



THE DEVON  
SCHOOL  
OF YOGA

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*Namaste*

Articles, Courses & Retreats from the Devon School of Yoga



**Namaste. Welcome to this year's edition of the Devon School of Yoga prospectus. We do hope you're keeping warm and well.**

Here at the school, we've worked hard to adapt and adjust to the ever-changing times. Our focus remains on our students and teachers, ensuring a safe environment to explore and learn more about yoga.

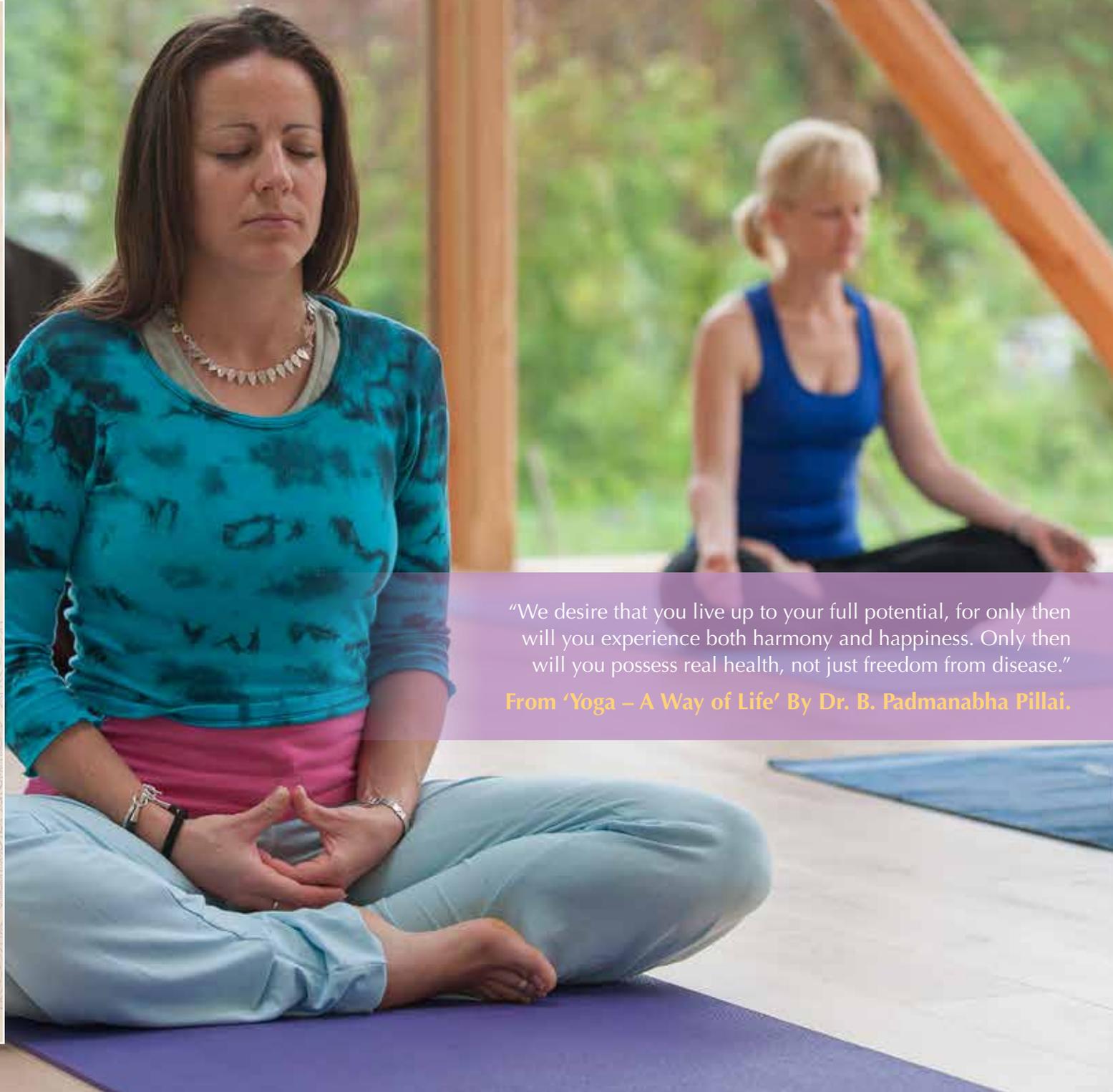
This year's prospectus offers something different. As well as featuring our courses, workshops and retreats, we have included articles and practices that we hope you will find informative and enjoyable. There's also a delicious recipe to try.

All of these offerings we warmly give to you as a 'virtual' hug from the school to support your well-being. Thank you for being a part of Devon School of Yoga sangha. With OM's and Shanti.

**Duncan Hulin.**

**From the Yoga Sutra.**

Yoga Citta Vritti Nirodah  
Yoga is calming the mind.



"We desire that you live up to your full potential, for only then will you experience both harmony and happiness. Only then will you possess real health, not just freedom from disease."

**From 'Yoga – A Way of Life' By Dr. B. Padmanabha Pillai.**

# The Immune System and Holistic Yoga.

With ongoing health challenges across society becoming more important than ever, Duncan Hulin explains what we can do for ourselves to strengthen our general immunity. Understanding and seeing the interconnectedness of everything is the basis for holistic yoga practices.

When we look after the part, we also look after the whole and vice versa. Therefore, simple holistic lifestyle practices can collectively make a positive difference to increase our immunity and our overall general health and wellbeing.

Stagnation in the bodies tissue fluids is the primary weakness that allows disease to get a foothold. Thus, the vital need for exercise and movement, stretching, posture work and deep breathing to enable efficient flushing of the tissues is needed. Furthermore, the whole immune system is made up of different organs and our body's defence depends on these different organs.

To strengthen our immune system, we need to look after these organs to increase our body's ability to fight infection.

Our first line of defence is the skin (the largest organ of the body!) The skin provides both a physical and chemical barrier to pathogens. For the skins healthy functioning, it requires good circulation.

## Some simple holistic yoga care practices for the skin include:

- Daily shower
- Self-massage techniques
- Body brushing
- Exposing skin to fresh air and light



## The Immune System and Holistic Yoga

The body's second area of defences are the nose, sinuses, throat and lungs. As entrances to the body, they have a thin mucous membrane which protects the body from airborne bacteria, viruses, fungi and other harmful substances like foreign particles and organisms that we breathe in. It's not easy to keep everything out as the mucous membrane is thin. If this membrane gets swollen or is weak, nasties get through the barrier and the body reacts with an immune response because it feels it is being attacked.

## Holistic yoga for the nose, sinuses, throat and lungs include:

### KRIYAS

- Kapalabhati
- Brahma Mudra • Neti

### PRANAYAMAS

- Bhastrika • Simhasana

Our third line of defence and more internal is the lymphatic system which is made up of vessels which run throughout the whole body just like the blood. They drain excess fluid from around all the body's cells and returns this to the blood. This system cleans and removes harmful bacteria and viruses. This is done in the lymph nodes (sometimes called glands) which are concentrated in places like our neck, armpits and groin, in the spleen (which filters the blood) and the tonsils and thymus gland. These all contain white blood cells, that are like the "special forces" of the body, which help to destroy bacteria and viruses.

It's the white T cells which hunt out and destroy unwanted pathogens with white B cells ready to respond with an arsenal of antibodies.

## Holistic yoga for the lymph include: SURYANAMASKAR AND/OR ANY DYNAMIC PRACTICES

- Inversions
- Specific self-massage techniques
- Walking

Fourth, and deeper into the body are the intestines. There are many micro-organisms in our food, and the intestines have to defend the body against these. This is helped by creating a healthy intestinal flora (gut biome) with many beneficial bacteria in our intestines, which help defend us against harmful bacteria and viruses. A healthy gut biome ensures a diverse and battle-ready immune system.

## Holistic yoga for the intestines include:

- Agni sara kriya and
- A sattvic 'majority plant-based' diet – chewed well
- Asana practice
- Remaining hydrated



## The Immune System and Holistic Yoga



Finally, we have the actual immune cells. These cells help our immunity and are the white blood cells, produced in the bone marrow. They depend on the pumping action of the heart, muscles and breathing which circulate blood and lymph to transport them to every nook and cranny of the body – especially to the lymph nodes and thymus. The production of immune cells and their active defence of the body therefore depends on the health of all the organs listed above.

### Holistic yoga for the immune cells include:

All of the previous practices along with de-stressing methods like:

- yoga nidra and meditation.

All the practices enable a positive dynamic in the balanced functioning of the autonomic nervous system (ANS) specifically between its sympathetic (SNS) and para-sympathetic (PSNS) branches. At a time when many of us may have the SNS being overstimulated due to modern lifestyle, we particularly want to activate the PSNS to bring about good rest, good digestion and holistic healing.

Becoming aware of and addressing all the above with beneficial lifestyle choices, we can increase our immunity from infections and, if we do pick up an infection, we can lessen the severity of it. Even small steps in a healthy direction add up to positive accumulative benefits. By taking the time to nourish ourselves with our various holistic yoga practices enables us to likewise gently release negative emotions and attitudes while increasing constructive ones like gratitude and appreciation.

Holistic yoga practices benefit all aspects of our being: physical, energetic, emotional, mental and spiritual. May they help bring you increased resilience, inner freedom and peace of mind.

**Om Loka Samastha Sukhino Bhavantu**

**Om Shanti**

*To learn more about holistic yoga including the practices mentioned above, you can contact the school at: [info@devonyoga.com](mailto:info@devonyoga.com)*



## Eat well to feel well!

This hearty dish is full of goodness and flavour. Roasted squash adds a soft sweetness that contrasts the delicate spices. Shared by Andrea Guest, the school's residential retreat chef.

### Black Eyed Beans with Mushrooms, Roasted Squash & Spinach.

#### Ingredients.

Approx 450gms squash, cut into chunks (approx 2cm)  
Rapeseed oil  
1 tsp cumin seeds  
1 small cinnamon stick  
1 medium onion, diced  
250gms mushrooms, quartered  
3/4 cloves of garlic, finely chopped  
2 tsp ground coriander  
1 tsp ground cumin  
1/2 tsp ground turmeric  
1/4 tsp cayenne pepper  
1 tin chopped tomatoes  
1 tin black eyed beans, drained, reserve liquid  
A few handfuls spinach  
Handful chopped fresh coriander

#### Method

Place the squash on a baking tray and drizzle with rapeseed oil, sprinkle with salt and pepper and roast in a pre heated oven until tender, not too soft, set aside.

Heat a small amount of oil in a large pan / wok, fry the cumin seeds and cinnamon stick for a few seconds, so they sizzle.

Add the onion and cook, stirring, over a medium heat until softened. Stir in the mushrooms and cook over a medium heat for a few minutes.

Stir in the spices and the garlic, coat the mushrooms and onion, add a splash of water if mixture is too dry. After a minute or so add the tomatoes and a bit more water, cover and simmer for 15 /20 mins, stirring occasionally.

Add salt to taste.

Add the blackeyed beans and some of the reserved liquid if mixture seems a little thick. Add the spinach and squash, cook for a further 5 mins or so to wilt the spinach and heat through squash. Add the fresh coriander.

**Serve with brown basmati rice (or quinoa or buckwheat as an alternative) and raitha and chutney on the side.**



# What are kriyas?

An introduction, by James Russell.

The word 'kriya' comes from the Sanskrit root 'kr' which translates as action.

Kriyas are activities which create the right conditions for the experience of yoga to take place. Kriyas are cleansing methods that help to purify the practitioner.

Modern society, whilst being blessed with many wonderful technologies and medical advances, can also be a surprisingly toxic environment to inhabit. We all know that the air we breathe may be polluted plus the water we drink is not always pure and sometimes contain chemicals. The food products we consume often include additives, preservatives or even genetic modifications. In addition to all these hidden

toxins, many people also consume large quantities of refined sugar, tea and coffee, alcohol and/or illicit & prescription drugs.

Combine this with insufficient physical exercise, stress and poor sleep and we have a recipe for a toxic soup that can slow us down and impair our health and well-being.

Yoga kriyas offer a systematic and holistic method by which we can start to rid ourselves of excess toxicity, recharge our energy levels and enjoy increased vitality and good health.

You do not need to be flexible or strong to learn the kriyas and they can be practised by almost anybody regardless of age, mobility or previous experience.



## Devon School of Yoga Standing Kriya Sequence.

This practice can be used as a dynamic breathing sequence to increase energy. It's accessible and effective especially when practice time is limited.

To begin. Stand in tadasana (feet hip width apart) with hands on hips. Soft knees, mula bandha including lower abdominal tone so pumping action is focused in the upper abdomen. Shoulders back, down and relaxed.

### Kapalabhati:

1. Inhale deeply followed by 10-15 dynamic breaths through both nostrils. Rough guide: initially 1 second in and 1 second out. Some students may require a slower rate. Build up to ½ second in and ½ second out. Finish with a long exhale followed by a long inhale. Pause, relax (and blow nose if necessary).

2. Right hand in Visnu mudra. Breathe in deeply, hand up towards the face. Right thumb closes right nostril. Dynamic breaths in/out through left nostril only. Similar rate to part 1. Finish with a long breath out through the left, followed by a deep breath in through both nostrils. Pause, relax, blow.

3. Repeat part 2, while using right ring finger to close left nostril only and breathing through the right nostril only.

4. Prepare as for parts 1 and 2, e.g. hand in Visnu mudra, and bring hand towards face as inhaling. Breath will be alternating between left and right nostrils i.e. breathing out and in left, then out and in right, starting on the left. Beat is initially 1 second in and 1 second out, progressing to ½ second in and ½ second out. Relax and rest if dizziness or other physical reactions occur.

### Simhasana: Standing lion breath.

1. Throaty ujjayi sound, 10 dynamic breaths at a rate of 2 second in and 2 second out, finishing with a long exhale followed by inhaling as the arms move up into an open stretch.

2. Exhaling, with eyes and mouth open, tongue out, forward bend bringing hands to just above the knees, fingers pointing inwards. Ensure exhale is complete, i.e. fully eliminate the residual (stale) air.

3. Standing back up slowly as the inhale breath happens smoothly, returning to the starting position. Relax allowing time for the body to normalise.

4. Repeat parts 1 and 2. Raise the back halfway up to a 45-degree angle, holding the breath out, apply uddiyana bandha. Guideline is to hold for 5 seconds, but could be less or more depending on comfort. Never over-hold. To come out of the posture, relax the contraction first before standing up and inhaling. Repeat if desired.



# Our 2021 Yoga Courses

Our priority is to deliver our courses and other events in-person. If any weekend on any course is unable to run due to any changes in government guidelines, it will be rescheduled. This year we're also limiting the numbers on our courses. Please refer to our website for the latest information. [www.devonyoga.com](http://www.devonyoga.com)



## Yoga Foundation Course

Our foundation course offers a broad base of practices from which yoga students can enrich and develop their yoga life skills. It is aimed at yoga students who wish to deepen their practice, knowledge and experience of yoga and want to explore the subject in more detail.

This ten day course is taught over five monthly weekends - four of which are non-residential and held at the Lotus Loft in central Exeter and one of which is residential, based at Middle Coombe Farm. The farm is ideally located in the rolling countryside near Tiverton with beautiful views across the Devon hills.

The 2021 Course is Fully Booked. The 2022 Course will have two residential weekends.



## Yoga Teacher Training Course

Our 500 hour – Yoga Teacher Training Course, has been designed to broaden your practice and knowledge of yoga. It will enable you to acquire the specific skills and confidence to teach. This is achieved through practical experience of Yoga in a nurturing environment.

You'll benefit from the knowledge and expertise of our tutors, who combined, have over 200 years and thousands of hours of experience in the study, practice and teaching of yoga.

They have trained with some of the world's most highly respected teachers from a wide range of yoga traditions. Each one of our teachers brings something unique to our teacher training course. This eclectic mix of backgrounds creates an ideal environment for students to develop their very own personal approach to yoga.

Our two year course comprises 44 days of practice and study held over 20 weekends in Devon. Two of these are long weekend residentials based at Middle Coombe Farm. The 2021 Course has one place available. The 2022 Course will have three residential weekends.



For further information on our courses, please visit our website. [www.devonyoga.com](http://www.devonyoga.com)

## Postgraduate Yoga Therapy Course

Our Yoga Therapy Course is for postgraduate teachers who wish to further develop their understanding of yoga as a method of therapy. The physical and mental benefits of yoga are widely recognised and this course explores the potential of yoga to improve health holistically.



The yoga therapy course was created by the school's tutors who have vocational experience in health and therapy. These include NHS professionals in occupational health and psychological fields, anatomy, physiology and pathology – and complementary health practices.

This 250-hour yoga registered course includes 158 taught hours held over 25 days (12 weekends in total, one of which is a Thursday to Sunday long residential weekend) plus home study and practice. The 2021 Course has two places available.



## Pre & Post Natal Yoga Teacher Training Course

Learn to safely and consciously support women throughout their pregnancy using the holistic practices and philosophy of yoga. Be guided on appropriate approaches and attitudes towards the transformative experience of pregnancy, birth and motherhood. This 75-hour course is specifically designed for postgraduate yoga teachers. The next course begins in the spring of 2022.



## Advanced Yoga Teacher Training Course

This seven-month, postgraduate advanced yoga teacher training course aims to inspire, empower and support qualified yoga teachers. Drawing from yogic and associated traditions, it honours the uniqueness of the individual as both student and teacher of yoga. The course develops the intuition and confidence necessary to evolve your teaching skills as well as your own personal self-development. The next course begins in the spring of 2022.



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# 2021 Retreats, Workshops and Yoga Festival

## Autumn Yoga Retreat

12 – 14 November 2021.

Rill Estate, South Devon.

3pm Friday - 3pm Sunday (2 nights)

Experience a weekend of yoga, pranayama and meditation with Duncan Hulin. Enjoy the beautiful surrounding countryside and time to relax 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 the hot tub.)



## Devon Yoga Festival

16-18 July. Limited places available.

The Devon Yoga Festival is a not-for-profit and non-commercial event that celebrates and embraces the holistic practices of yoga. The festival is set in an idyllic location at the Rill Estate near Buckfastleigh on the edge of Dartmoor and offers comfortable residential accommodation, delicious vegetarian cuisine and a full timetable of inspiring yoga workshops, talks, music and kirtan.

## Yoga Workshops with Duncan Hulin - open to all

These workshops include breath only kriyas, asanas, satsang, miscellaneous practices and pranayama.

31 July, 10am - 4:30pm.

Venue: Yoga Torquay, Devon.

Booking: info@yogatorquay.co.uk

4 December, 10am - 4:30pm.

Venue: The Angel Hall, Totnes.

Booking: joyfulprater@googlemail.com

## Weekly Classes

If you live in Devon, there are many weekly yoga classes taught by Devon School of Yoga graduate teachers. Please visit our website for more details.



## Yoga and Walking Holiday in Devon

14-20 September 2021.

Coombe Farm, Devon.

Experience a week of holistic yoga, walking and enjoying the amazing landscapes of Devon including the moors, woodland river valleys, cliffs and coast with Duncan Hulin (facilitator, walk leader and yoga class teacher) and Andrea Guest (caterer).

# 2021 Retreats, Workshops and Yoga Festival

Due to the pandemic situation, the dates of our retreats and workshops may change. Please visit our website for the latest updates. [www.devonyoga.com](http://www.devonyoga.com)