



the devon school of yoga newsletter

SPRING 2022

Welcome to spring!

Welcome to the 2022 Spring edition of the Devon School of Yoga's Newsletter.

We trust that you have been keeping well wherever you are and with whatever you have been doing. We also trust that this issue of our newsletter might provide you with some holistic yoga perspectives, insights and tools for your yoga practices and studies.

Thank you to everyone who contributes and reads the newsletter. Please feel free to share it with anyone you think may be interested.

Duncan

DSY Upcoming training courses

DSY Autumn Foundation Course. Starting September 2022.

This 10-day Yoga Foundation Course will be offered twice in 2022. The yoga foundation course is taught over five monthly weekends, one of which is a Friday to Sunday full-board residential which is included in the course fee. This course is ideal for those who wish to deepen their understanding of yoga. It is also a helpful pre-requisite for joining our 500-hour yoga teacher training course for those wishing to do so. Two comprehensive course manuals are provided.

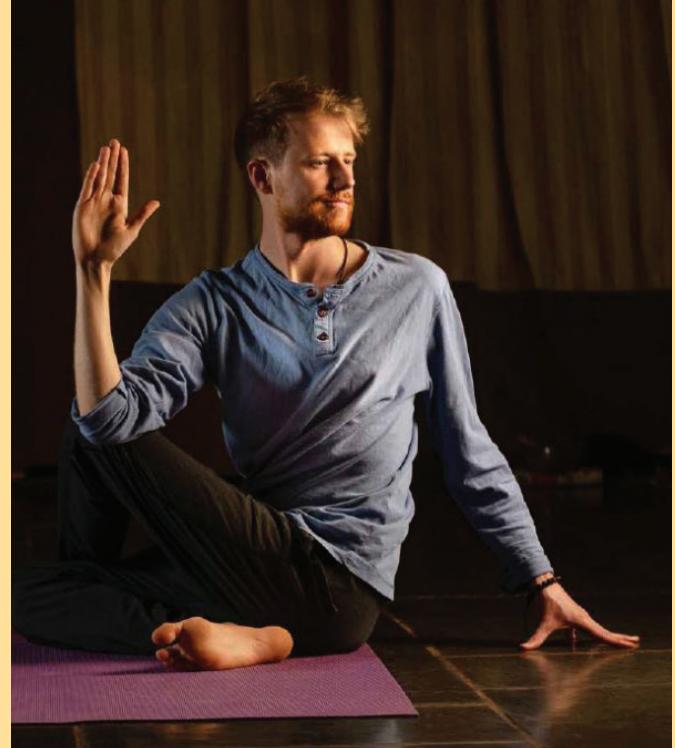
For further information, see our website at: www.devonyoga.com or email us at info@devonyoga.com

DSY Advanced Yoga Teacher Training Course. Starting January 2023.

This seven-month Advanced Yoga Teacher Training Course aims to inspire, empower and support qualified yoga teachers by drawing from yogic and associated traditions. By honouring the uniqueness of the individual as both student and teacher of yoga, the course develops the intuition and confidence necessary to evolve personal and teaching practices and skills.

We aim to provide a space to facilitate the deepening of personal practice, thereby inspiring yoga teaching. The course presents a 'toolbox' of yogic and associated practices to apply in personal practice and when teaching. Qualified, self-motivated yoga teachers from any tradition are invited to apply. This 150-hour yoga course includes 100 taught hours held over 15 days (7 weekends of which 2 are Friday to Sunday residential weekends which are included in the course fee) plus 50 hours of home study and practice.

For further information, see our website at: www.devonyoga.com or email us at info@devonyoga.com



DSY Pre and Post-Natal Yoga Teacher Training Course.

Starting in the Spring of 2023

This 10-day Pre and Postnatal Yoga Teacher Training Course is aimed at students who would like to explore how to support women through their pregnancy. Whether your interest is for a personal insight into your own pregnancy or you want to help and support women through this life changing event, the course is in-depth and fascinating. For further information, see our website at: www.devonyoga.com or email us at info@devonyoga.com

DSY – Yoga Teacher Training Course – The course starting in September 2022 is fully booked. The next course will begin in September 2023.

This 2-year, 500-Hour, Yoga Teacher Training 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 21 weekends in Devon, three of which (6 days in total) are long weekend residencies (and are included in the course fee). Comprehensive course manuals are provided.

The course is 284 taught hours over 21 monthly weekends, plus home study and practice, leading to 500-hour qualification with the Yoga Register. The prerequisites for joining the course are: two or more years of regular practice including classes, workshops, retreat attendance and/or completion of the Devon School of Yoga's Foundation Course or a similar yoga foundation course.

For further information, see our website at: www.devonyoga.com or email us at info@devonyoga.com

Could Yoga Heal Top Achieving Athletes Both Physically and Mentally?

By Jill Selwood, DSY Teacher Training Course Graduate

I have always been in awe of athletes who work out constantly in the gym and are at their peak of fitness! However, I am also acutely aware of the fact that many of these athletes suffer from physical injuries or are constantly complaining of pain or stiffness in their bodies. The reason I was attracted to yoga was to help ease my reoccurring injuries caused by running. So, I decided to see if I could share the benefits I had experienced from yoga with these athletes.

I planned to teach my students a modified version of Ashtanga. I chose Ashtanga because I thought the intense, dynamic and challenging nature of the programme would appeal to even the most yoga reticent athlete. The main aim was to try and help them with their physical injuries, but also to introduce a holistic approach to my lessons, which I hoped might help their mental well-being too.

My first challenge was to try and get these highly wired athletes to attend a yoga class. My target students were only ever concerned with putting their bodies through an immense amount of stress in the gym, in order to make the very best use of the time. With the onset of Covid we were only allowed in the gym for 45 minutes – they didn't want to waste this precious time lying on their back doing nothing – or this is how they perceived a yoga class progressing....

To get them on board I modified the set sequences in Ashtanga, in order to complete it in the limited time. For example, during the first few weeks we focused on the Ashtanga seated sequence which allowed the students to concentrate on lengthening their spines, hamstrings and opening up their shoulders, chest and back. Initially, I discovered that Navasana was going to prove to be a real challenge as it really involved engaging the core muscles, weakness in the core may have been one of the causes of their lower back, so this became one of my regular postures.

We had to move through the postures a lot slower than I had anticipated, due to areas in their bodies that were completely locked. Props and variations were offered, but some students chose not to use the props due to egos. Most of the students kept with me for the eight-

week programme, but it was obvious from the outset that Ashtanga was not the answer here. I also had no time to introduce holistic practices – meditation, pranayama and Nidras, due to limited time and the busy, noisy, gym environment.

I was asked to organise another 8-week block, but this time I decided to opt for a Yin style yoga. Not only would it allow me to ensure my students used all the props necessary; holding stretches for up to 3 minutes would also meet their needs better. I planned to focus on one area of the body each week only. So, for example when we focused on the lower back, I had some students curled up on their back holding their knees tight to their chest; others were lying over a bolster with their head supported with a blanket; while others were holding twists with bent knees and using straps and block to support specific weak areas.

'We had to move through the postures a lot slower than I had anticipated, due to areas in their bodies that were completely locked'

During the final week my students completed a questionnaire on any changes they had felt, as a result of practising yoga. One student felt the increased strength he had developed through his core was now placing much less demands on his lower back. Another student commented how much easier she performed on the rig, due to the postures which opened up her shoulders and chest. One student felt his balance and stability had improved simply due to his work on holding a perfect alignment in Tadasana. My aim to offer a holistic approach to yoga proved to be much more challenging in a gym setting: I had to keep to 45 minutes, there was always a lot of background noise and movement, and the negative attitudes towards meditation was always going to be a long-term goal. In the future I intend to gradually introduce some breathing practices at the beginning of each class and a short Nidra at the end. It is a long-term plan, but equally with massive long-term benefits.



DSY Yoga Events

Spring North India Yoga Retreat at Basunti

Provisional dates are 25 March – 7 April 2023

For those looking for a place to immerse into their yoga practice, totally relax, enjoy wonderful food and experience incredible India, our India Yoga Retreat at Basunti is perfect.

Basunti's unique location, surrounded by wildlife and with extraordinary views of the Himalaya, was created especially for yoga retreats by David and Izzy. Beautifully, fresh, vegetarian and vegan food is lovingly prepared daily for hunger practitioners. There's afternoon tea and freshly prepared cakes – all served with smiles from the team that look after Basunti guests.

Accommodation is in en-suite rooms which are comfortable, clean and quiet. The gardens that surround the property are full of the local flora and fauna which merge gently into the surrounding countryside. Plus, there are outside sitting and dining areas, sheltered by verandas. A large pool with loungers overlooking the lakes and woodlands. Local villages are just a short walk from the property. For further information visit www.devonyoga.comn or email us at info@devonyoga.com

Holistic Yoga Autumn Retreat

With Duncan Hulin, Andrea Guest and Barry Elms

Experience a weekend of yoga, pranayama and meditation with time to relax at our yoga retreat. Enjoy the beautiful surrounding countryside at the Rill Estate near Buckfastleigh, Devon.

On 11-13 November 2022 from 3pm Friday until 3pm Sunday (2 nights full board). Savour the delicious and nourishing vegetarian cuisine and practice in the spacious and light studio. (Please note: the price for the residential includes accommodation, all food and drinks, three yoga sessions per day and evening kirtan (chanting) on Saturday. For further information, see our website at: www.devonyoga.com or email us at info@devonyoga.com

21 May 2022, 10am-4:30pm
Holistic Yoga Workshop with
Duncan Hulin – Open to all
The Yoga Space
(near Ashburton)
Liddy Ball, Bickington
Newton Abbot, TQ12 6NZ.
Includes: Breath only kriyas, asana, shavasana, satsang, miscellaneous practices and pranayama.

Book via:
emilykatsunoyoga@gmail.com

25 June 2022, 10am-4:30pm
Holistic Yoga Workshop with
Duncan Hulin – Open to all
Yoga Torquay, The Studio
Park Lane, Torquay, TQ1 2AU.
Includes: Breath only kriyas, asana, shavasana, satsang, miscellaneous practices and pranayama.

Book via: www.yogatorquay.co.uk/events/

10 September 2022,
10am-4:30pm
Holistic Yoga Workshop with
Duncan Hulin – Open to all
ELM Yoga, St Austell Business Park,
Unit 12, Carclaze, Saint Austell,
PL25 4 FD.

Includes: Breath only kriyas, asana, shavasana, satsang, miscellaneous practices and pranayama.

Book via: emma@elmyoga.co.uk



Please note:

While we invite and encourage contributions to this newsletter, the content and views included in the articles below are those of the authors and not necessarily of the Devon School of Yoga

The fourth (prāṇāyāma) surpasses the spheres of internal (prāṇāyāma). ब्रह्मान्यन्तरविषयम् । वैशाकालसंख्याभिर्ब्रह्मविषयपरिवृष्ट आक्षिप्तः । उभया वीर्यसुक्षमः । तत्पूर्वको भूमिजयात्केणोभयोर्गत्यभावशब्दतुर्यः प्राणायामः । सूतीयस्तु विषयात् स्तोचितो गत्यभावः सहवारब्ध एव, वैशाकालसंख्याभिः परिवृष्टो वीर्यसुक्षमः । चतुर्पार्श्वस्तु श्वास-प्रश्वासस्योर्विषयवारणात्कर्मेण भूमिजयाकुभयाक्षेपपूर्वको गत्यभावशब्दतुर्यः प्राणायाम इत्यव्यविशेषः ॥

The Role of Prāṇāyāma in Pātañjalayoga

By James Russell

Extract from an essay on premodern prāṇāyāma, submitted as part of James' MA in Traditions of Yoga and Meditation at SOAS, University of London

Patañjali's Yogasūtra 1 introduces breath retention in Chapter 1 as a means of concentration in order to overcome kleśas (obstacles): "Or [stability of mind is gained] by exhaling and retaining the breath." (1.34, Bryant 2009).

In Chapter 2, Patañjali situates prāṇāyāma as the fourth of eight auxiliaries (aṣṭāṅgayoga). It is preceded by āsana (posture) and followed by pratyāhāra (sense-withdrawal). Patañjali outlines three parts of the breath: bāhya-vṛtti (exhalation), ābhyantra-vṛtti (inhalation) and stambha-vṛtti (retention). Breaths are controlled according to deśa (place), kāla (time) and sāṃkhya (number) and "become long and subtle" (2.50, Hariharānanda 1983). Suppression of the breath may result in a series of upward movements of prāṇa termed udghāta, meaning 'eruption' (Mallinson & Singleton 2017).

A fourth breath control is posited in which respiration is completely suppressed for an indefinite period. Vijñānabhikṣu's fifteenth century Yogavārttika commentary equates this suppression with kevala-kumbhaka (Rukmani 2001). It is also reminiscent of the Buddha's experiment with "meditation without breathing" (Bronkhorst 2009).

In Pātañjalayoga, the results of prāṇāyāma are twofold: "the covering of the light is lessened" and "the mind becomes capable of the fixations" (Pātañjalayogaśāstra 2.52 - 2.53, Mallinson & Singleton 2017).

Vyāsa's commentary expands upon these verses, establishing breath control as a form of revelatory tapas: "The practice of prāṇāyāyama weakens and gradually attenuates that karma of the yogin which veils revelation and brings about the cycle of births. Thus, it has been said: 'there is no tapas superior to prāṇāyāma; it removes impurities and makes the light of knowledge shine'" - "fixity of mind can be established" (2.52-2.53 Hariharānanda 1983:)

In Chapter 3 of the Yogasūtra (3.39-3.40), Patañjali states that the conquest of udāna and samāna vayus (internal winds) results in a number of powers, including the power to consciously exit the body at death. Vyāsa discusses five vayus which correspond with the schema of the Artharva Veda (Zysk 1993). Although neither verse explicitly references prāṇāyāma, an implicit association may be inferred.

Other Upcoming Events

3 April, 2-6pm
Pranayama in Holistic Yoga Workshop and Supper with James Russell
Whitchurch Community Hall
PL19 9ED
£50, To book, contact:
hello@yogawithlauren.co.uk
www.yogadaysondartmoor.co.uk

15-18 April
Spring Awakening: Easter Weekend Dartmoor Retreat
A nurturing, rejuvenating, gentle retreat harnessing the awakening, rebirth energies of spring.
Vinyasa flow yoga, restorative yoga, pranayama, meditation, guided moorland walks, creative workshops and delicious, professionally catered wholefood plant-based meals.
Includes:
• 3-night's accommodation in single occupancy room
• 6 yoga classes
• 6 meditation sessions
• 2 creative practice workshops (may range from: theatre, voice work, art-making, creative writing)
• 2 guided moorland walks
• All wholefood plant-based meals

Bala Brook Retreat Centre
South Brent
Bala Brook
South Brent
TQ10 9ED
£395-£495, 7pm arrival day to 10am departure day
To book, see the following link:
www.whollyyoga.co.uk/retreats

24 April, 2-5pm – All levels welcome!
Introduction to Acroyoga
Yoga Torquay
The Studio
8 Park Lane
Torquay
TQ1 2AU
£36, To book, see the following link: www.yogatorquay.co.uk/events/

Other Upcoming Events

The role of prāṇāyāma in Pātañjalayoga is substantial and noteworthy.

- i. Patañjali prescribes exhalation and retention of breath for overcoming obstacles and acquiring stability of mind.
- ii. Patañjali locates prāṇāyāma within the framework of eight auxiliaries, as a logical progression of posture and a precursor of sense-withdrawal. Four methods of breath control are outlined: place, time, number and complete cessation. Prāṇāyāma is presented as a prerequisite for concentration. It is designated a supreme form of tapas with the capacity to cleanse the practitioner of karma, interrupt the continuum of rebirth and illuminate the gnosis.
- iii. Patañjali alludes to powers acquired through the conquest of internal winds.

It is fitting that Patañjali uses the Sanskrit term vṛtti in his taxonomy of respiration - the same term employed in his famous maxim “yogaś citta-vṛtti-nirodhah”(1.2)”Yoga is the stilling of the changing states of mind.” (Bryant 2009). This semantic parallel aligns suppressing the vṛtti of the breath with Patañjali’s wider directive of suppressing the vṛtti of the mind. Additionally, the weakening of karma extinguishes the cycle of rebirth. Prāṇāyāma’s role in Pātañjalayoga is thus in accord with the ascetic ideal of suppressing all activities in order to arrest karma and achieve liberation.

Note

1) Philipp Maas has argued convincingly that the Yogasūtra and Vyāsa’s Bhāṣya commentary are one unified text authored by Patañjali entitled Pātañjalayogaśāstra (Maas 2013:57-69). Maas dates the text between 325 -425CE. (Maas 2013:66)

References

- Bronkhorst, J. (1993) The Two Traditions of Meditation in Ancient India. Delhi: Motilal
Bryant, E. (2009) The Yoga Sūtras of Patañjali. New York: North Point Press
Hariharananda, S.Ā. (1983) Yoga Philosophy of Patañjali. New Yoga: SUNY
Maas, P. (2013) A Concise Historiography of Classical Yoga Philosophy. Periodization and Historiography of Indian Philosophy. Publications of the De Nobili Research Library
Mallinson, J. & Singleton, M. (2017) Roots of Yoga. Milton Keynes: Penguin Classics
Rukmani, T.S. (2001) Yogavārttika of Vijñānabhiksu. New Delhi: Munshiram Manoharlal Publishers Pvt. Ltd
Zysk, K. G. (1993) The Science of Respiration and the Doctrine of the Bodily Winds in Ancient India. Brill: Journal of the American Oriental Society, Vol 113, No2, 198-213

12 June 10am-5:30pm
Holistic Day Retreat on Dartmoor
Meavy Village Hall
PL20 6PJ
£60 (or £30 for half the day)
To book, contact: hello@yogawithlauren.co.uk
www.yogadaysondartmoor.co.uk

28-31 July
Yoga and Kayaking Retreat in Devon
(Re)treat yourself with a nurturing yoga retreat in Devon countryside. Includes vinyasa and restorative yoga classes, a river kayaking trip, meditation sessions, creative workshops, sauna, sound healing session, whole food plant-based meals.
Includes:

- 3-night's accommodation
- 6 yoga sessions
- 5 meditation sessions
- 1 half-day kayaking tour on the river dart
- 1 sound healing session
- 2 creative practice sessions
- 9 delicious wholefood plant-based meals
- daily fruit and herbal teas
- sauna in the evenings after 6pm

Eden Rise Retreat Centre
Sandwell Barns
near Totnes
TQ9 7LJ
£475-£595, 4pm arrival day to 4pm departure day.
To book, see the following link:
www.whollyoga.co.uk/retreats

Music recommendations
Mantras of Peace. Hope Love Faith. By Elise & Charlie
(Elise is a DSY Teacher Training Course graduate)
<https://www.eliseandcharlie.com>



Inspiring words

First Down Dog of the Day

Poem by Sue Antell

"Coming in to the first Down Dog of the day,
Pouring my weight down my legs to my feet,
Wagging my tail as I stretch;
Spreading my hands - the pads of my paws.
Wait. Pause. Consult the inner teacher.
What kind of dog shall my dog be today -
Lithe length of whippet, languorously stretching?
A collie's coiled energy, ready to spring?
Curled, contained Westie, laid out soft on the mat?
No.

Planted, stable and stately,
from crown through to tailbone,
Great Dane is my dog of the day."



Breathe

Poem by Natalie Rodriguez

"Breathe
Mind wandering, racing
Feeling uneasy
Thoughts swirling, unrelenting
Turbulent and stormy
Too many to-dos, must-dos
Unable to think clearly
Too many could-dos, should-dos
Feeling weary
Rolling out my mat, sitting
Hands in lap resting
Shoulders relaxing
I settle, breathing
Inhaling deeply
Pausing
Exhaling completely
Repeating
With each breath I relax deeper
The storm is breaking
My mind is getting clearer
Thoughts easing
My chest rising and falling
It's getting brighter
Calmness is calling
I'm feeling lighter
In my breath I awaken
The fog has lifted
My worries taken
With a quiet mind I've been gifted"



Welcoming in Spring with Ayurveda

By Virginia Compton, DSY Postgraduate Yoga Therapy Graduate

Ayurveda, the science of life, gives us clear guidelines on seasonal and cyclical living. As well as the daily routine, known as Dinacharya, this includes seasonal practices to cleanse the body. Spring is one of the recommended seasons to do a cleanse. But why do we cleanse at this time and why cleanse at all?

Ayurveda uses natures elements as its guide. The elements make up our constitution or dosha balance, which then inform what our disease tendencies might be, this in turn helps us to prevent disease as well as to holistically treat any imbalance which may arise. As well as being present in the body these elements are seen in the different times of day and in the seasons of the year. Let's focus now on the transition from winter into spring.

Winter is a time where we move more slowly, we may become more restful and feel heavier and more grounded. It is cold, damp and dark outside and so we naturally spend more time indoors and become less active. It is important that we honour this seasonal shift and take time to rest. We see this as a time when Kapha dosha is likely to be more dominant, Kapha is the earth and water elements. Because we are more grounded and the climate is damp, we can find that we naturally accumulate more Kapha qualities in the body such mucus and that we gain a little body weight as well as feeling more tired or sluggish.

As spring approaches the lighter and warmer climate emerges. We find that we begin to become more active and our energy levels and tendency to get outdoors come alive once more. This is the time when the Kapha dosha is reducing and we are gradually moving toward a time of more Pitta, the fire element which is at its height in the summer. Typically, this is also a time when we may see spring colds or respiratory issues emerging together with an increase in mucus in the chest, sinuses, nose and respiratory system. In Ayurveda we say that at this time the doshas are 'mobile' they are changing from one to the other. This is what makes it the perfect time to do a dietary cleanse.

An Ayurvedic cleanse can be very a simple offering to yourself. A suggestion is to have a mono diet of the traditional healing food kitchari (there is a recipe on my website). You can do this for just one day, three days or up to ten days. The Kitchari is made from white basmati rice and mung daal and together with seasonal vegetables is a complete food so gives you all of the nutrients your body needs. During the time it is advisable to be restful, to avoid over exerting yourself and to take some time out from work and the hectic pace of daily life. Spices can be added according to your dosha to address any imbalance and to aid digestion. In addition, you may wish to try some Ayurvedic herbs, it is advisable to research what may best suit you beforehand.

As well as the dietary method of cleansing we can use the practices of Kriyas during this time. The Devon School of Yoga Kriyas are perfect for shifting the excess Kapha and for promoting respiratory and digestive health. I can always hear Duncan saying 'cleanse and purify' whenever I practice or teach these incredible techniques that originate with Dr Pillai from Kerala. The kriyas, especially the standing version, only need to take ten minutes in the morning and are a great addition to your cleanse along with jala neti, washing out the nasal passages with warm saline water. In the evenings a self-nurturing abyanga (body massage with warm oil) followed by an epsom salt bath can help the detox process and promote a restful sleep. Ensuring you go to bed and rest before 10pm further helps the body to repair and rebalance itself.

Ayurveda can feel confusing and is complex, but it also has a wonderful and logical simplicity to its practices. Noticing the elements, the seasons and our constitutions, Honouring the times of shift and change and then embracing the time of change by taking care of ourselves. As we know, when we care for the body, we also care for the mind. Ayurveda and its practices are the ultimate in holistic self-care, and completely accessible for everyone.

Virginia Compton is currently based in Ashburton and offers Ayurvedic lifestyle and bodywork sessions there. Her website is www.virginiacompton.co.uk

Kitchari = 1 pot nutritionally balanced, easily digestible dish

By Judith Morrison

The dish can be served with chutneys and yogurts of choice, or even a samosa or bhaji goes well. This healing Ayurvedic dish balances the doshas and is easily digestible.

Ingredients:

- Ghee or choice of cooking oil (sunflower/rape/olive/etc)
- Sea Salt
- Fennel Seeds
- Cumin Seeds
- Coriander Seeds
- Onions
- Organic white basmati rice (brown can also be used)
- Yellow split mung dahl
- Seasonal/available vegetables of choice
- Sesame seeds (optional)
- Chutney (optional)
- Yogurt (optional)

Method: Place ghee or oil in a medium sauce pan. Slow fry onions with a pinch of sea salt with lid on to bring the sweetness out. Add 1/2 tsp of fennel, cumin and coriander SEEDS (if you want, before you add them to meal you can dry fry them). Lightly fry the onions and these seasonings together. Get 1/2 organic white (brown can also be used) basmati rice and 1/2 yellow split mung dhal. (There's an Indian food store on Well Street in Exeter who sells these). Put rice and beans together, wash them and drain, then add those to the pot - stir in so the rice and mung get covered with the oil. Fill saucepan half full with hot water and then while that's coming to boil, add vegetables - large chunks (please note – all the vegetables listed below are of your choice depending on the season and availability): Roll cut (e.g. carrots, squash, turnips) are added first, on top of them put in large chunks of courgette, broccoli and/or cauliflower (i.e. root veg and flower veg). Just before putting lid on - could add tamari or veg stock - can also put pinch of ground coriander or turmeric. Put the lid on. Turn the heat down so that the pot simmers gently for roughly 20 minutes. After 15 minutes, test if it is already cooked (i.e. no water left in the bottom of the pan).

Additional Notes: Each time the dish is made it can turn out anywhere along a spectrum of dry to wet kitchery. Add a pinch of turmeric which acts as an antiseptic. Gomasio - toasted and grounded sesame seeds with a pinch of sea salt can be sprinkled on top of the dish.

Enjoy!

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 a 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

