

the devon school of yoga

# newsletter

SPRING 2023

## welcome to spring!

Welcome to the 2023 Spring edition of the Devon School of Yoga's Newsletter. We trust that you are keeping well and enjoying the early spring energy. We hope that this issue of the DSY newsletter will provide you with plenty of insightful holistic yoga perspectives as well as several helpful 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.

Enjoy! Duncan

## DSY Postgraduate Yoga Therapy Course

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**Starting in September 2023** this course offers a broad and deep base of academic, practical, and experiential studies for those seeking to further understand the therapeutic benefits of yoga and how to share them.

It is a 25-day course held over 12 weekends spread over 2 years. One of the weekends is a Thursday to Sunday long weekend residential at peaceful Middle Coombe Farm. This venue is ideally located in the rolling countryside of Devon.

It offers a beautiful natural environment that is perfect for yoga study and contemplation. Sessions are held in a converted thatched cider press barn, with underfloor heating and beautiful views across the Devon valley. The residential is included in the course fee.

For further information, visit [www.devonyoga.com](http://www.devonyoga.com) or email us at [info@devonyoga.com](mailto:info@devonyoga.com)

## DSY Yoga Teacher Training Course

**Starting 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 20 weekends in Devon, two of which (6 days in total) are long Thursday to Sunday weekend residentials (and are included in the course fee). Plus, four comprehensive course manuals are provided.

The course is taught over 20 monthly weekends, plus home study and practice, leading to 500-hour teaching qualification as well as registration with the Yoga Teachers Together (YTT). 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, visit [www.devonyoga.com](http://www.devonyoga.com) or email us at [info@devonyoga.com](mailto:info@devonyoga.com)

[www.facebook.com/devonyoga](https://www.facebook.com/devonyoga)



## Spring North India Yoga Retreat at Basunti 23 March until 8 April 2024

For those looking for a place to immerse in 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.com](http://www.devonyoga.com) or email us at [info@devonyoga.com](mailto:info@devonyoga.com)

## Holistic Yoga Summer Retreat with Duncan Hulin, Andrea Guest and Barry Elms 28-30 July 2023

3pm Friday until 3pm Sunday (2 nights full board). 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. 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, six yoga sessions, and an evening kirtan (chanting) on Saturday.

For further information, see our website at: [www.devonyoga.com](http://www.devonyoga.com) or email us at [info@devonyoga.com](mailto:info@devonyoga.com)





## DSY Workshops

### DSY Workshops

**3 June 2023, 10am-4:30pm**

#### **Yoga Workshop with Duncan**

**Hulin** – Open to all. This workshop will include breath-only kriyas, asanas (both held and dynamic), satsang (meditation followed by philosophical discussion), miscellaneous practices, and pranayama

The Soma Shala, Liddy Ball, Bickington, Newton Abbot TQ12 6NZ

To book a place, email: emilykatsunoyoga@gmail.com

**1 July 2023, 10am-4:30pm**

#### **Yoga Workshop with Duncan**

**Hulin** – Open to all. This workshop will include breath only kriyas, asanas, satsang, miscellaneous practices and pranayama

Yoga Torquay, The Studio, Park Ln, Torquay TQ1 2AU

To book a place: [www.yogatorquay.co.uk/events](http://www.yogatorquay.co.uk/events)  
Any questions, email: [alice.chapman@devonyoga.com](mailto:alice.chapman@devonyoga.com)

**11 November 2023, 10am-4:30pm**

#### **Yoga Workshop with Duncan**

**Hulin** – Open to all. This workshop will include breath-only kriyas, asanas (both held and dynamic), satsang (meditation followed by philosophical discussion), miscellaneous practices, and pranayama

ELM Yoga, St Austell, St Austell Business Park, Carclaze, Saint Austell, PL25 4FD

To book a place, email: [emma@elmyoga.co.uk](mailto:emma@elmyoga.co.uk)

**2 December 2023, 10am-4:30pm**

#### **Yoga Workshop with Duncan**

#### **Hulin**

Open to all. This workshop will include breath only kriyas, asanas, satsang, miscellaneous practices and pranayama

Angle Hall, Bowden House, Totnes TQ9 7PW

To book a place, email: [joyfulprater@googlemail.com](mailto:joyfulprater@googlemail.com)

## DSY UPDATE

### News from the Devon School of Yoga

As you know, Duncan and the team at the school are making continual improvements to the school. Here are some of the school's most recent updates:

We are very pleased to announce that we are moving our Yoga Teacher Training Course non-residential weekends, and all courses' residential weekends to the beautiful Namaste Barn in Ideford, Devon: <https://johamiltonyoga.co.uk/>

We're also pleased to let you know that our new and updated Pre and Postnatal (PPN) Yoga Teacher Training Course is now underway. If you're interested in our next PPN course, you can contact the office at [info@devonyoga.com](mailto:info@devonyoga.com) to let us know and we'll keep you updated.

Naturally, we are always very busy studying and revising all of our course manuals so that our courses are not only current they also continue to evolve and grow. The aim is to always do our best to share the yoga wisdom with clarity.

DSY social media channels:

Facebook: [www.facebook.com/devonyoga](http://www.facebook.com/devonyoga)

Instagram: [www.instagram.com/devonschoolofyoga](http://www.instagram.com/devonschoolofyoga)

Website: [www.devonyoga.com](http://www.devonyoga.com)

[www.instagram.com/devonschoolofyoga](http://www.instagram.com/devonschoolofyoga)



## NEW: Namaste Barn Yoga & Meditation Studio

By Jo Hamilton, DSY Foundation Course and Teacher Training Course Graduate

It's great to see the blossoming of Namaste Barn Yoga Studio and Meditation Studio and it is with great joy to announce that this venue will now be the hosts for Devon School of Yoga Teacher Training weekends as well as residential.

Now in our second year, one of the greatest joys is the sense of the yoga community growing here. Like nature finding its way, it just happens. Wonderful authentic teachers sharing heart-warming practices.

I'm delighted to have Norman Blair, Virginia Compton, Elise Yuill Cohen, James Russell and others hosting classes, workshops & retreats here. I need to pinch myself regularly!

There's something about this space that touches us. One yogi (and healer) said "it's not just a peaceful energy at Namaste Barn, it's a nourishing transformational energy", and everyone agrees.

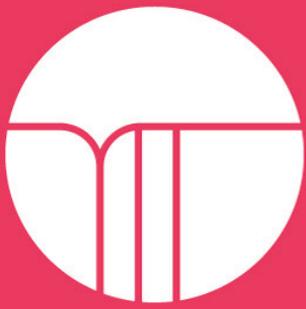
I continue to share Weekly Mindful Neurogenic yoga, Yin Yoga and Yoga Nidra, and Release Relax Renew Retreats alongside my 1:1 trauma and stress therapy sessions. And every 3rd Monday Evening we host with Sally Wilson an Acoustic Sound and Gong Bath.

What's new here is the opportunity to take an Airbnb. The Stable and Cabin at Namaste Barn offer you a beautiful breathing space. Situated in the rolling hills of Devon close to the stunning Dartmoor National Park. Take in breath-taking views, enjoy wonderful walks, or head to the coast and beaches from just 15 minutes drive away. Free Parking, delicious fresh air, and birdsong!

If you'd like to join this growing community, or perhaps host a workshop or class here, please do get in touch. I'd love to welcome you. With love and smiles Jo.

[johamiltonyoga.co.uk](http://johamiltonyoga.co.uk)

[www.devonyoga.com](http://www.devonyoga.com)



YOGA  
TEACHER  
TRAINING  
SCHOOL

## Farewell to the IYN, Hello to YTT

As many of you may be aware, Duncan was a founder member of the IYN (Independent Yoga Network) back in the early 2000's. Also the Devon School of Yoga and many of its graduate teachers have been registered with the IYN for years. However, after many years of excellent support to the UK yoga community, the IYN will be closing in the autumn of 2023.

However, good news, there is a new organisation who will be stepping in to provide support and registration for the school and any graduates who wish to likewise have it's support. This is: The YTT (Yoga Teachers Together).

Duncan and most of the DSY tutors are now registered Yoga Elder Members and some of you may be eligible to apply for this membership as well. We highly recommend all students and graduates become members of YTT. If you decide to do this, you can join as either a Yoga Teacher or a Trainee Teacher. The Devon School of Yoga is now a registered yoga Training School with the YTT. If you are joining as a Training Teacher, you will need a letter of recommendation from the school. Some of you have already done this. If anyone else wishes to do so, just let the office know (and again, I highly recommend this as it will be most beneficial to be affiliated with the YTT when you begin to teach).

Here is the link to their website and the school's registered YTT number:

- <https://yogateacherstogether.org/>

- YTT Number for Devon School of Yoga = NO: 043YES



# Are thinking of taking your training to the next level?

By Katy Fox, DSY Postgraduate Yoga Therapy Course Graduate

I've recently completed my Postgraduate Yoga Therapy Training with the Devon School of Yoga. I thoroughly enjoyed this course and found it an enriching experience.

I now have a deeper understanding of how Yoga can support a holistic approach to healing. And have gained a new depth to my knowledge and confidence in being able to support people with various life-limiting health conditions; helping them find more strength and balance emotionally, physically and mentally; and enjoy a better quality of life.

The course has also helped me on my own healing journey and sparked an interest in the effects of stress on the body, particularly our nervous system, and immune and endocrine systems. I have a particular interest in how long-held trauma can show up in the body and how Yoga and Somatic based practices can support the healing process.

The course was rich in content and delivered by a team of very knowledgeable and experienced tutors, all from varying

backgrounds which complimented each other. I felt supported throughout the course, with tutors available anytime you had a question or needed guidance.

There was a good balance of theory and practical delivered each weekend, with both an in-depth manual and worksheets to refer back to. Content covered yoga and therapeutic principles, physiology and anatomy, applied to a wide variety of health conditions. There was also helpful practical support given to ensure professionalism when working within a therapy based role.

If you are thinking of taking your training to the next level and are looking to complement your existing Yoga training, I can highly recommend this course.

Thank you to Duncan and the team at the Devon School of Yoga.

Warmest, Katy  
[www.yogawithkaty.co.uk](http://www.yogawithkaty.co.uk)



## Best wishes for a wonderful retirement Sally Ornellas

by Duncan Hulin

With big hugs we send wonderful retirement wishes to Sally Ornellas who has been a tutor for the DSY for 12+ years.

Sally and I first met on a Yoga day way back in 1994 at what was then known as the Exeter Arts Centre (now the Exeter Phoenix). She trained as a yoga teacher on our yoga teacher training course (which was then held at Lower Park, Coldridge in mid Devon) between August 1996 and July 1998. She then went on to train with the Devon School of Shiatsu near Totnes from 2006 to 2009 and began teaching for the Devon School of Yoga on our Yoga Teacher Training Courses around this time as well.

Furthermore, Sally was amongst the members of the DSY team who created our Postgraduate Yoga Therapy Course and she taught on this course from its inception in 2010 until deciding to retire in 2022. Sally's offerings to each course have been the sharing of her knowledge in Yoga for Mental and Emotional Health, which comes from her lifelong and professional interest: "what makes us humans

tick" and "why some people struggle more than others with mental and emotional difficulties. Sally feels that yoga originally came about because of humankind's tendency to get easily unsettled mentally and emotionally and to want things to be different from the way they are. This has always driven her own practice as when she first came to Yoga she was in that place!

Sally looks forward to the extra time that retirement can bring and will spend this with her partner, Peter, in North Devon. Sally and Peter are also planning to get a van and do a bit of travel in this amazing country in which they will explore and go walking and, who knows, perhaps sunnier climates will call too. And, of course, Sally plans to continue her yoga practices and re-engage with her lovely local teacher and attend her classes.



# From the fearful worrier to the humble warrior

By Birgit Cloos, Current DSY Teacher Training Course Student

**My name is Birgit, and I am in year 1 of the yoga teacher training course. My way into yoga was probably like for most through posture work. I had my first yoga class in a gym and liked the exercises. At university I did some Tea Kwon Do, so the warrior postures reminded me a bit of that.**

In 2016 I suffered a burnout because my mind was never switching off from work and I decided I need to do more for my mind, so I started to learn and practice mindfulness but sometimes I felt like that my life was lacking purpose and that I had been depleted of energy for some time. Then the Covid pandemic brought huge changes for most of us, in my case I was diagnosed with early breast cancer in spring 2021.

I felt that after various health adversities I needed to change things further in my life. Life is so precious and actually quite short. Often, we assume we live for ever but that is clearly not the case. It was not that I was leading a completely unhealthy life, but something clearly was not right. After my surgery (luckily, I did not need chemotherapy or radiotherapy and I am on tablets for the next few years) I spent some thoughts on what to do differently. Certainly, I wanted to put more focus on doing things which I enjoy. – But what things have I been enjoying or are important to me? As part of my recovery from the surgery I went on lots of little walks in local nature reserves and I tried with gentle exercises and yoga to regain my arm and shoulder strength and mobility.

Prior to my diagnosis I had signed up for the yoga foundation course. One of my questions for the breast surgeon was, will I be fit for the yoga course. My breast surgeon said yes, so I went off to practice more yoga 3 months after my surgery with the Devon School of Yoga. The support from all the teachers and people in the group has been amazing. At the end of the foundation course, I thought about signing up for the yoga teacher training course which I started in September 2022. I am so glad that I did sign up. There is a lot to learn but I find it so helpful for my physical and mental wellbeing and I started to practice yoga at home which I continue doing most days besides attending a weekly class.

I have been a pharmacist working in cancer services for almost

20 years. I somehow have the hope that one day I will combine my work as a pharmacist with being a yoga teacher. I think there are so many aspects in practicing yoga which can either help to prevent diseases or support patients who have chronic illnesses to lead a better healthier life. Whilst writing one of my yoga essays I suddenly had the idea that when I am qualified, I would like to design specific yoga classes which can help other women to regain strength and flexibility after breast cancer surgery. For myself, I also noticed that yoga helps me with body confidence and to accept my body now as it is, so I made the decision to decline any further breast surgery unless medically indicated. Many women, me included, have to take endocrine therapy as part of their treatment which can cause quality of life limiting side effects like hot flushes and joint pain. Again, I am hoping that yoga can help women to tolerate their medication better which will improve adherence to medication and potentially reduce the risk of recurrence. So far it has been working for me. I am tolerating the tamoxifen quite well.

Learning and practicing yoga has certainly given me a new purpose in life and I am very grateful for all the support I have been receiving from teachers and other students in my group. I feel more connected with people and try to find some things to be grateful for each day. I also enjoy other activities like outdoor swimming, kayaking, walking and running. However, I noticed that times of silence and reflection are as important as being physically active.

I am hoping that gradually I am moving from the fearful worrier which I have been for many years (or even decades) to the humble warrior who can rest in herself and be grateful for whatever evolves in life. My favourite yoga posture is actually the crow. It has been for many years. For me the posture incorporates trusting oneself, strength, focus, balance, concentration, patience, bravery and a bit of fun.

Namaste



## REVIEW: Fundamentals of Meditation Workshop

By Natalie Rodriguez, DSY Teacher Training Course Graduate and Current DSY Pre and Postnatal Yoga Teacher Training Course Student

Sabina & Adam from Kalyan Yoga ran a meditation workshop at the Lotus Loft in October 2022. I struggle with meditation so I was curious to learn what tips Sabina & Adam had to offer.

The workshop was really interesting and well planned, they talked about Buddha, philosophical concepts such as Maya and Dukkha, Patanjali's 8 Limbs of Yoga and the various meditation postures we can adopt and how to sit comfortably. We practiced a few meditation techniques in the afternoon which were helpful to learn and once again really interesting.

As well as their clear passion for meditation and keenness to share their knowledge we were also provided with resource materials and 3 guided meditation recordings as part of the workshop.

If you'd like to learn more about meditating I would highly recommend attending one of their workshops. They also run silent meditation retreats which sound wonderful as they are such warm and welcoming people!

[www.kalyanyoga.com](http://www.kalyanyoga.com)



## Exeter Loves Yoga

Founded by DSY Tutor James Russell now run by Annelie Carver

Exeter Loves Yoga (ELY) is a collective of yoga teachers, offering a range of yoga classes, workshops, retreats and courses in the Exeter area. The ELY was originally created by James Russell as his final project on the DSY Teacher Training Course many years ago.

The project was aimed to bring the Exeter yoga community together. The model has likewise been used in other cities. In recent years, Annelie Carver has kindly taken the reins and developed it further. As you may be aware, the Devon School of Yoga is very in to cultivating healthy a yoga sangha and we encourage you all to do your best to also bring your own local yoga sangha together. [www.exeterlovesyoga.co.uk](http://www.exeterlovesyoga.co.uk)

## Upcoming Events

1 April 2:30-4:30pm  
Yin Yoga & Guided Relaxation  
Lotus Loft, 25 Southernhay E,  
Exeter, EX1 1QP  
£20  
[yogawithtara@outlook.com](mailto:yogawithtara@outlook.com)

23 April 3-6pm  
Restorative Yoga Workshop  
Shaugh Prior Village Hall  
PL7 5HA  
[hello@yogawithlauren.co.uk](mailto:hello@yogawithlauren.co.uk)  
07808 556135

13 May 2023  
All Day Wellness Yoga Retreat  
Includes delicious Ayurvedic  
food. Arrival nibbles, Lunch  
and afternoon tea and cake.  
[jopureyoga@gmail.com](mailto:jopureyoga@gmail.com)  
£80

21 May 9am-4.30pm  
Yoga & Dartmoor walking day  
Meavy Village Hall PL20 6PP  
[hello@yogawithlauren.co.uk](mailto:hello@yogawithlauren.co.uk)  
07808 556135

4 June 3-6pm  
'Deepen your Practice' Holistic  
Yoga Workshop  
Shaugh Prior Village Hall  
PL7 5HA  
[hello@yogawithlauren.co.uk](mailto:hello@yogawithlauren.co.uk)  
07808 556135

21-24 July  
Healing with Ayurveda & Yoga  
Devon UK (a nice introduction  
or short dive).  
[info@virginiacompton.co.uk](mailto:info@virginiacompton.co.uk)

5-9 October  
Rest and Digest  
Devon UK (deeper dive)  
[info@virginiacompton.co.uk](mailto:info@virginiacompton.co.uk)

25 November-6 December  
Ayurveda and Yoga retreat  
Cherai Kerala, India (fully  
immerse)  
[info@virginiacompton.co.uk](mailto:info@virginiacompton.co.uk)

# Cyclical Wisdom and Ayurveda - Sattvic Soul

By Virginia Compton, DSY Tutor and DSY Yoga Teacher Training & Yoga Therapy Graduate

It's incredible how, after completing teacher training, our yoga practice and focus can continually grow, shift and change. I find myself now, 14 years after completing my training with DSY (is it really that long ago?), largely focusing on ayurveda and weaving into this approach cyclical wisdom that I've picked up along the way. So much so that I've now written a book about my approach titled 'Sattvic Soul.'

We are all a product of our experiences in life, on and off the mat, this is what informs our practice and ultimately what we offer our students. My approach is largely influenced by my training from DSY and from teachers I've studied with and worked alongside since, incorporating traditional approaches straight from established Indian lineages alongside a strong matriarchal and shakti approach. Combining these can feel paradoxical at times and challenging! But somehow it seems to all be coming together. On reflection that's how it works in nature, the strong more systematic approach mirrored by the more flowing feminine then becoming one. The structures and rules of ayurveda combined with the cycles of nature herself. How does this work together, nature's cyclical wisdom and ayurveda? We need to understand that although ayurveda can appear very structured and full of rules and nature's cycles can seem very fluid and flowing, they are not different, they are the same. It is our way of viewing them that can make these things feel separate.

In nature everything is cyclical, seasons, day and night, sun and moon. In our bodies there are also lots of cycles, breath cycle, sleeping and waking, life cycle, digestion, reproductive and menstrual cycles. We are part of nature, we forget this and have a tendency as humans to consider ourselves superior somehow, but really we are no different that any other part of the cosmos. When we remember this then we can begin to connect to how everything else is cyclical and how we are also cyclical beings. Ayurveda gives us the tools to live in a cyclical way, in tune with nature herself.

Let us use the breath as the point of focus. The breath has four seasons, in breath is spring with new energy, the pause at the end of the in breath is summer, the out breath lets go and is the autumn and the stillness at the end of the out breath is the winter. The breath teaches us everything else we need to know about cyclical living. We just need to sit and listen. When it's dark, at night, or in the winter, we need to rest more, we can naturally feel this in the body, we may feel more kapha or tamasic. When the energy is at its height in summer or in the middle of the day, we may feel we want to be more active and to be out in the sunshine more, so we become more pitta or rajasic. Within this system we learn to notice the energies in nature and in ourselves, we learn to live by these energies, continually rebalancing and adapting as we need.

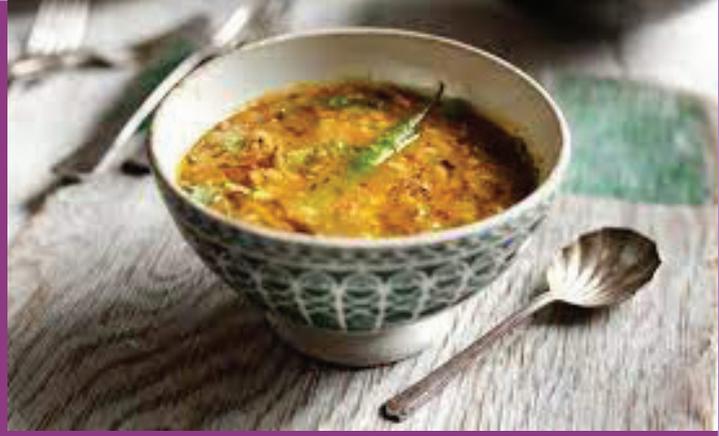
The primary focus in ayurveda is the daily routine, which goes into detail about what time to get up, what activity to perform at specific times during the day, what time to eat, and what time to sleep. This is not only totally in line with modern-day research into circadian rhythms and health, it is also cyclical. I would encourage you to look at the rules, then look beyond them and see the cycle. Ayurveda is cyclical wisdom from nature.

If we listen and take notice of the shifting energies of these naturally arising cycles in nature and in ourselves then we can learn to live more in tune with ourselves. This includes adjusting our yoga practice according to the time of day or the season, eating seasonal sattvic food, and noticing when things don't feel balanced so that we can then bring in practices to rebalance and maintain our health and overall well-being.

When we don't pay attention to these cycles, when we get into the habit of not sleeping, or eating food that isn't right for us, working long hours, not taking time to self-care and not having the time to notice the imbalance that is beginning, this is when we would benefit most from these practices and yet this is when we are least likely to use them. This is the human condition, and this is exactly the time that these cyclical practices are designed for. We need to use these practices in our daily life, creating within ourselves an awareness of everyday wellness wisdom. My wish for you is that this book simplifies and makes these practices more approachable so that you feel you can incorporate some of them into your everyday life.

Sattvic Soul is a simple-to-understand, user-friendly and easy-to-follow guide to how you can begin to help yourself. All the cycles are explained along with the various ayurvedic constitutions or doshas. There's a recipe section as well as some simple meditation practices and beautiful herbal bath and moon rituals for you to enjoy as well as some thoughts on daily life and how we approach it, so we feel able to maintain whatever we need to continue to self-care in this most natural, nurturing and nourishing of ways.

You can find more information on the book on [www.sattvic-soul.com](http://www.sattvic-soul.com) Virginia's website is [www.virginiacompton.co.uk](http://www.virginiacompton.co.uk)



# Simple Tarka Style Dhal (serves 4ish)

From Andrea Guest, DSY TTC Graduate and the DSY Residential Caterer

1 cup (approx 225gms) split red lentils washed thoroughly and soaked for a few hours (optional)  
1 teaspoon ground turmeric  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
2 cups (approx 500ml) water  
Approx 200gms tinned or fresh chopped tomatoes (optional)

## Tarka seasoning

A little oil  
1 medium to large red or brown onion halved and finely sliced  
1 teaspoon cumin seeds  
1/2 teaspoon black mustard seeds  
2 cloves garlic, finely grated  
A few dried curry leaves  
1 - 2 whole dried red chillies or a few red chilli flakes (optional) Salt to taste A good dessertspoon of coconut cream (optional)

Put the washed, soaked and drained lentils in a pan with the turmeric, cumin, coriander and tomatoes if using.

Bring to the boil , turn down heat and simmer, stirring occasionally until the lentils are cooked, roughly half an hour (they become soft and mushy) While the lentils are cooking, heat the oil and fry the onions on a medium heat until they soften.

Then add the cumin and black mustard seeds and fry for a minute or so, turn heat down a little and add the garlic, curry leaves and chilli if using

Fry for another few minutes until the onions begin to brown

When the lentils are cooked and still simmering add the tarka seasoning and stir through. Cook for a few more minutes adding salt to taste.

For creamy finish stir in the coconut cream and add a little more water if mixture is too thick.

Serve as a side dish with rice and a curry or eat on its own with seasonal greens and a samosa or bajhi!

Enjoy!