



THE DEVON
SCHOOL
OF YOGA

Devon School of Yoga newsletter

Welcome to the
2025 Spring edition of the

Devon School of Yoga Newsletter

May this edition of the DSY newsletter provide you with plenty of helpful insights for your yoga practices and studies, a sense of community, and lots of ways to connect with the DSY Sangha.



Photo of Sunset at Basunti by Duncan Hulin

Devon School of Yoga
4 Barnfield Hill, St Leonards, Exeter, EX1 1SR
01392-420573, info@devonyoga.com
www.devonyoga.com



By cultivating attitudes of
Friendliness toward the happy,
Compassion for the unhappy,
Delight in the virtuous, and
Indifference toward the wicked,
the mind-stuff retains its undisturbed calmness.

मैत्रीकरुणामुदितोपेक्षाणां सुखदुःखपुण्यापुण्यविषयाणां
भावनातश्चित्तप्रसादनम् ॥३३॥

*maitrī-karuṇā-muditopekṣāṇāṃ sukha-duḥkha-punyāpunya-
viṣayāṇāṃ bhāvanātaś citta-prasādanam*



HOLISTIC YOGA

Autumn Retreat

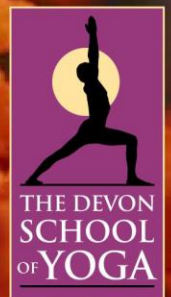
**At the beautiful Rill Estate in
Devon with Duncan Hulin,
Andrea Guest, & Barry Elms.**



6 - 9 NOVEMBER 2025

Experience a long weekend of holistic yoga, pranayama, meditation, and time to relax while enjoying the peaceful Devon countryside.

**VEGETARIAN CUISINE BY "DISH"
SPACIOUS LIGHT STUDIO
EN-SUITE ACCOMMODATION
PRICE £665**



- Telephone: 01392 420573
- Email: info@devonyoga.com
- www.devonyoga.com

Yoga Retreat.

Basunti, North India.

21 March–4 April 2026

For those looking for a place to immerse into their yoga practice, totally relax, enjoy wonderful food and experience Incredible India, our India Yoga Retreat at Basunti is perfect. Basunti's unique location, surrounded by wildlife and with extraordinary views of the Himalaya, was created especially for yoga retreats by David and Izzy Butterworth.



Photo by Simon Moore

Beautifully fresh vegetarian and vegan food is lovingly prepared daily for hungry 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 fauna and merge gently into the surrounding countryside.

There are outside sitting and dining areas, sheltered by verandas. A large pool with loungers overlooks the lakes and woodlands. Local villages are just a short walk from the property.

[Click here for further information!](#)

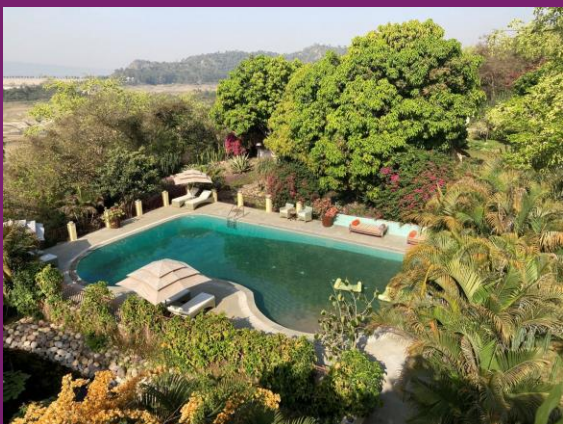




Photo by James Russell

Devon School of Yoga Courses

500-Hour Yoga Teacher Training Course

Starts 7 September 2025

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, 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 our website: www.devonyoga.com/teacher-training or email our office info@devonyoga.com

Spring Yoga Foundation Course 2026

Starts February 2026

This is a 10-day course, based in Devon, and is spread over five monthly weekends one of which is full board residentials (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:

Visit our website: www.devonyoga.com/yoga-foundation-course or email our office info@devonyoga.com

www.devonyoga.com



Photo by Simon Moore

Devon School of Yoga Workshops 2025

21 June 2025, 10am-4:30pm

Summer Solstice Yoga Workshop with Duncan Hulin – Open to all

This workshop will include breath-only kriyās, sopāna, āsanas (both held and dynamic), satsaṅg (meditation followed by philosophical discussion), miscellaneous practices, and prāṇāyāma

BeKarma Yoga, Longdowns Industrial Estate,

Longdowns, Nr Penryn, Cornwall TR10 9NA

To book a place, go [HERE](#)

5 July 2025, Time TBC

Yoga Teachers Together Regional Day for Yoga Teachers – Open to all

A day to unite yoga teachers for a day of inspiring yoga classes and mini-workshops, led by highly regarded YTT-registered Elders and Heads of Schools. Confirmed speakers for the day include Debbie Farrar and Duncan Hulin, who will be sharing their expertise as Heads of Schools. Attendees can also look forward to specialised workshops offering a variety of enriching experiences to support their teaching practice. More teachers will be confirmed soon, along with further details about individual sessions.

The Angel Hall, Bowden House, Totnes TQ9 7PW

[Further Information here.](#)

22 November 2025, 10am-4:30pm

Yoga Workshop with Duncan Hulin – Open to all

We will explore breath-only kriyās, sopāna, āsanas (both held and dynamic), satsaṅg, dhyāna (meditation), philosophical discussion, miscellaneous practices, and prāṇāyāma

The Angel Hall, Bowden House, Totnes TQ9 7PW

[Book your place here.](#)

**For yoga workshops hosted by some of our wonderful graduates,
please see pages: 13-14**

Regarding the articles on the following pages, 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

Touch Yoga: Wellness Made Simple (Because Life is Complicated Enough!)

By Amanda Levett, DSY Postgraduate Yoga Therapy 2015-2017

I'm going to be totally honest; I had to be one of the most stressed-out yoga teachers to ever roll out a mat. Seriously, I was out there encouraging balance, deep breathing, and being present, while simultaneously juggling a never-ending jobs to-do list, running my business, darting from one class to another, as if my hair was on fire. Yes, I know the irony was not lost on me.

So, between work, family, nonstop notifications, remembering to drink enough water, pacing at my kitchen sink to hit 10,000 steps, journaling, squeezing in my own yoga practice, meditating, trying to keep track of which of my 25 supplements did what, and blending up the latest superfood smoothie...are you feeling tired just reading this? I was tired, I was exhausted. But joking aside, the problem was that my wellness routine had started to feel like another chore.



For years, I dived deep into the world of yoga, Chinese medicine, fingertip energy healing, breath work and all things wellness, picking up wisdom wherever I could. I trained in Yoga Therapy at the Devon School of Yoga, a journey that completely transformed the way I saw health, healing, and self-care. Through these experiences, I recognised a fundamental truth, wellness should be a way of life, not just a remedy for when things go wrong.

But something kept standing out to me, overwhelm. I kept seeing it everywhere, included myself, people were just drowning in responsibilities, social media, emails, work commitments and the constant hum of distractions.

That's when I had my lightbulb moment, what if wellness could be simple? I wanted to create something different. Something accessible. Something that didn't require hours of my time. Just easy, bite-sized practices that could effortlessly be slipped into a busy day.

In a world where stress is so high, time is short, and taking care of ourselves often comes last. There's so much wellness advice available to us, that even that gets overwhelming. But what if you could feel balanced in just 10 minutes a day?

What if yoga wasn't just something you did in a class, but something you could weave into your daily life, before bed, while waiting for the kettle to boil, or even between emails?

And just like that, Touch Yoga was born, a practice that fits into daily life, not the other way around.

You are probably thinking, what is Touch Yoga? Touch Yoga is a fusion of subtle yogic movements, fingertip medicine, breathing techniques, meditation, and energetic awareness. It is a practice designed to integrate seamlessly into daily life, offering simple, powerful techniques to bring the body, mind, and spirit into harmony. It embraces the principle that simplicity is key.

At its core, Touch Yoga is about presence. It encourages individuals, to actively participate in their own wellbeing, not as a reaction to imbalance but as a commitment to maintaining harmony, focusing not just on healing but on sustaining vibrant health and energy.

So, remember everything you need resides within you. By embracing the gentle yet powerful practices of Touch Yoga, you learn to listen to your body, nurture your energy, and cultivate a life of balance. In doing so, you will transform your wellness from something complicated and overwhelming into something simple, sustainable, and deeply personal to you.

My website: www.yogatarian.co.uk

Never broken

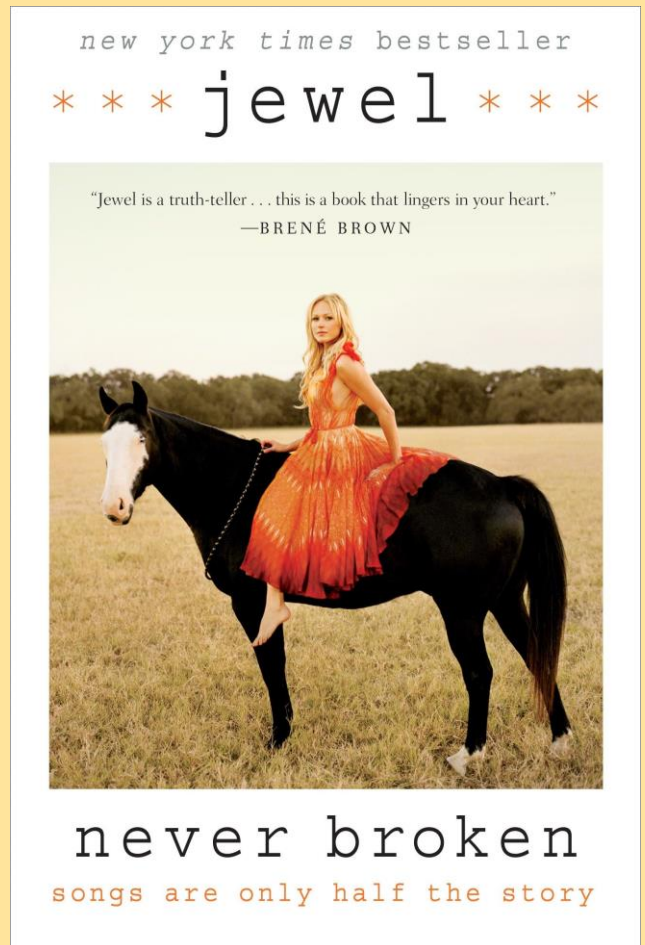
Book Review by Ciara Tidy, student on the current year on the DSY Yoga Teacher Training Course

If I could tell the world just one thing it would be...to read this book.

Born Jewel Kilcher in 1974, in Utah, where her Mormon parents lived, to support her Dad's academic degree in social work. They soon returned to Alaska, where both her parents were from, and to where the landscape consistently supported her.

(The name Jewel came down through her family as part of the mining history of Alaska – her maternal grandfather was the thirteenth child of coal miners, and his mother named him Jasper Jewel after all the precious stones that line the path to the gates of heaven).

Jewel wrote this book to share the themes of struggle, hardship and heartbreak, which she acknowledges are not unique to any life story. She decided at a young age that if she wanted to be happy (and she did want to be happy), she would have to learn a new way of being, so she consciously studied ways of being and came up with a manifesto, or twenty principles to live by, most of them are very familiar to those of the world of yoga.



“The great myth is that you need money, time, love, education, expensive therapy, a house, a fill-in-the-blank to get the happiness you want. I am here to tell you; *you need nothing other than what is in your heart*”.

Jewel's manifesto aligns closely with the holistic approach taken by the Devon School of Yoga:

- **The ultimate Guru is the Universal Guru within oneself.**
- **Responsibility for developing health and happiness lies with each individual.**
- **Many yoga paths are studied so an intuitive & educated choice can be made as to which main path to follow, just as a mountain top can be reached by different routes.**
- **By purifying ouryou;minds through posture and breath, consciousness can expand to widen our perspective of life. Desire will come naturally to purify our immediate and global environment and to live in harmony with nature and our fellow beings.**

CONTINUED ON THE FOLLOWING PAGE

Jewel asks you to look in the mirror and say: ***“I am willing to be the one who is accountable and take responsibility for my own and happiness and the shape of my own life.”*** If you can do this, she welcomes you as a friend on her journey.

She owes much of her success to the pioneer women of Alaska, who were strong and self-sufficient.

Complete with poetry and song lyrics, and a heck of an adventure, I recommend anyone with an interest in these themes to read this book. Never broken. Jewel asks you to look in the mirror and say: *“I am willing to be the one who is accountable and take responsibility for my own and happiness and the shape of my own life.”* If you can do this, she welcomes you as a friend on her journey.

Her manifesto begins with *“Hard wood grows slowly”* – this means taking the time to plan for your future. There are no short cuts.

“Being a witness to your behaviour is the first step in meaningful change”- this means starting to think about your own thinking.

She owes much of her success to the pioneer women of Alaska, who were strong and self-sufficient.

Complete with poetry and song lyrics, and a heck of an adventure, I recommend anyone with an interest in these themes to read this book: **Never broken**



YOGA
TEACHERS
TOGETHER

PLUS, Did you know that Duncan and most of the DSY tutors are now registered Yoga Elder Members with Yoga Teachers Together (YTT), and some of you may be eligible to apply for this membership as well. Likewise, The Devon School of Yoga is now a registered Yoga Training School with the YTT. **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. Either way, you may need a letter of recommendation from the school. In which case, just let us know and we'll be happy to provide one (you can email the office for this at: info@devonyoga.com)

In the meantime, here is the link to their website where you can find out more:

<https://yogateacherstogether.org/>

YTT Number for Devon School of Yoga = NO: 043YESF
www.devonyoga.com

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom.”

Viktor Frankl.

Japa by Anne Bateman,

DSY Yoga Teacher Training 2015-2017

Eyes startled wide, an embarrassed slide away followed by a quick change of subject. This was a typical response from any friend or family when I answered the question of what I was going to do. A Japa.

Japa is the meditative repetition of a mantra or a divine name, found in Hinduism, Jainism Sikhism and Buddhism with parallels in other religions.

Why on earth...? I can hear you say.

“Yogaś citta-vritti-nirodhaḥ or Yoga is the restriction of the fluctuations of mindstuff.

“Tadā draṣṭuḥ svarūpe-’vasthānam” When the mind is stilled, the seer or real Self is revealed.

These quotes from Patañjali is fundamental to all yoga practice but I was coming to the Japa more specifically, because I am inspired by Martha Chester, who always offers a safe space where we can be guided to explore, with our eyes closed.

On this occasion, we gather in deepest Devon, in a warm stone house, within earshot of a peaty, coffee-brown river in spate. There are ancient trees furred in moss, soft grey light through the midwinter mist and a short walk takes us onto the moors. We are a DJ, a couple of yoga teachers, people who own businesses and employ others, a university history lecturer and a handful of the curious. Divided into 2 groups, we will chant in relays, 2 hours on 2 hours off during the day and 4 hours on 4 hrs off through the night, for 40 hours. Martha will lead one group and Preet from Somerset will lead my group. Tyler will cook us delicious food. We will sleep and we will not starve.

To begin with, the words of the much-loved *mul mantra* shout and take up all the space in my head. My throat is dry and sore from the endless chanting. I'm not used to talking so much. I have a headache with all the hateful noise and I wriggle non-stop trying to find a position which doesn't hurt my knee or back or whatever. Is the headache due to caffeine withdrawal? (though I had cut out coffee for a week before). Time crawls past; the first 15 minutes feels like hours, and I already feel defeated. I'll never be able to do this. I may as well give up now. But something keeps me on the mat, eyes closed repeating the mantra. I sense the other 6 in the room. Aware of movement, someone churns restless across the room pouring energy into stretches and poses. An hour crawls by. Someone stands to chant so I stand too, to stretch out kinks. I have grown used to filling time with distractions and here there's nowhere to hide in my throbbing, noisy, angry, head. There's a drone on the recording of the mantra that emanates menace as I droop and resist.

Somehow, as if by magic, the first 2-hour session passes and I fall asleep in my room with the alarm on to wake me after an hour and a half, to stagger downstairs for the next session. I sleep fully dressed, hearing the tone and rhythm of the chanting from the room below, but not the words. On waking I move from bed to chanting room, picking up the thread, keeping the flame alive, feeding it with our breath. Somehow, we get through the four-hour session through the night. Daily patterns and routines are shattered as I watch the night sky bloom grey light through the mossy branches of the ancient tree. CONTINUED ON THE FOLLOWING PAGE



Japa – Continued from the previous page

The headache has gone. I have learned strategies to cope. A bit of slumping, a sip of water, a visit to the toilet, a bit of moving to ease aches and pains. I'm such a beginner at this. When I lie on my back to give my bum and back a rest, I realise this is just a placeholder. I know when I'm doing it properly, in a sitting position I can maintain, arms open and hands in gyan mudra, index finger tip to thumb tips, back straight, open as a dream catcher, open as a fish trap, listening to and consciously shaping the words I am chanting, and thinking about their meaning. When I can do all this, and get all those ducks in a row, I get a flash of a deeper insight.

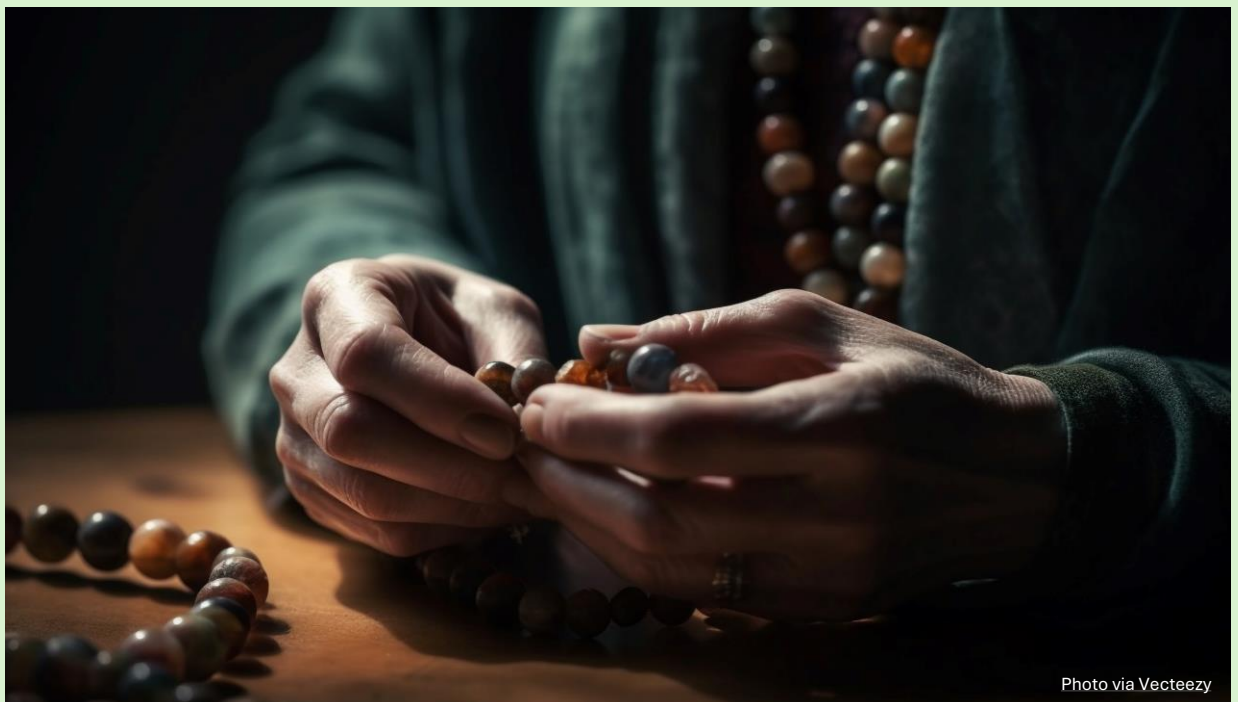
The first time this happens, I have been thinking of my family and I receive a surge of feeling, of love which brings tears to my eyes. Then it's gone and the congruence with the chanting has gone. As the Japa continues and especially when we are awake and chanting through the 4 hour sessions in the night, the black and white magic hours when people die and babies are born, I look at the alter in front of me where I have placed my intentions, a scribbled list of choices I feel I have to make along the lines of stay or go, do this or do that, and when the insight comes again, I realise in a wave of love and gratitude for my life, these issues are nothing, not worth the paper they are written on. I want to reach over and tear them up. Life will just happen, and I can stop fretting and fussing in fear. My mind feels it's been Karchered, swept clean of dross and fear about making wrong choices.

Life will happen in all its glory. Bring it on.

Martha tells us to stop chanting and we sit listening to the silence.

Why it still surprises me I don't know but we each of us have experienced something different.

“There is a necessity to be still sometimes and let life happen to you, to let your manner of being in the world be changed by what happens to you so that you will have a different self out of which to write.” Louise Gluck.



Sacred serendipity - connecting to the source.

By Virginia Compton, DSY graduate of our Foundation, Teacher Training, and Yoga Therapy Courses

It was a scorching hot day in Kerala, South India (which is generally the case). I was travelling in a car with friends exploring a more remote area in North Kerala, and feeling fairly jaded. These kinds of journeys are often inspiring (unexpected surprises), frustrating (you have little control over any itinerary) and involve a lot of driving (hours upon hours). All of this said I am always filled with a sense of wonder at how I came to spend so much time in India and at everything that I continue to experience here. On this particular day we had already been driving for more than six hours. The roads in North Kerala are not great and there were a lot of half built carriageways, potholes, diversions and off road type things going on. We stopped for a much needed break and to look at a traditional Kalaripayattu temple and training school in the small village of Vadakara. Kalaripayattu is a martial art practice that is specific to Kerala, it's very spiritual in its approach and also has its own medicine system. The strength and agility of the practitioners is quite incredible to watch. On the way to the temple we had passed an ashram. To be frank I was tired from the hours of driving, a bit car sick and in need of food and a pee, so I wasn't taking much notice! My friend said, "Do you you want to visit that ashram we went past"? I was very ambivalent! However why not, we were there and it would mean a longer break from the travelling. So off we went to the ashram.



On entering the ashram the whole ambiance was very peaceful. All of the devotees who live there were dressed in simple white cotton lungis (like a sarong). We were made so very welcome. I got to use the loo and then things began to feel a little more interesting. I noticed, through an open doorway, a small exhibition of the ashram founder. At this point I thought wow, this looks familiar. To my amazement this ashram was the headquarters of Swami Sivananda Paramahansa, the teacher of Dr Pillai (whose Samadhi place I had visited in Trivandrum some years ago). Wow, I was amazed. I asked my friend did he know the place and he said no he had never been there before, and he knew nothing of the lineage or my connection with DSY. The universe was definitely on my case.

Sacred serendipity - connecting to the source.

Continued.....



The devotees and residents that we met were so kind in explaining things and guiding us. It turns out that the lunghi is for visitors benefit and the inside the main ashram everyone is naked, which is about total non attachment and non identity with individuality. We were invited to share lunch with everyone and enjoyed simple but delicious sattvic food in the main dining hall. Within the ashram all the vegetables for daily meals are grown as well as medicinal herbs. The medicine system used is Siddha medicine, an ancient form of natural medicine originating in south India, which has some but not all things in common with Ayurveda. I visited the Samadhi of Swami Sivananda Paramahansa which is also at this place and could feel a definite energetic presence and connection. It felt so incredibly powerful, returning to the source of all the teachings which Duncan has so authentically and diligently passed on. It really drives home how blessed we all are to be connected to such a source of wisdom and deep spirituality that is still very much alive and thriving in Kerala today.

Swami Sivananda Paramahansa realised the suffering that happens with most people during their lifetime, especially at the time of death. His approach is largely based on pranayama practice and works to relieve this suffering. The whole concept of the ashram (which is mixed sex) and the way of life within is about world peace, world welfare and universal brotherhood. I find it very humbling and remarkable that Duncan took these ancient philosophies and created DSY so that so many of us in the west can also experience, understand a little of and benefit from this approach.

“The birds can move anywhere freely according to their self-will without any obstruction or bondage. They are endangered only when they come down. In the same manner we should also move independently without bondage by self will, peacefully and happily and beloved by everyone. This is only possible if we move with our own aim similar to the birds by upholding the activities of our own mind.” Swami Sivananda

Paramahansa

If you wish to explore further, here is the website of Siddha Samaj, the charity which continues to support the work of Swami Sivananda Paramahansa

<https://siddhasamaj.org>

Did you know.....

You can connect with the Devon School of Yoga via:

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

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

AND

Meet and Connect
with some of our Graduates Teachers!



DSY Graduate Teachers' Directory



www.devonyoga.com

Yoga Events by DSY Graduates



2 March, 2-5pm

Yoga & Creative Writing, £40

Lotus Loft, 25 Southernhay E, Exeter, EX1 1QP

Jules Yount & Virginia (Ginny) Baily

To book email Jules: yogawithjules@hotmail.co.uk or phone 07446-968994



7 March, 6:30-7:30pm

Breathing and Yoga Nidra, £8

Dorchester Yoga Therapy Centre

Sharon Cox-Button, 07742-821937

scoxbutton@gmail.com



8 March, 2-5pm

Yogini Practice Circle – Spring – Emerging and Rising, £27

Lotus Loft, 25 Southernhay E, Exeter, EX1 1QP

Virginia Compton, 07933-772786

www.virginiacompton.com



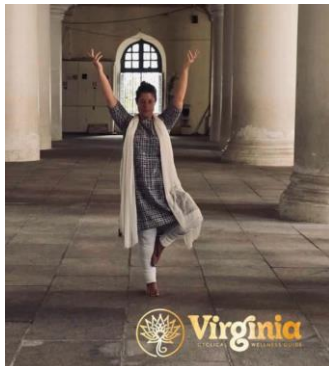
9 March, 1:30-4:00pm

Restorative Yoga and Yoga Nidra, £30

Dorchester Yoga Therapy Centre

Sharon Cox-Button, 07742-821937

scoxbutton@gmail.com



22 March, 10am-1pm

Ayurvedic Exploration – An Introduction & Spring Cleansing

Hands on Retreat near Ashburton, £27

For further details including venue, contact:

Virginia Compton, 07933-772786

www.virginiacompton.com



22 March, 2-5pm

Yogini Practice Circle – Spring – Emerging and Rising, £27

Hands on Retreat near Ashburton

Virginia Compton, 07933-772786

www.virginiacompton.com

Yoga Events by DSY Graduates Continued



22 March, 10am-5pm

Relaxing Yoga Day, £80

Whitelackington, Ilminster, Somerset, includes freshly prepared vegetarian lunch.

Hosted by Zoe Harris www.zogayoga.co.uk/yoga-day-retreat



23 March, 4:30am-10am

Dartmoor Ritual and Ceremony –Spring Equinox

Princetown, Dartmoor, £45

For further details including venue, contact:

Virginia Compton, 07933-772786

www.virginiacompton.com



29 March, Time TBC

Ayurvedic Cookery Day

Torquay, £65

For further details including venue, contact:

Virginia Compton, 07933-772786

www.virginiacompton.com

27 April , 3-5pm

Sacred Heart Songs with Premanjali

The Apple Barn at Chyan Community Field, Near Halvasso, Penryn, Cornwall, TR10 9BT

Join Premanjali for joyful and uplifting family-friendly kirtan concert., Tickets: Sliding scale £15 - 25 / kids are free!

[Click Here to Book](#)



11 May, 10am-5pm

Relaxing Yoga Day, £80

Whitelackington, Ilminster, Somerset, includes freshly prepared vegetarian lunch.

Hosted by Zoe Harris www.zogayoga.co.uk/yoga-day-retreat

24 May, 10:30am-5pm

Singing in Nature Day

The Deer Wood Trust, Loddiswell, Kingsbridge, Devon, TQ7 4EE

Join Premanjali for a full day of devotional singing, a community picnic, and tranquil moments at

the enchanting woodland venue of Deer Wood in South Devon.

Tickets: Sliding scale £60 - 80 (limited space) [Click Here to Book](#)



3-6 July (3 days/3 nights)

Mantra as Medicine, £60

Serenity House, Llangammarch Wells, Mid Wales.

Hosted by Sarena Mason

sarena@birchmoon.co.uk www.birchmoon.co.uk



Yoga Events by DSY Graduates Continued



9-16 October

Spain Yoga Retreat

Hosted by Emily Katsuno

For further details please see [HERE](#)



22 November, 10am-5pm

Relaxing Yoga Day, £80

Whitelackington, Ilminster, Somerset, includes freshly prepared vegetarian lunch.

Hosted by Zoe Harris www.zogayoga.co.uk/yoga-day-retreat



23 November, 10am-4pm

Mantra as Medicine, £60

Namaste Barn, Ideford

Chudleigh, Devon. TQ13 0BH Includes delicious, vegan lunch and cake

Hosted by Sarena Mason sarena@birchmoon.co.uk

www.birchmoon.co.uk

Devon School of Yoga Sangha/Kirtan Saturday 12 July 2025

with Barry Elms

6:15-9 pm, £10

Lotus Loft, Exeter

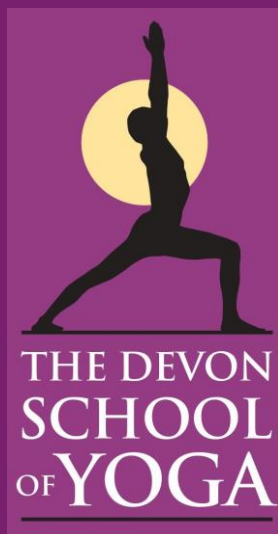
The Sangha/Kirtan is an opportunity to reconnect with the school, fellow students (current and postgraduate), the school's tutors, and the school's core practices.

The flexible format of the evening is as follows:

- 6:15-6:30pm arrival
- 6:30pm – 7:00pm = Tea & Social
- 7:00pm – 8:30pm = Kirtan with Barry and all
- 8.30pm – 9:00pm = Shared food (please bring a potluck, plant-based, food dish to share)

Places are limited. Booking is essential.

To book a place, email the DSY office at: info@devonyoga.com



Thank You

to everyone who contributes to the

Devon School of Yoga Newsletters

Please feel free to share this newsletter with anyone who would be interested in, or benefit from it.

Devon School of Yoga
4 Barnfiled Hill, St Leonards, Exeter, EX1 1SR
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