

the devon school of yoga

newsletter

AUTUMN 2023

Welcome To Autumn!

Welcome to the 2023 Autumn Edition of the Devon School of Yoga's Newsletter. We hope you are keeping well and enjoying the autumn season. We are very happy to bring this new edition of the DSY newsletter to you.

In this issue, you will find:

- Information on yoga courses
- Upcoming yoga events
- Inspiring article and poetry
- A healthy recipe and more!

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

With OM's and Shanti, Duncan, Jules & Sue

DSY Yoga Foundation Course

Starting February 2024.

FULLY BOOKED. TO JOIN THE WAITING LIST FOR THIS COURSE

EMAIL: info@devonyoga.com

Otherwise, the next course will begin in September 2024.

This is a 10-day course, 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.

DSY Yoga Teacher Training Course

Starting September 2024.

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 43 days of practice and study held over 20 weekends in Devon, three of which are long Friday 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 at: www.devonyoga.com or email us at info@devonyoga.com



DSY Postgraduate Yoga Therapy

Starting 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. Sessions are held in a beautiful, purpose-built yoga studio overlooking the Devon countryside. The residential is included in the course fee.

DSY Pre and Postnatal Yoga Teacher Training

Next course starts Spring 2025.

Learn to safely and consciously support women throughout their pregnancy using the holistic practices and philosophy of yoga. Be guided on appropriate approaches and attitudes towards the transformative experience of pregnancy, birth, and motherhood.

Our pre and postnatal yoga teacher training course is aimed at students who want 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 guide women through this life-changing event, the course is in-depth and fascinating.

Specifically designed for postgraduate yoga teachers, this course was developed by our team of Devon School of Yoga teachers who are all practising yoga therapists and have a wide range of vocational experience and qualifications in this field. These include Alice Chapman who has special expertise in women's health including pre and postnatal yoga, Helen Humble who has a background of working in the NHS as a district nurse and Ruth Heard who has trained in pre and postnatal yoga as well as toddler yoga. 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.



My Glass Chakras

By Vicki Clark Devon School of Yoga, Foundation Course and Teacher Training Course Graduate

As I approached the end of my wonderful teacher training with the Devon School of yoga, I knew that I had to do a 'project' to finish the course. I thought hard about what I should do, and came up with a combination of two things I really like, and that fascinate me - fused glass (I have a kiln), and the chakras.

I find the chakras make sense - I can relate to them - which, dare I say, is not the case with all yoga philosophy (sorry Barry!) I can understand how each chakra is in a different area, and that they are all spinning wheels of prana, and that when all of our chakras are open and aligned, prana can move freely, and the mind, body and spirit are in perfect harmony. But where to begin - I have to say I really had no idea how I was going to do it.

As it turned out, cutting the glass was relatively easy. I knew the size of the piece I wanted, so to divide by 7, and use colours I already had.

The chakra symbols were harder.

I printed off the various symbols from the internet, then cut the shapes from copper, brass

and aluminium. Then I embossed the symbols onto them with a pen. I had all the glass pieces in the kiln, so then I put the chakras in the relevant places, laid a piece of clear glass on the top, and fused it.

I have to say I was thrilled with the result. I have put it against a wall in the back garden, so I can see it from the kitchen. My third son was staying in the spare room and said that when the sun came up in the morning, it lit the piece beautifully.

But the story goes on - we went on holiday, and when we came back, I saw that the piece was cracked! Luckily the crack does not go all the way through, so I have not had to re-fuse it, as that can sometimes take away the brightness of the colours. We worked out that a small metal butterfly, that was on the wall, must have been blown into it, and caused the damage. So, I moved it slightly higher up the garden.

A week or so ago, a plant started to grow in front of it, not recognised by us. As it got bigger, we thought that it was a lily, and so it has turned out to be - a beautiful lily! We had not planted anything there.

So, my chakra piece is magic!



Pre and Postnatal Yoga Teacher Training

By Claire Arnold. Devon School of Yoga, Teacher Training
& Pre and Postnatal Yoga Teacher Training Graduate

Signing up for the Pre and Postnatal Yoga Teacher Training Course (PPN) just after finishing my 500-hour Yoga Teacher Training Course (TTC) felt like a great way to carry on with my training and immerse myself in the world of birth. I had trained as a doula many years earlier and I was enjoying getting back to this work.

I was a bit concerned about committing to another course so soon, but the first weekend of the PPN course was so welcoming and so well held by Ruth and Alice that I knew I'd made a good decision. Our group bonded immediately, and it was a really special experience to share one weekend a month with such a lovely group.

The course was full of information, ideas, and inspiration, as well as practical advice, and I think we all appreciated the many yoga nidra practices! Alice and Ruth designed the weekends to give us everything we needed for our future pre and postnatal yoga teaching, and Barry's input gave us a lot of new ideas and laughs! We enjoyed learning songs and baby massage, anatomy and physiology and many tips and options for adapting yoga asanas, too.

On our final weekend, we swam in the sea together on one day and shared lunch together on the next. It was a beautiful way to end the course in between our final teaching practices, and I am so thankful for the course and the shared experiences. Our final teaching practices demonstrated the range of experiences and styles of yoga we all brought to the course, and it was great to be able to immerse ourselves in so many different types of practice.

I'm enjoying teaching pre and postnatal yoga regularly, it feels like such a positive tool for this special time and it's great preparation for becoming a parent, too. Thank you to Ruth and Alice for a wonderful course, I'd highly recommend it!

www.devonyoga.com

DSY Events

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

27 January 2024, 10am-4:30pm Holistic Yoga Workshop with Duncan Hulin

This workshop will include breath-only kriyas, sopana, asana (both held and dynamic), satsang (meditation followed by philosophical discussion, miscellaneous yoga practices and pranayama
Dorchester Yoga Therapy Centre, 14 Trinity Street, Dorchester, DT1 1TU
To book a place, email: info@dorchesteryoga.co.uk

24 February 2024, 10am-12pm Postgraduate Yoga Therapy Course – FREE Open Morning

for those interested in joining the course. Lotus Loft, Top Floor 25 Southernhay East Corner of Barnfield Road &, Southernhay E, Exeter EX1 1QP
Come and view the venue, meet the tutors and recent graduates, and ask any questions. Attendees are requested to attend the full two hours. To book a place, email: info@devonyoga.com

Bringing Yoga to the Parkinson's Community with a Smartphone App

By Dawn Williams, DSY Teacher Training Course Graduate and Postgraduate Yoga Therapy Course Graduate



As a yoga teacher/therapist from DSY, I have been asked to create a series of videos and audios bringing asana sequences, breathing and relaxation to the Parkinson's community via an App. It will hopefully be coming out sometime this year and potentially will be called Parkinson's ON. Many of you who know me, realise that this is something out of my comfort zone. Both the working with IT and the 'going public' is not my usual cup of tea. However, Kuhan, one of my students, sold the idea to me in one short Zoom meeting.

Kuhan had realised the potential for an App to help people with Parkinson's take control of their own lives. He started to log his own data over a period of time, with regard to how the Parkinson's symptoms were affecting him each day. Two significant loggings were i) the times he took his medication and ii) the times he practised Yoga postures. He came to the startling realisation that when he took the medication on time and exercised every day the symptoms were reduced. For instance, his sleep and mood improved. From this, he understood that people with Parkinson's

could take back control of their lives with the help of an App. This App would help them learn more about Parkinson's, log and track the data of their symptoms and provide self-help content of yoga sequences, breathing and relaxation to improve many of the symptoms like anxiety, stress, fatigue and sleep disorders.

My eyes lit up with interest as my fears had to take a back seat. In collaboration, we decided to start simply and produce the audios first. Courtesy of Duncan, I have used the DSY Yoga Nidra script which I could separate into bitesize audios with the option of the full Nidra for those who could manage a full hour in one position. It might even be used as an aid to insomnia. Although this is not the purist way of looking at Yoga Nidra, it is an approach to meet people where they are. Our next step will be to create the videos and we look forward to growing the App depending on the feedback we receive. I will keep you posted and hopefully, we will get Parkinson's ON launched in 2023!

Poem: Sunday Morning at Middle Coombe Farm

By Lorna Mason, Current Devon School of Yoga Teacher Training Course student. This poem was inspired by an early morning at a recent course residential.

*"Three hundred and sixty-degree bird-song
Fills the air and sky and the grey
Tawny Owls have retired to bed
Now is the turn of the Wren
The Wood Pigeon,
Blackbird and Robin
Their song is an orchestra
Nature the conductor
A perfection of sounds
Their own Kirtan"*



The Immune System and Holistic Yoga

By Duncan Hulin, Founder of the DSY

With ongoing health challenges across society, what we can do for ourselves to strengthen our general immunity has become more important than ever. Understanding and seeing the interconnectedness of everything is the basis for holistic yoga practices. When we look after the part, we also look after the whole and vice versa. Therefore, simple holistic lifestyle practices can collectively make a positive difference in increasing our immunity and our overall general health and well-being.

Stagnation in the body's tissue fluids is the primary weakness that allows disease to get a foothold. Thus, the vital need for exercise and movement, stretching, posture work, and deep breathing to enable efficient flushing of the tissues is needed. Furthermore, the whole immune system is made up of different organs and our body's defence depends on these different organs. To strengthen our immune system, we need to look after these organs in order to increase our overall general health and well-being.

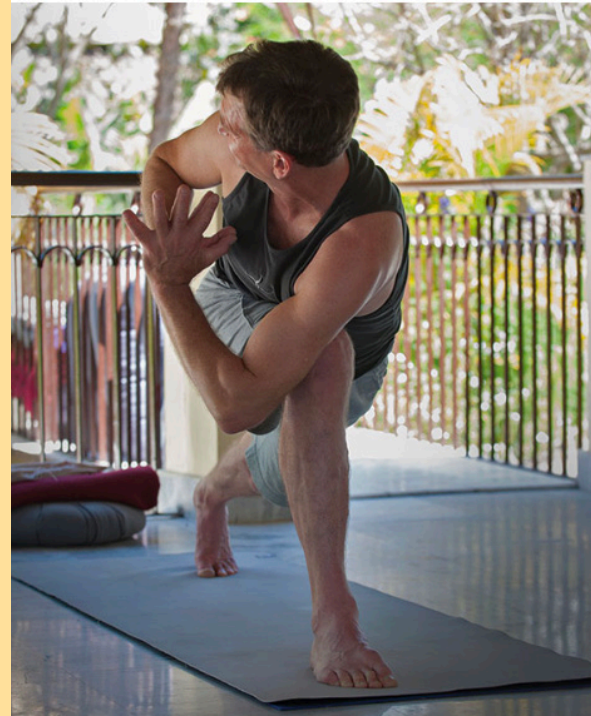
Our first line of defence is the skin (the largest organ of the body!) The skin provides both a physical and chemical barrier to pathogens. For the skin's healthy functioning, it requires good circulation. Holistic yoga care for the skin: daily shower, self-massage techniques, body brushing, exposing skin to fresh air and light.

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

Our third line of defence and more internal is the lymphatic system which is made up of vessels which run throughout the whole body just like the blood. They drain excess fluid from around all the body's cells and return this to the blood. This system cleans and removes harmful bacteria and viruses. This is done in the lymph nodes (sometimes called glands) which are concentrated in places like our neck, armpits and groin, in the spleen (which filters the blood) and the tonsils and thymus gland. These all contain white blood cells, that are like the "special forces" of the body, which help to destroy bacteria and viruses. It is the white T cells which hunt out and destroy unwanted pathogens with white B cells ready to respond with an arsenal of antibodies. Holistic yoga for the lymph includes: Suryanamaskar and/or any dynamic practices, Inversions, Specific self-massage techniques and walking.

The Immune System and Holistic Yoga article continued...

Fourth and deeper into the body are the intestines. There are many microorganisms in our food, and the intestines have to defend the body against these. This is helped by creating a healthy intestinal flora (gut biome) with many beneficial bacteria in our intestines, which help defend us against harmful bacteria and viruses. A healthy gut biome ensures a diverse and battle-ready immune system. Holistic yoga for the intestines includes: Agni sara kriya and a sattvic majority plant-based diet which is chewed well, asana practice, and remaining hydrated.



Finally, we have the actual immune cells. These cells help our immunity and are the white blood cells, produced in the bone marrow. They depend on the pumping action of the heart, muscles and breathing which circulate blood and lymph to transport them to every nook and cranny of the body – especially to the lymph nodes and thymus. The production of immune cells and their active defence of the body therefore depends on the health of all the organs listed above. Holistic yoga for the immune cells includes: All of the above along with de-stressing practices like yoga nidra and meditation.

All the practices enable a positive dynamic in the balanced functioning of the autonomic nervous system (ANS) specifically between its sympathetic (SNS) and para-sympathetic (PSNS) branches. At a time when many of us may have the SNS being overstimulated due to our modern lifestyle, we particularly want to activate the PSNS to bring about good rest, good digestion and holistic healing. Becoming aware of and addressing all the above with beneficial lifestyle choices, we can increase our immunity from infections and, if we do pick up an infection, we can lessen the severity of it. Even small steps in a healthy direction add up to positive accumulative benefits.

Taking the time to nourish ourselves with our various holistic yoga practices enables us to likewise gently release negative emotions and attitudes while increasing constructive ones like gratitude and appreciation.

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

Om Loka Samastha Sukhinoh Bhavantu

Om Shanti

To learn more about holistic yoga including the practices mentioned above, you can contact the school at: info@devonyoga.com

www.devonyoga.com

DSY – Getting to know the team



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.

Meet Virginia Compton: My journey with DSY

I started practicing yoga when I moved to Devon from the midlands in 2003. I remember quite clearly walking past a local church hall in Torquay and seeing a flyer for a 10-week beginners course. It felt like the most logical and natural thing to begin, even though up until that time I had never even considered yoga in any way in my life. Fast forward 20 years (wow where did that go?) I am a yoga teacher and yoga therapist, an ayurveda therapist and practitioner, plus I am honoured to be a tutor for DSY. How on earth did this happen? There's no doubt that my yoga journey has changed my life completely and this is largely down to the approach of Duncan Hulin and DSY.

When I attended that 10-week course I intuitively knew there was more to it and I was hungry for the philosophical knowledge as well as the physical practice. The teacher sent me to another local teacher, Jenni Adams, who included more philosophy in her classes. After a couple of years with dear Jenni I continued to be hungry for knowledge! What I was hearing was making more sense to me than anything

else in life and I needed to continue. Jenni handed me a DSY leaflet and said that she thought I may benefit from meeting Duncan. She is a very wise soul.

Initially, I needed to meet Duncan and check I felt he was ok, in that his teaching style suited me and I liked his approach, so in 2006 I went along to a one-day workshop and immediately afterwards I joined the next foundation course.

I signed up for the foundation course because I wanted to learn more, to meet like-minded people and to deepen my own practice. I had no intention of ever teaching yoga at that time. I found this course gently challenged me with the depth of teaching as well as the varied and rich styles of each individual tutor who shared their practice with our group. This approach of meeting monthly and of experiencing different practice approaches, all within a framework of learning and embodying this ancient art (with no pressure of exams as its purely for self-knowledge) really enhanced my whole yoga experience and guess what? It made me want even more! The foundation course also



Yoga with Deaf Sign Language Users – a Menopause Day and more

**By Caron Wolfenden, Devon School of Yoga, Foundation Course Graduate,
and Tara Fraser Trained Yoga Teacher**

I am a British Sign Language (BSL) Interpreter and started yoga at the same time as I was studying in Bristol in 1996. I interpret full-time and have qualifications in training, assessing and supervision. Alongside this yoga has always sat by my side, keeping me physically and mentally healthy in a very demanding career. Over the years there have been overlaps, and I remember spending a weekend with Sarah Scott, a Deaf* yoga teacher, and a group of BSL users and noticed how Sarah skilfully facilitated those who rely on visual communication.

Moving to Devon in 2010, it took me some time to find a yoga community and my path crossed with DSY when I became part of an interpreting team supporting a Deaf student on their teacher training. This student lived abroad so would not be teaching in Devon, but through our networking a keen interest in yoga was sparked in the local BSL community.

I set up a weekly group for Deaf people facilitated by James Russell and later Dawn Williams, where I interpreted. This was successful for a while, but Deaf people wanted direct access to the teaching and kept asking me to teach them so that they could look at one source for information. A common misconception is that all deaf people can lipread and access English, but for many this is their second language, lipreading is unreliable and also pretty pointless if you do not have access to the vocabulary. BSL has its own grammatical structure and is a language that works in 3D, using space and placement to conceptualise thought, it is not signed English.

And so came the crossroads in my life/work journey and, at the age of 62, I qualified as a yoga teacher with my student practice group being the same Deaf people who had attended the classes with James! The class consists of a few regulars and then others who dip in and out when they can. Numbers are low, this means we can all see each other but it is hard to keep the class cost effective. Location is an issue – we meet in Exeter this being a central point where we can come together. Obviously, there is no Deaf village or town so the normal incentive to find a local yoga class works in a different way.

Every week I am planning and thinking about how to give an experience of yoga that can be 'felt' in the same way as hearing classes who rely on listening to instructions, this is impossible when practising with a Deaf group who need to see the teacher. Ujjayi breathing is difficult to instruct, but I have had lots of great classes using the DSY Kriya practices. I always end my BSL class with a candle and prana mudra, rather than Oms, a move away from sound.

Earlier this year I approached Yvonne Cobb, a Deaf chef and media personality who has been giving talks to Deaf groups and asked her to run a day retreat with me on the menopause combining yoga, food and information. The Deaf community have an amazing networking ability, mainly through social media, sharing and supporting each other with information in BSL, however access to the types of mainstream information hearing people get via the radio or at events are harder to access – menopause is a very live topic these days and I also wanted to create a nourishing, restorative day for Deaf women.

We advertised and I set up a YouTube channel to share information in BSL about what to bring, how to get to the venue and so on. In July we had the most amazing day with 12 attendees from across the SouthWest, ranging in yoga experience from none to many years. We started with a sharing circle to ensure everyone felt safe and looked after. Mats were arranged in a semi-circle to ensure sightlines but there was still plenty of moving around the room for me, it was sometimes like dominoes or a Mexican wave of movement! We had an extended yoga session in the morning, the most amazing lunch followed by a presentation, and lastly restorative yoga. We ended the day with much loved tea & cake!

The key two learning points for me were to allow more time, especially for relaxation - providing 1:1 attention to make sure all were safely supported and then bringing them back into the space when they had eyebags on was difficult! Secondly to find a more yoga friendly room so I do not have to decorate the space and source all the equipment.

My hopes are that a Deaf person in the Southwest will be keen to train as a yoga teacher – there are a couple I know of in England aside from Sarah (see links below), but the access to courses, adaptations to teaching those with a sensory loss and assessments are not easy for BSL users. I am just one small ripple in a very big yoga pond.

Email: timetopause@icloud.com

Useful websites:

www.yummafood.co.uk

www.deafyoga-co-uk.com

Footnote: *Deaf (capital D) denotes BSL users who consider themselves part of a linguistic and cultural minority, akin to any other non-native group.



Yoga for a Healthy Post-Menopause Life

By Zoë Harris, Devon School of Yoga Teacher Training Course Graduate and Postgraduate Yoga Therapy Course Graduate, and a Yoga for the Stages of Menopause Teacher

It's possible for a woman living in her 90s and beyond to spend more of her adult life in post-menopause than in her fertile years. However because oestrogen has a role in bone and heart health, declining levels increase the chance of conditions like cardiovascular disease and osteoporosis. Menopause is a good opportunity to slow down and consider what is needed to ensure a healthy post-menopause life. A holistic yoga practice can aid that process and combined with a healthy diet and quality sleep, can reduce health risks, and ensure a robust life span.

Post-menopause starts a year and 1 day after a woman has her last period. The average age for reaching this point is 51, so it's feasible to spend 40+ years in post-menopause. Using meditation during the menopause transition can be useful to reflect on traits and habits that don't support wellness in older age. Slowing down, connecting, and listening to what your body really wants and needs at this stage is essential. Sankalpa can then help to make positive changes for wellbeing.

As with perimenopause, managing stress is important. Without the buffering effect of progesterone and oestrogen, it's easier for cortisol levels to get too high, causing anxiety, poor sleep and weight gain. Plus, the adrenal glands, along with fat cells take over the role of oestrogen production in post menopause. If stressed the adrenals will prioritise making cortisol and adrenaline, further decreasing oestrogen. Being stressed occasionally is fine, but chronic stress further exacerbates the risk of health conditions associated with older age.

Heart Health

High cholesterol and hypertension are major concerns for cardiovascular disease. Oestrogen and progesterone are made from cholesterol. Their decline means post-menopausal women have higher levels of cholesterol in their system. Good nutrition and exercise like swimming and yoga can help lower cholesterol. Stress is also linked to high cholesterol and is one of the main causes of hypertension. Calming pranayama, meditation, Yoga Nidra and restorative yoga help reduce blood pressure, which is good for heart health. Twists and lateral stretches that release and expand the ribs will aid deeper diaphragmatic breathing, which has a beneficial effect on the vagal nerve and induces a relaxation response in the body.

Bone health

Oestrogen's role in bone health, means older women are more at risk of osteoporosis. Weight training and weight bearing exercise like stronger asana can improve bone density. A regular asana practice including Sun Salutations will help. Stress is bad for bones. High levels of cortisol block calcium absorption and stop osteoblasts, the bone building cells from doing their job. Using pranayama, restorative yoga and meditation to manage stress levels will decrease the risk. Asana, particularly standing poses, improves balance so reduces the risk of falling and causing bone fractures.

My holistic yoga practice is vital for my well-being now I'm in early post-menopause. It keeps my joints pain-free, regulates my nervous system and helps me sleep. I share these practices at Mindful Menopause workshops in Bridport, Exeter and Somerset – details at www.zogayoga.co.uk

Recipe

Simple Tarka Style Dhal by Andrea Guest,
our wonderful Devon School of Yoga Caterer

Ingredients:

1 cup (approx 225grams) 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 200grams tinned or fresh chopped tomatoes (optional)
Tarka seasoning
A little oil
1 largish red or brown onion, finely sliced
1 teaspoon cumin seeds
½ teaspoon black mustard
2 cloves garlic, grated
A few dried curry leaves
1 – 2 dried red chilli or a few red chilli flakes (optional)
Salt to taste
A good dessertspoon of coconut cream (optional)

Method

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 finely sliced onions on medium heat until they soften.

Then add the cumin and mustard seeds, fry for a minute or so, turn the 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 a creamy finish stir in the coconut cream and a little more water if the mixture is too thick.

Enjoy!

www.devonyoga.com

Upcoming Events

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.bewelldevon.co.uk/shopticketsvouchers/>

[bewelldevon.co.uk/shopticketsvouchers/](https://www.bewelldevon.co.uk/shopticketsvouchers/)

[shopticketsvouchers/](https://www.bewelldevon.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 Roberta Hutchins

07747-030629

roberta@bewelldevon.co.uk

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1-5 February 2024 (4 nights)

Ayurveda Cleanse Retreat

Namaste Barn, Ideford, Newton Abbot. The focus of this retreat is to detox the body, to reduce stress and tension in the body and mind, to soothe and nurture you inside and out. Contact: info@virginiacompton.co.uk

Love is a collection of poems that point towards a universal truth: that peace and love are the essence of our being.

by Emma Brett

What is being depicted here is very ordinary and familiar. Much like the wallpaper in your house, it has been here all along yet often goes unnoticed.

As you read these poems, Emma would love for you to get curious about this in your own experience. What if inner peace is already available and has always been here? What if your true nature is inherently loving? What if wisdom is not a word reserved for those on the enlightened pedestal? But is the down-and-dirty, everyday perfection that grows a seed into a tree, wakes you up in the morning and

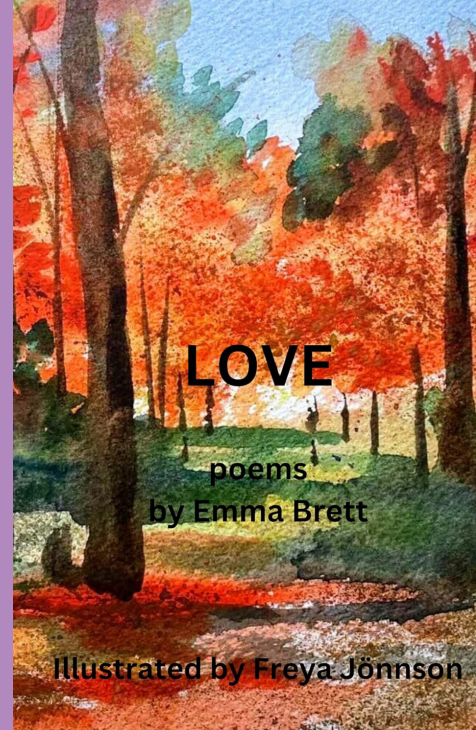
falls you to sleep at night?

Someone once posed the following question to Emma: "What if there is nothing wrong with you?" This question uncovered a long-forgotten yet obvious secret.

And - what if that is true for all of us?

LOVE is on Kindle Unlimited or Amazon here:
<https://tinyurl.com/Love-By-EmmaBrett>

LOVE is illustrated by Freya Jonnson.
You can find Freya on instagram
@freyajonnsonart - she is supremely talented.



Show Your Support – leave us a Google review

<https://tinyurl.com/DSY-GoogleReview>

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.

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