

Welcome to summer!

Welcome to the 2023 Summer Edition of the Devon School of Yoga's Newsletter. We hope you are keeping well and enjoying the summer season. It is with great joy that we bring to you this new edition of the DSY newsletter which includes an abundance of insights and perspectives on all things yoga as well as a deeper introduction to some of our wonderful DSY teaching team.

Enjoy the read and feel free to share it with anyone you know who may be interested.

With OMs and Shanti
The Devon School of Yoga

DSY Courses

DSY – Yoga Teacher Training Course Starting in September 2023. Two places left!

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 residential (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, see our website:
www.devonyoga.com or email us at info@devonyoga.com

DSY – Spring Foundation Course Starting February 2024

This is a 10-day course, based in Devon, and is spread over five monthly weekends two of which are full board residential (included in the course fee). It is aimed at yoga students who wish to deepen their practice, knowledge, and experience of yoga. The course offers a broad base of practices from which yoga students can enrich and develop their yoga life skills. It is also a prerequisite for our Yoga Teacher Training Course (if other requirements are not met). The course is 68 taught hours, and two comprehensive course manuals are provided. For further information, see our website at: www.devonyoga.com or email us at info@devonyoga.com

DSY - Postgraduate Yoga Therapy Course Starting in September 2024

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 Namaste Barn. 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. The studio has underfloor heating and beautiful views across the Devon Valley. The residential is included in the course fee. For further information, see our website at: www.devonyoga.com or email us at info@devonyoga.com

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



Postures Versus Poses

By James Russell. Devon School of Yoga Teacher Training and Postgraduate Yoga Therapy Graduate and Devon School of Yoga Tutor

Over the past few years, at the Devon School of Yoga, we have consciously dropped the word ‘pose’ from our teaching vocabulary and the learning materials we provide for our courses. The interpretation of the Sanskrit term āsana as ‘pose’ has become increasingly ubiquitous and almost universal in the yoga world (e.g. padmāsana as ‘lotus pose’, vīrāsana as ‘hero pose’). However, we believe this interpretation is neither semantically correct nor aligned with the principles of yoga we hold dear.

When we investigate the meaning of the term āsana, the Monier-Williams Sanskrit dictionary provides an assortment of translations: āsana n. sitting, sitting down sitting in a peculiar posture according to the custom of devotees (five or, in other places, even eighty-four postures are enumerated; i.e. padmāsana, bhadrāsana, vajrāsana, vīrāsana, svastikāsana: the manner of sitting forming part of the eightfold observances of ascetics) halting, stopping, encamping abiding, dwelling, seat, place, stool, (Monier-Williams 1986 [1899]:159, emphasis added).

‘Pose’ is not included within this broad-ranging entry. Monier-Williams does, however, use the term ‘posture’ as in ‘sitting in a peculiar posture’ and ‘eighty-four postures’. Within the yoga tradition itself, Patañjali’s Yogaśāstra offers a succinct definition of āsana: “Motionless and agreeable form of staying is āsana (yogic posture)” (2.46, Hariharānanda 1981:228). The Haṭhapradīpikā introduces āsana as the first part of haṭhayoga and features fifteen key āsanās - bestowing “physical and mental stability, good health and a lightness of the body” (1.17, Maheshananda & Sharma 2021:76). Most authoritative translations of these works render the term āsana as ‘posture’, meaning “a particular position of the body” (Oxford Dictionary of English (ODE) 2010:1389). Yogic postures are usually accompanied by contemplative breathwork and are held for varying lengths of time. An āsana is thus an external structure that facilitates an internal practice of prāṇāyāma and meditation and is an auxiliary component of yoga’s wider soteriological framework.

The term ‘pose’, however, means something quite different from ‘posture’ and lends āsana a new meaning quite at odds with its yogic application. The Oxford Dictionary of English defines the noun ‘pose’ as:

“1) a way of standing or sitting, especially in order to be photographed, painted or drawn. 2) a particular way of behaving adopted in order to impress or to give a false impression” (ODE 2010:1385)

The verb ‘to pose’ is defined as “[to] assume a particular position in order to be photographed, painted or drawn” (ODE 2010:1385). A ‘pose’ is thus an artificial construct, and the act of posing involves self-conscious affectation for the benefit of observation

by third parties. The term ‘poser’ is cognate with ‘poseur’ and has a pejorative connotation of someone who is a bit of a show-off. If an āsana is a pose, then āsana practitioners could therefore be termed ‘poseurs’, and āsana teachers regarded as teachers of poses to other poseurs.

On social media platforms such as Instagram and TikTok, users photograph and film various āsanās and create images that are typically used for entertainment, advertising and self-promotion. Within this context, describing an āsana as a pose is reasonably accurate because the āsana is performed for the visual consumption of others. However, in the context of yoga as an ontological practice of physical, mental and spiritual development, an āsana is definitely not practised in this way. There is no pose because there is no third party. Yoga is not a spectator sport or a photo opportunity. It is a profoundly personal process of self-enquiry and inner awareness. The interpretation of āsana as ‘pose’ is an erroneous translation incongruent with the objectives of yogic practice. Although the word ‘posture’ can also be used performatively in some instances, such as in ‘posturing’ - “[to] adopt a particular attitude”, the more common usage as a “position of the body” is undoubtedly a more fitting translation of the term āsana than ‘pose’ (OED 2010:1389).

The vocabulary we use is important, especially when communicating concepts from the Sanskrit language. As yoga educators, we believe that it is paramount to provide our students with the most accurate information available, to lead by example and to uphold the principles of yoga in every aspect of teaching.

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Time for practice

By Virginia Compton. Devon School of Yoga Teacher Training and Postgraduate Yoga Therapy Graduate and Devon School of Yoga Tutor

Make time for your practice. Such a throwaway simple phrase. We all lead such busy lives, where do we find the time for practice? If our practice, whatever form that takes, is to bear some kind of fruit, then we need to have time to dedicate to this. But how easy is this in our present day world with so many distractions and expectations?

There is no doubt that humans have for centuries faced similar psychological life challenges, when you consider that the teaching of the Buddha and Patanjali alone focused intensely on the state and functions of the mind. So are things even more challenging now than ever before or do we just feel that they are? And what can we do about this?

Life pulls us in so many directions, work, home, family, friends, society. If we begin to practice Yoga we often begin to feel apart from the more regular and accepted way of viewing and doing things, (if we didn't already), we begin to feel different somehow. Whilst this can be a good thing, we may feel more healthy, happy, peaceful and at ease in ourselves, it can also bring its own challenges.

When we begin to prioritise our practice other things begin to change. Our practice may not just be on the mat, this idea of applying the Yamas and Niyamas in daily life, of being more aware of our impact upon others but also of the need to carve out time for ourselves can seem confusing for onlookers who may have known us 'before'. This is a delicate balancing act for sure.

In my experience when we begin to prioritise ourselves we have to sometimes say no, to create clearer boundaries in order to protect ourselves from what might otherwise eat up our practice time, and we might need to say no a bit more than we have done before. Friends and family can feel confused and think we have gone a bit 'weird'. Because

the effects of practice are so deeply personal and internal it can feel impossible to explain why and what we are doing, therefore as well as being beyond words, it is in fact completely inexplicable to anyone else.

Even after 20 years of practice I am still learning to say no. More recently I've made a conscious decision to prioritise myself more so that I can in turn prioritise my practice. I used to respond to work messages at evenings and weekends, this has now stopped. I would work outside of my scheduled hours (even though I'm self employed), now I'm sticking to the schedule completely. I don't speak to clients in the evenings except on Thursdays. I meet friends and family at times which works for all of us, me included, rather than racing around trying to please everyone at the times they suggest, I now politely explain that I cannot be everywhere at once so we need to find a more convenient date. There have been challenges, and some people have been very belligerent, but through my remaining calm, clear and focused we have made progress. It's an interesting journey!

This is kind of an extension to the Ayurveda daily routine (dinacharya). It's about being clear, calm and focused. This repeated focusing and re-focusing feels calming, reassuring and helps me to feel more in control of my life and what I'm doing. Because of this I now have time to grow herbs in my garden, to cook for myself every day, and to do my practice. Yes It's been a challenge! But clients and friends do adjust and they also say that they wish this for themselves to some extent. There is a level of detachment required, because if I reacted to every urgent request I would be back where I started, this is up to me, and it's up to you. We have to make these changes ourselves internally in order to affect our external life and practice experience. If we don't make the change then nothing will ever change.

It is only when the correct practice is followed for a long time, without interruptions and with a quality of positive attitude and eagerness, that it can succeed. (Patanjali).



'I feel therefore I am' (Spinoza). The return to a feeling state of being

By Emily Katsuno. Devon School of Yoga Postgraduate Yoga Therapy Graduate and New Devon School of Yoga Tutor

These few words will be a drop in the ocean of embodiment theory and practice and I have on purpose kept my language simple and hopefully accessible. Yet I hope this short piece of writing sparks your curiosity and offers some simple tools to weave into your daily life, without having to carve out any extra time.

Interoception is a word to describe a physiological process that allows us to feel internal states of being. We have access to this from birth and it can range from feeling hunger, tiredness, temperature, pain, comfort and our general felt sense of what it is like to exist inside a body.

If we become chronically stressed, dysregulated or experience trauma, over time we may lose our ability to interocept. In other words we become disconnected from a feeling state of being and less able to feel what is happening in the internal landscape of our being, our emotions included. This is an adaptive, protective response where overtime we eventually become less embodied and literally less aware of having a body. This can give rise to feelings of not being 'in our bodies', present or grounded in our lives.

Yoga asana (the physical practice of yoga) is a wonderful way to re-establish our connection to felt sense and our interoceptive abilities, if it is practised or offered with interoception as a focus, in a trauma informed way. It is important to offer these practices from a trauma sensitive perspective as interoception goes offline as an adaptation to traumatic experiences. Returning to felt sense therefore needs to be navigated carefully as it actually may not feel safe at first. As a trauma informed yoga therapist this is something I focus on assisting my students with both in group classes and one - to - one sessions.

Yoga aside, a few simple ways to return to an interoceptive state of being in the midst of our busy daily lives (which are often very cognitive) are to notice the feeling of things that might feel safe to you (different for everyone and important to identify first). The key word here is safety and the invitation is to notice the felt sense of things that feel safe and positive to you. Perhaps even to interrupt a stressful moment. Or to be used as a resource in future times of stress or anxiety. Attuning

to felt sense can bring us back to the present moment, be regulating for the nervous system and can also help to keep us grounded.

Some examples are the breeze on the skin, sun on the face, ground beneath the feet, cup of tea in the hands, water quenching thirst. Not noticing these things with the mind but feeling them physically. Especially when busy, is it possible to take a moment to feel something that reconnects us to our bodies in a positive way and weave this into the fabric of the day? Carving out extra time is not needed for this particular process and it may be that we choose just to tune into the felt sense of something for a few seconds at a time. Fleeting moments are fine, no need to stay too long at first, especially if being embodied with felt awareness is new to you.

This can also be quite playful as you explore and ask yourself, well what is the difference between noticing with the mind and feeling with the body? You might even ponder what is the difference between 'I think therefore I am' (Descartes) and 'I feel therefore I am' (Spinoza). If anyone does ponder this and would like to share any thoughts or reflections I would love to hear so please feel free to email me! There are no rights or wrongs. Just your own lived experience and reflections.

It is important to note that, though simple, these practices can be strong and may need to be explored very slowly or gradually with a trauma informed yoga therapist or somatic practitioner especially if you have mental health conditions, CPTSD or PTSD. I look forward to sharing more about all things trauma informed yoga on the Devon school of Yoga's next Yoga Therapy Course.

You can contact me through my website www.emilykatsunoyoga.com

BEAUTIFUL POETRY

From Helen Humble. Devon School of Yoga Tutor

As someone who writes often, I naturally appreciate epic writing when I see it. About two years ago, I came across this written piece of art by John Roedel and it moved me deeply, so I had to share it with all of you! Not only are these words true theatre, they also act as sound advice.

my brain and
heart divorced

a decade ago

over who was
to blame about
how big of a mess
I have become

eventually,
they couldn't be
in the same room
with each other

now my head and heart
share custody of me

I stay with my brain
during the week

and my heart
gets me on weekends

they never speak to one another

- instead, they give me
the same note to pass
to each other every week

and their notes they
send to one another always
says the same thing:

"This is all your fault"

on Sundays
my heart complains
about how my
head has let me down
in the past

and on Wednesday
my head lists all
of the times my
heart has screwed
things up for me
in the future

they blame each
other for the
state of my life

there's been a lot
of yelling - and crying

so,

lately, I've been
spending a lot of
time with my gut

who serves as my
unofficial therapist

most nights, I sneak out of the
window in my ribcage

and slide down my spine
and collapse on my
gut's plush leather chair
that's always open for me

~ and I just sit sit sit sit
until the sun comes up

last evening,
my gut asked me
if I was having a hard
time being caught
between my heart
and my head

I nodded

I said I didn't know
if I could live with
either of them anymore

"my heart is always sad about
something that happened yesterday
while my head is always worried
about something that may happen tomorrow,"
I lamented

my gut squeezed my hand

"I just can't live with
my mistakes of the past
or my anxiety about the future,"
I sighed

my gut smiled and said:

"in that case,

you should
go stay with your
lungs for a while,"

I was confused
- the look on my face gave it away

"if you are exhausted about
your heart's obsession with
the fixed past and your mind's focus
on the uncertain future

your lungs are the perfect place for you

there is no yesterday in your lungs
there is no tomorrow there either

there is only now
there is only inhale
there is only exhale
there is only this moment

there is only breath
and in that breath
you can rest while your
heart and head work
their relationship out."

this morning,
while my brain
was busy reading
tea leaves

and while my
heart was staring
at old photographs

I packed a little
bag and walked
to the door of
my lungs

before I could even knock
she opened the door
with a smile and as
a gust of air embraced me
she said

"what took you so long?"

Poem by John Roedel
johnroedel.com

Yoga in Counselling and Psychotherapy

By Juliana Hopkins. Devon School of Yoga Teacher Training Graduate and Devon School of Yoga Tutor.



I am a practicing Counsellor and Psychotherapist, as well as a DSY Graduate. Yogic philosophy is as much a way of being for me as is the approach that underpins my psychotherapy practice. Carl Rogers' Person-Centred Approach (PCA) is an elegant and complete theory of personality and therapy, and I see myself as a bit of a Person-Centred Theory Nerd.

The PCA proposes that conditions for growth promote healing. The core conditions are empathy (an ability to enter and see the client's world), congruence (a genuineness), and Unconditional Positive Regard (an ability to accept a fellow human in front of you). I can see Yoga's Yamas and Niyamas at work within these conditions, offering an ethical foundation for practice and living. Relationships are ethics.

Relationships are also connections. And Yoga means connection (union). Sometimes I wonder if a moment of connection in psychotherapy is Yoga. Relational depth is seen as something ineffable and hard to define. There are some lovely attempts at describing it - such as ". . . it's as if there are moments when our souls are touching. . ." Relational depth is seen to occur when the three core conditions work together so well that they could be seen to become one condition. Rogers called this "Presence". Mearns and Cooper (2005) call this "Relational Depth". Dave Mearns has attempted to define Relational Depth as "a state of profound contact and engagement between two people, in which each person is fully real with the Other, and able to understand and value the Other's experiences at a high level" (Mearns & Cooper, 2005, p. xii).

Looking at what happens with the core conditions from a Yogic perspective, I see them as being the antidotes of the kleshas (obstacles that hinder our true sight).

- Empathy is the antidote to *asmita* - ego. As a therapist, we leave our frame of reference and walk in our clients' shoes.
- Unconditional Positive Regard is the antidote to *raja* and *dvesha* - attachment and aversion - we accompany our clients without investing in either wanting them or being repelled by them - we are non-judgemental and compassionate.
- Congruence is the antidote to *avidya* - ignorance, or "non-seeing" - we sit with ourselves in a truthful way - with our channels open to our experiences.

As a client experiences the core conditions, they themselves can allow their kleshas to move out of the way and access their *buddhi* - their wise mind. When teaching relational depth to psychotherapy students we wrote a short essay on 'what makes us human' - to explore our own personal philosophies (modelled on Radio 2's Jeremy Vine Show). Having written mine I saw how connection provides the link between Yoga and Psychotherapy.

It is when I open to the "Otherness" of another human being that I experience myself as existing, alive, making choices, finding out who I want to be. Through encounters with others I learn, develop self-awareness and become more fully-functioning in the world. I find myself through resisting the Other, embracing them or contemplating what is revealed before me in the Other.

I think we also learn to accept ourselves if we allow ourselves to not know the other. Levinas talks of "absolute Otherness" - being clear that ultimately an Other is un-knowable. I find this beautiful and at the heart of the Person-Centred Approach - allowing us to sit with difference without needing to know, pin-down or diagnose. We reach out and stretch out to meet the other but can never be the other.

Love is another thing that makes us human, as does our ego, our attachments and aversions, our fears and our knowledge. These are also causes of suffering and choices that can result in acts deemed as 'inhuman'. What I know is that my own suffering dissipates in true encounter, and my perspective on how to live more fully and to function better in society is enhanced. I learn who I am and I feel connected to more than just the person I'm encountering. To quote the Smiths, "To die by your side, well, the pleasure, the privilege is mine". What has always moved me in this song is the idea that when truly in encounter - a kind of deep, open relationship that leaves you utterly present - I have felt afraid of nothing - not even death.

References

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Perimenopause, Stress, and Yoga

By Zoë Harris. DSY Yoga Teacher Training and Postgraduate Yoga Therapy Graduate and Yoga for the Stages of Menopause teacher.

Perimenopause is a natural period of transition that can be a confusing time, especially during the first year or two. It generally starts in the 40s and lasts on average 7 years. At this stage, most women don't realise they've started their menopause journey. I was one of those women, I was sleeping badly and feeling overwhelmed, tearful, and anxious. I put my symptoms down to stress because I had a very demanding full-time job whilst teaching yoga part-time.

In this phase of menopause oestrogen levels are very erratic, dipping and spiking daily. Whereas progesterone is steadily declining. It's the worse stage for menopause symptoms. Beyond reproduction, both these hormones have a wide role in physical and mental health. So, their varying levels produce a whole host of symptoms like brain fog, anxiety, hot flushes, dry skin, achy joints, incontinence, and digestive problems. Yoga can help alleviate a lot of the symptoms. I don't have the space to cover everything in this article, so I will focus on one key area, the role of cortisol in perimenopause and how yoga can help.

Both oestrogen and progesterone act as a buffer against the stress hormone cortisol. As their levels decline, cortisol levels can easily escalate, making women more sensitive to stress. Events, issues, and situations that would have been a breeze to deal with in the past suddenly become overwhelming, frustrating, or difficult to handle. This can be confusing, especially for women in early perimenopause, who don't recognise the symptoms. It's easy to assume the worst and think you're going mad or like me put the whole thing down to stress. Elevated cortisol also exacerbates many perimenopause symptoms. Anxiety, hot flushes, and night sweats are worse if stressed, and it mucks up sleep. Unfortunately, many women reach perimenopause at a stressful time in their life, maybe juggling work, children, and ageing parents.

A regular calming yoga practice can help keep cortisol at a manageable level. Soothing pranayama like Nadi Shodhana, Sithali, and complete yoga breathing soothe and regulate the nervous system.

Restorative yoga poses act like a reset button, helping to lower cortisol. Fitting 1 or 2 poses into your day can keep cortisol in check, Supta Baddha Konasana and Viparita Karani are particularly beneficial. Meditation aids concentration and focus, it also triggers the feel-good hormone dopamine, which counteracts cortisol. Yoga Nidra is incredibly beneficial, it provides the opportunity to slow down and rest deeply, rebalancing hormones and the nervous system.

It's useful to identify what causes stress and make changes to eliminate those triggers. If the situation can't be changed, then look at altering your mindset and how you react; meditation and pranayama can help with this.

Eventually, I left my stressful job to teach yoga full-time. At that point, my symptoms improved, and I realised I was in menopause. I started researching and experimenting with yoga techniques, completing 2 courses: Hormone Yoga Therapy and Yoga for the Stages of Menopause. I'm 4 years post menopause and have used yoga, combined with some lifestyle changes to ease my own symptoms. I now run regular Mindful Menopause Yoga workshops in Bridport, Exeter, Somerset, and online. Details on www.zogayoga.co.uk



Photo: Rudolf Nureyev and Andrea Durant dancing at the Royal Ballet.

DSY Team Spotlight: Andrea Durant

We are very lucky at the Devon School of Yoga to have an excellent team of 13 tutors across all the school's courses. In this space, we have decided to open the doors so that you may get to know some of them better including things such as how they came to yoga, what they love to share, and other insights into their past and ongoing yoga journeys. *(Plus, as you may have already noticed, some of the articles above are also shared by our wonderful team of teachers).*

What I love to share on the course?

By Andrea Durant. Devon School of Yoga Tutor. I have always loved using my body, as a means of expression. I started classical dancing when I was three, went to The Royal Ballet School at eleven, and joined the Royal Ballet Company at eighteen. I am now 73! Living in London I was one of the team training teachers at The Yoga Campus and was privileged on my move to Exeter to be asked by Duncan to join the DSY. I have now been teaching on the Yoga Teacher Training Courses for around 22 years and offer around 4 to 5 days on each course. We all have our own styles of teaching and sometimes different insights on the same thing. I truly believe this enriches the students' journey and helps them to start their own process of self-inquiry (svadyaya), rather than receiving things by 'blind faith'.

In addition to loving to share the physical techniques that contribute to Hatha Yoga, (mudras; bandhas; pranayama; kriyas; bija mantras etc), I also love to share the underlying philosophy, and metaphysical maps, based on Samkhya and the Koshas, and I particularly warm to the classical text of Patanjali. I finished an MSc in Mindfulness at Exeter University, two years ago, so my approach to meditation right now is Mindfulness-based.

I enjoy seeing the participants deepen in their practice and the course work, and how that not only increases their range of teaching methodology but also anchors them into their own lives where they maybe see opportunities unfolding or develop the confidence to make changes in their lives that they had previously been avoiding. Yoga is a practice, and also a way of life and we can utilise all the 'energy' that arises as a gift.

What am I working with at the present time?

At present, for my own study, I have just done an online retreat for 3 days and have recently finished a Mindfulness-based 8-week

course titled 'Turning towards the climate emergency together'. I am also doing a pranayama course with Philip Xerri, online. He was a teacher I worked with 25 years ago in London, so I thought I would do a recap! Another teacher whose workshops I attend regularly online is Clive Sheridan. Clive is a remarkable person whose retreats Duncan and I used to attend many years ago.

My two favourite poems right now are:

*What if our religion was each other
If our practice was our life
If prayer, our words
What if the temple was the Earth
If forests were our church
If holy water - the rivers, lakes, and ocean.
What if meditation was our relationships.
If the teacher was life
If wisdom was self-knowledge
If love was the centre of our being.*

By Ganga White

~

*Do not try to save
the whole world
or do anything grandiose.
Instead, create
a clearing
in the dense forest
of your life
and wait there
patiently,
until the song
that is your life
falls into your own cupped hands
and you recognize and greet it.
Only then will you know
how to give yourself to this world
so worthy of rescue.*

by Martha Postlethwaite

A sense of balance was created in the studio by building a union between the community of teachers and the community of students. We are working together to build something greater than any of us could build alone. Thus, the physical space, the community of teachers, and the students are all coming together to create a sacred space, a pleasant space, a pleasant place to practice.

www.yogitony.com



Heart Festival 2023 England's Newest Yoga and Sacred Arts Festival This Summer

Englishcombe, Somerset UK

August 24th– 27th August 2023

www.heartfestival.co.uk @heartfestivaluk

Full weekend tickets from £180.

Day and children's tickets are also available.

Heart of living Yoga presents their first annual Heart Festival, set in the glorious Somerset countryside. Limited tickets are available for this family-friendly, retreat-style festival, celebrating the path of the heart. With world-class kirtan artists, musicians and DJs alongside beautiful yoga teachers, uplifting workshops, a Kids Area and delicious veggie food cooked on site with love. All proceeds from Heart Festival will go to the H.O.L.Y Foundation who support some of the poorest children and their families worldwide.

Introducing headline performances from internationally renowned kirtan artists and musicians including, Brenda McMorro, Nigel Shaw, Elise and Charlie, Narayani, and DJ Caroline S'Jegers, alongside enriching Satsang from Padma Devi. All artists and facilitators have been chosen for their authentically heart-centered offerings, holding the festival in a divine loving community.

"Heart festival is a joyous celebration of the sacred arts, where we will come together to sing and dance our hearts prayers into being with new friends and old friends. Inspiring one another to live our joy and offer our unique gifts to the world."

- Elise Yuill Cohen, Festival Organiser

Guests will also share a blissful mixture of uniquely heart centred meditation and ceremony, ecstatic dance, sound healing, blissful yoga, workshops and Qigong. The needs of families will also be deeply honoured with a reasonable bedtime and a dedicated Kids Area, offering yoga, kirtan, crafts, games, face painting, and more. This conscious drug and alcohol free festival will also have talks and workshops on nutrition and wellness.

A key theme this year is the celebration of the great Indian Saint Anandamayi Ma, Described by Swami Sivananda as "the most perfect flower the Indian soil has produced". Guests are invited to take part in a joyful Puja to honour Anandamayi Ma and the Divine Feminine light that shines through us all.

"The path of the heart is not soft fluffy clouds. It is a courageous act of daring that leads us home to ourselves. Where we fall in love with love" – Padma Devi, founder of H.O.L.Y Foundation

H.O.L.Y Foundation is a UK charity supporting children in poverty around the globe. By following the path of the heart, founder Padma Devi, discovered she could share heart practice alongside practical, financial and educational support, for those in need. Now, the H.O.L.Y Teacher Training School also shares the living heart of Yoga through truly transformational trainings, worldwide.

DSY Facebook: www.facebook.com/devonyoga

Yoga Events & News

21-24 July

Healing with Ayurveda & Yoga
Devon UK (a nice introduction or short dive). Contact: info@virginia-compton.co.uk

3 September, 2-5pm

Namaste Barn, South Devon
Minimum donation £15
Further info: virginiacompton.com/course/yoga-for-the-widows/
Contact: <https://virginiacompton.com/contact/>

14-20 September

5 Day Yoga Retreat in Taghazout Agadir, Morocco (with optional surf lessons)
£350/person (excluding flights)
Contact Joanna Steele-Perkins: joannag10@yahoo.com or What-sapp +44 0771 929 0955

17 September 10am-1pm

Essential Rest Workshop – theme: Psoas. A gentle somatics & restorative yoga practice and iRest Yoga Nidra
Lotus Loft, Exeter
£35 up to 30 days before the event, otherwise £40. Contact Roberta Hutchins 07747-030629 roberta@bewelldevon.co.uk
Buy tickets: <https://www.bewell-devon.co.uk/shopticketsvouchers/>

5-9 October

Rest and Digest
Devon UK (deeper dive)
Contact: info@virginiacompton.co.uk

8 October, 2:30-4:30pm

Yin Yoga & Guided Relaxation
Lotus Loft Yoga Centre, Exeter
To book, contact: yogawithtara@outlook.com

25 November-6 December

Ayurveda and Yoga retreat
Cherai Kerala, India (fully immerse)
Contact: info@virginiacompton.co.uk

9 December 10am-1pm

Essential Rest Workshop – theme: The Lower Back. A gentle somatics & restorative yoga practice and iRest Yoga Nidra. Lotus Loft, Exeter. £35 up to 30 days before the event, otherwise £40 Contact Roberta Hutchins 07747-030629 roberta@bewelldevon.co.uk
Buy tickets: <https://www.bewell-devon.co.uk/shopticketsvouchers/>

21 January 2023 10am-1pm
Essential Rest Workshop – theme: The Neck and Shoulders. A gentle somatics & restorative yoga practice and iRest Yoga Nidra Lotus Loft, Exeter
£35 up to 30 days before the event, otherwise £40 Contact



Pre and Postnatal Yoga Teacher Training

By Ruth Heard. Devon School of Yoga Foundation, Yoga Teacher Training and Postgraduate Yoga Therapy Courses Graduate and Devon School of Yoga Tutor

There are many transitional points in our life where big shifts and transformations happen, pregnancy and motherhood are some of them. Teaching on the DSY Pre and Postnatal Yoga Teacher Training course this year has been a privilege. Pregnancy and parenthood are times in a woman's/ birthing person's life when nurturing, care, and attention are paramount.

Also, it is likewise important to support and nurture the roles of fatherhood, parenthood, birthing partner, and friends. No matter how big or small your tribe, everyone plays an important part in this transitional time.

As a teacher, it is an honour to hold space for people through this time and create a community for new mums and babies where they can feel heard and supported.

For the Pre and Postnatal Yoga Teachers in Training, it is an opportunity to learn how to expand their yoga knowledge for a prenatal class and how to create a very adaptable session for postnatal mothers and babies including postpartum recovery and baby development. Together we create a toolbox of ideas and skills enabling the teachers to be attentive and adaptable in each class.

It has been wonderful to see a wide range of perspectives from the student teachers and how they approach the subject during the perinatal stage. There has been a beautiful exchange of ideas and knowledge and we have held space together with respect and gained a great deal from our shared experience.

If you are interested in studying the Pre and Postnatal course, I would suggest contacting me or Alice, the course leader, for more information. As a starting point dive into one of the books on the reading list 'Yoga for Pregnancy and Birth by Uma Tuli Dinsmore.

Ruth Heard

The next DSY Pre and Postnatal Yoga Teacher Training Course will run in the spring of 2025. To register your interest, contact the school at: info@devonyoga.com

DSY Yoga Events

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

Spring North India Yoga Retreat at Basunti 2024 – FULLY BOOKED

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

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

Show Your Support – leave us a Google review at:
<http://bit.ly/DSY-Review>

We are pleased to say that the Devon School of Yoga is 34 years old! Over the years, Duncan and the team have introduced and enriched the yoga journey of hundreds of students. To help the school continue its good work, we would be grateful if you would please take the time and leave us a positive review. Your reviews help us to increase the visibility and accessibility of the school's website so that other yogis may find and learn about the school and thus continue their yoga sadhana and further develop their yoga knowledge and practices.

Thank you for your support!

How are you now?

From Anne Bateman, DSY TTC Graduate

For those of you who have done the DSY teacher training course, I wonder how you are now and if what you chose to do for your yoga teacher training course final project has developed into anything meaningful for you?

I was on the 2015-2017 course, and when it was finished, I chose to take myself off on my own yoga retreat, practising yoga daily as well as working on writing poetry. I was in France, in the Pays Basque; some days were a canicule, a heat wave, so I knew I had the choice to either stay in the cool of the stone house all day or to go out early before the heat hit, to spend the day near a blue-green river of ice-melt.

I had vaguely wondered about writing poetry as I had in my teens and sitting - in a sense trapped into stillness by the heat - next to the river, I began to closely observe and feel and write. My project for the course became a poetry collection submitted to Duncan, poems which strike me now as a heartfelt but clumsy beginning.

I haven't stopped writing and my latest book of poems is to be published by Cinnamon Press next spring. Titled Tattvas, the collection of poems explores the five elements. But more importantly, I continue to write. I'd love to hear where your yoga practice has taken you and what your DSY project led to.