India.

There will be some new features, including a Yoga DJ Dance on Saturday evening and chill out space where people can relax and socialise between workshops. We will have our traditional Kirtan on Friday evening. And once again there will be a wide range of yoga teaching styles on offer with the line-up of teachers currently being confirmed.

Prices start at just £220 for the whole weekend (Friday-Sunday) including access to the entire workshop programme. Accommodation is in twin rooms, with a few single rooms available, and there is limited camping as another option.



DSY Yoga Festival 2014 CONTINUED...

Residential tickets include

- 2 nights accommodation,
- 2 breakfasts,
- 2 lunches,
- 2 dinners,
- all drinks & snacks
- access to the full programme of workshops
- 2 early morning meditations
- Friday Kirtan
- Saturday Yoga DJ Dance

Camping tickets include

- use of showers and washing facilities,
- 2 breakfasts,
- 2 lunches,
- 2 dinners
- all drinks & snacks
- access to the full programme of workshops
- 2 early morning meditations
- Friday Kirtan
- Saturday Yoga DJ Dance

DEVON YOGA FESTIVAL 2014: TICKET PRICES

Adults (based on twin rooms, sharing)

- Super earlybird: available until 31st December 2013 £220
- Earlybird: 1st January - 31st March 2014 £230
- Non-discounted ticket: 1st April – 1st August 2014 onwards £245

Single supplements (limited availability) £15 extra per night per person

Children Under 5's: free

5 - 12 year olds:

- Super earlybird: available until 31st December 2013 £180
- Earlybird: 1st January - 31st March £190
- Non-discounted ticket: 1st April – 1st August 2014 £205

Camping (limited availability):

- Super earlybird: available until 31st December 2013 £195
- Earlybird: 1st January – 31st March 2014 £205
- Non-discounted ticket: 1st April – 1st August 2014 £220

**For more information go to www.devonyogafestival.co.uk or telephone 01392 420573
or email info@devonyogafestival.co.uk**



Yoga Summer Sangha Review

by Katy Gaulton

I attended the Yoga Sangha at Rill Estate near Buckfastleigh this year and it was an uplifting experience. Duncan's early morning meditation settled me into the two days of yoga which we were about to embark on.

There were various inspiring classes I wanted to do: the only downside was choosing which ones as they all looked amazing.

My first class was with Andrea who taught Ashtanga. I left the two-hour class feeling strong, stretched and energised for the rest of the Sangha.

The catering was a delight with options such as tasty curries. Throughout the Sangha I experienced yoga dancing with Emily which made me twist and

move my body in ways I haven't before which was very enjoyable and put a smile on my face. Helen's Tantra class gave us females an insightful session, I will never forget, into various techniques playing with the 'female energy'!

I remember on the second morning feeling very tired having left Exeter at 5.15am to arrive in time for the 6am meditation, so after that I thought the only option to get my energy levels rising again was Duncan's pranayama session. This was fabulous as I felt it

"I felt it cleared out all my tiredness"

cleared out all my tiredness, sinuses and increased my energy.

I finished the Sangha with a restorative class by Alice which was the perfect ending to a great couple of days. Feeling rested and rejuvenated I returned to Exeter to start another busy week but with a spring in my step!





North India Retreat to Basunti 2014

Included in the price:

- Flights and all transfers in India
- Accommodation at Basunti
- All meals at Basunti
- One night in Mcleod Ganj
- Daily yoga classes
- One night in Amritsar

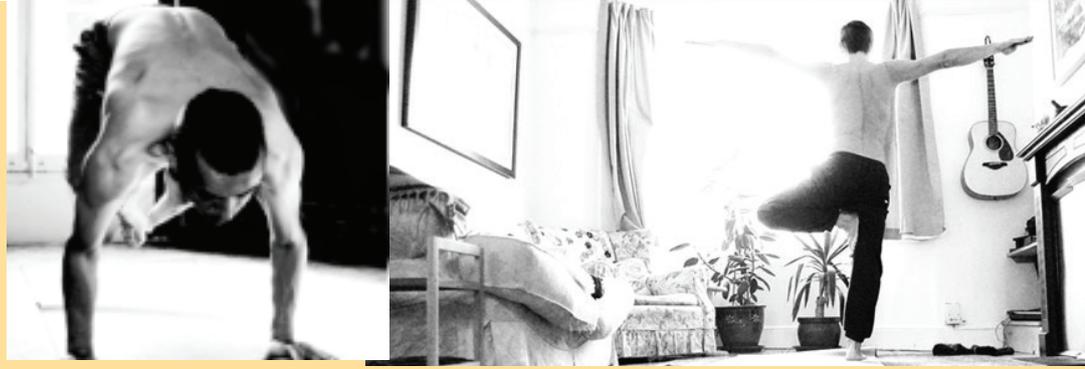
Basunti is an idyllic retreat centre set on a promontory in a nature reserve nestling in the foothills of the Himalaya. The retreat includes flights, all transfers in India, 15 night's accommodation, all meals, three daily yoga classes (most days) in the thatched yoga shala or on the roof top for sunrise and sunsets, and a weekend away to Mcleod Ganj (home of the Dalai Lama). Enjoy time to relax by the pool or on your private veranda, walking or swimming in the lake.

March 22 - April 12

Price £2145 - *Only 3 spaces left available*

For more information and booking please call 01392-420573 or email info@devonyoga.com. Alternatively check out the website at www.devonyoga.com

You can also view a gallery of photos from the 2013 retreat in the last Devon School of Yoga Summer newsletter and also via our website: www.devonyoga.com



Developing a daily practice: Part 1

by James Russell

“Whether young or old, very old, sick or feeble, one can attain perfection in all the yogas by practising.” (Hatha Pradipika 1:64)

Practising yoga is a bit like learning a musical instrument. When we first begin to practice: maybe some postures, or meditation, the instrument can make a terrible noise. But then, if we persist, we learn how to tune the instrument and to make more pleasant sounds. Next, we start to learn the scales and the chords. Then, if we keep on practising, we begin to learn the melodies. The more we put into the practice, the more that we get from the practice, and with a little perseverance we are able to make beautiful music.

“In the beginning you have to make room for yoga in your daily life, and give it the place it deserves. But after some time, yoga itself will pull you up by the hair and make you do it.” - Vanda Scaravelli

Daily practice requires discipline and an important quality to develop is ‘tapas’. Tapas comes from the Sanskrit root word ‘Tap’ meaning ‘heat.’ In the context of yoga practice, it is our inner energy: the fire that burns within that is needed to achieve the difficult goal of enlightenment.

The idea is that we build self discipline: we channel our desire for self development into a tangible practice.

In this way, we burn off our impurities in the heat of our work.

Extremes of Tapas, are practised by ascetic yogis in India: such as holding one arm up in the air for years on end; or observing a vow of silence for many months or years. These are drastic examples and tapas could be as simple as committing to getting up early every day and practising yoga for half an hour. Or our tapas could be holding a certain posture each day for at least three minutes. A fast is a good example of tapas.

Tapas is an important attitude to develop in order to sustain a daily practice. It is advocated by Patanjali in his Kriya yoga and also as a component of Niyama, the second limb of Ashtanga, (eight-limbed) yoga. (continued on next page)

It can initially be difficult developing the kind of tapas required to practice each day. In the Bhagavad Gita, after Krishna has explained to Arjuna the science of Yoga, Arjuna replies that he finds it difficult to practice. He poetically states that the mind is:

‘as hard to control as the raging wind.’ (6:34)

Krishna replies that: “through repeated practice ‘Abhyasa’ and non-attachment ‘vairagya’, the mind can be controlled.” (The exact same instruction is also found in Patanjali 1:12.)

I find it encouraging that even Arjuna, who was such an advanced devotee that he was a close personal friend of Krishna, finds it difficult to practice. Is it any small wonder that the rest of us may sometimes find it a little tricky!

There may be times when getting up early to practice is a struggle. Sometimes, in the middle of winter, when its cold and dark and the body is longing for that extra hour in bed, it is really challenging. But part of committing to daily practice is to rise to the challenge. To do the practice anyway. Drag yourself out of bed regardless... once you get on your mat and begin, you’ve already won half the battle.

Other times you will spring out of bed and be ready to start early. You may even find yourself looking forward to your practice the night before. These are the ups and downs of a daily practice. The trick is to keep up with the practice (abhyasa) regardless of the extremes (vairagya).

Yoga practice is most effective when practised regularly and consistently, ideally over many years.

‘Practice becomes firmly grounded when well attended to for a long time, without break and in all earnestness.’- Patanjali, 1:14

After a while, your daily practice will become an essential part of your daily routine, like having a shower or brushing your teeth. You will find that when you practice, your life will be more successful in all areas. This is when practice becomes much easier because it becomes clear that yoga practice is a tool which supports everything else that you do in life. When you practice yoga, it makes everything else so much easier.

A consistent practice can be an incredible source of inspiration, strength and refuge.

Pattabhi Jois summed it up most succinctly when he said:

‘Practice and all is coming’

HARI OM!

In the next part of this article, I’ll be sharing some practical suggestions on how to develop a daily routine.

Namaste James



Notice Board

Message from Lou Jocelyn

Email: louise@exetermassagetherapy.co.uk

Yoga Bodywork combines traditional massage techniques with deep yoga like stretches and breath work to open the bodies 10 main energy lines, improve the body mind connection and invoke an extremely deep sense of relaxation while restoring balance within the body. Treatments and treatment swaps are available in Exeter now. www.exetermassagetherapy.co.uk

Saturday 2nd November 2013

10:00am - 4:30pm

Nr South Molton, North Devon
Inspired by the work of Vanda Scaravelli (Awakening the Spine) and Vipassana (Insight) Meditation, Liz shares her love of Yoga with gentleness and clarity, teaching how it is more about a state of being than the postures themselves.

Cost: £45, For more information or to book a place please contact: claire@clairebrejchayoga.co.uk

Please go to www.lizwarringtonyoga.com for more info on Liz

Saturday 9th November 10am-5pm

Winter warmer workshop with Virginia Compton and Lucy Smee
£40 to include lunch

A workshop tuning our bodies and minds into the winter season using Yogic practices as a means to nurture ourselves and also exploring methods to 'release emotional attachment'. A fusion of teaching methods inspired by Devon School of Yoga, Debbie Mills, Ayurveda and the meridian and macrobiotic systems. The day will include~ Yoga postures and breathing for warmth and wellness Food to enhance energy and boost immunity in winter Hip openers~ explore the psycho-physical relationship of how our hips hold emotion, discover/experiment with ways to release this Focused pranayama, loving kindness meditation To book contact Virginia 07875217970 ~ www.yogatorbay.com

Saturday 23rd November

11am – 3pm

Ripple Event Recovery Festival
Poltimore House Exeter

See the last article in this newsletter for further details about this event.

Yoga Film Review

by Tanja Bartlett

BREATH OF THE GODS: A JOURNEY TO THE ORIGINS OF MODERN YOGA Directed by Jan Schmidt-Garre

“Where do these exercises and postures- the asanas - come from? Do they all come from a 5000 year old text, as Pattabhi Jois claims? Or was it not until the twentieth century that they found the form that we know today?”

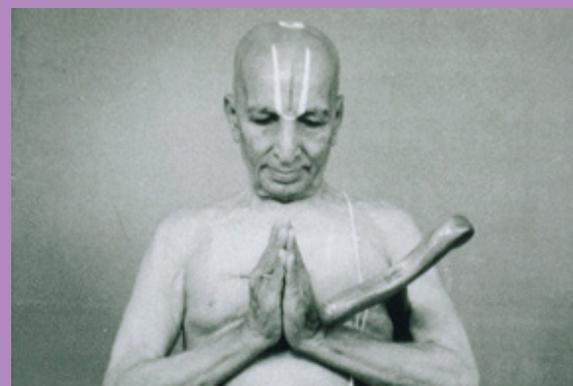
This question is the starting point for Jan Schmidt-Garre’s fascinating new documentary exploring the life, work and legacy of Krishnamacharya, tracing his journey through key locations such as the Maharaja’s palace and Sanskrit college at Mysore, as well as Pattabhi Jois’ famous yoga shala. The film is a sincere attempt to get to the heart of the yoga Krishnamacharya taught rather than an attempt to debunk mythology; Schmidt-Garre’s interest stems from his own discovery of yoga and he treats his subjects with respect, whilst allowing us some candid glimpses (such as when Iyengar discusses his grievances with his guru...).

The film makes use of classic archive footage and some beautifully staged reconstructions of displays at the palace, with a sublime soundtrack of 20s & 30s piano music by Debussy,

Rachmaninoff and others.

There are several interesting, extended interviews with K Pattabhi Jois, BKS Iyengar, and Krishnamacharya’s son T.K.Sribhashyam, who proves especially illuminating and informative, sharing some fascinating insights into his father’s methods and ideas. In a time when yoga practitioners were regarded with suspicion in India, Krishnamacharya did much to restore yoga’s reputation on home turf but also, through his students, he was instrumental in introducing it to the wider world in a form which we still recognise today. In the end, Schmidt-Garre concludes that it’s not a question of where the asanas come from, but how they are practiced, which makes them yoga.

If you are tired of the increasing commercialism and materialism of the yoga “industry” and crave some authentic yoga, “Breath of the Gods” is a breath of fresh air - a welcome attempt to reconnect with the real thing.



Ripple Event Recovery Festival Poltimore House Exeter

Saturday 23rd November 11am – 3pm

I am very privileged to work with people who are in recovery from drug or alcohol dependency. They have an amazing energy and passion which shines through everything they do. One of their aims is to make recovery visible and desirable, to show that not only is it possible to come through a dependency, but that life can be so much better sober.

A group has formed in Exeter called Ripple effect, who are 'people with lived experience' and they are organising a Recovery Festival on Saturday 23rd November, 11am – 3pm at Poltimore House <http://www.poltimore.org/>

They have asked me to help them organise a health and wellbeing area for them. I do not need to explain just how beneficial the practices of yoga; breathing, asana, relaxation and meditation are for a person's overall health and wellbeing or as tools to support individual recovery so I am really keen to promote yoga at this event.

There are a number of ways that you can help/ get involved

- Come and run a taster session at the festival on Saturday 23rd November
- Come to the festival and just be around to talk to people promote classes etc
- Send me details of classes you are running in your area (flyers would be great), although the festival will be held just outside of Exeter people will be coming from all over Devon. Could you also state whether you offer free classes; 'first class free'
- This is a big ask would anyone consider either running a subsidised class for people in recovery (Virginia does this at Yoga Torbay), or offer subsidised places at any of your regular classes. As I said a big ask as I appreciate you all have to earn a living.

If you would like to get involved or send me details of your classes then please contact me:
email: nickiglassbrook@hotmail.com mobile 07974024697

DSY Foundation Yoga Course, February - May 2014

5 weekends including two of which are residential (included in the course fee)

If you are open minded and inspired by a holistic approach exploring different styles of Yoga then the Devon School of Yoga Foundation Course is for you!

The Foundation Course is for students wishing to deepen their practice, knowledge and experience and as a prerequisite to the DSY Teacher Training Course if the other entry requirements are not met.

Syllabus and Enrolment forms are available to download from our website: www.devonyoga.com

