



## **CYF NEWSLETTER**

**August 2023**

This newsletter has been compiled by Gill the CYF Treasurer as we really need an editor... please help us by having a go at compiling the next newsletter!

Hari Om Yogis & Yoginis

September is creeping in and it's hard to say we had a glorious summer with all the rain and a few chillier days but at least the gardens seemed to thrive after the beautiful June we had. Weather aside, I hope you have had a wonderful summer.

September marks a time of new beginnings and the last of the year's harvests before the earth rests. Students prepare for new ventures and many people start new jobs and new classes during this month. The CYF has gone through many changes over the years. I'm sure many of our older members remember its inception back in the 80's when Joan and Ted alongside Pam and Gordon decided an organization was needed to help new would-be yoga teachers take their first steps on their journey and to provide a community for Yogis from Staffordshire, The Wirral and beyond to meet and share their practice. Ted and Joan left this carnation many years ago but in April we lost Gordon Smith. For me Gordon was an inspiration who was always there to share his anecdotes on his and Pam's yoga journey. They ran a centre, Faith House, when such things were not common. I remember him telling us how the local council and police kept an eye on them being those 'hippies with their sitars and curries'. In recent years Gordon and Pam haven't been able to make the journey to Nantwich for our seminars but they continued to spread their love of yoga in their home town of New Brighton and around Liverpool and I, for one, am grateful that they pooled their knowledge with Ted and Joan and begun the CYF. It has been a major part of my life, supporting my journey and encouraging me when I had doubts. Pam & Gordon and the many various members of the CYF committee over the years of my involvement have always been an inspiration and I am honoured that they I was lucky enough to have known them.

It is on this thought of change that I'd like to share my intention of stepping down as Chair. I never intended to take this role being happy as EDCo. It was only meant to be a temporary position until someone else stepped in... no one did! The universe must have meant for me to be Chair, it's been quite a while. I feel it's time for me to concentrate my efforts on The Teacher Training alongside my already busy life. I run my own studio with the fantastic support of Rachel and Mandy and I have just begun a course of study in herbalism. I know they say, to get a job done, give it to a busy person but it's getting kind of crazy and I realize the need for me to find time for myself and take a turn on my path in my yoga journey. For the CYF to run as a fellowship we need a chair person. We cannot run without a chair. I don't mean to scaremonger and, of course, I won't just disappear and will still be on the committee as EDCo and happy to give any advice but without a new chair I'm not certain what the future of The CYF is. It may sound scary to take on this role but the committee share responsibility and make all decisions together. You will not be alone. If you are interested in stepping in, please let us know or send Gill the details based on the box below. If you've thought about it but don't think you are good enough or ready or any of the things, we say to ourselves when we have self-doubt, then it's time to take a leap of faith and be the next great CYF Chair Person and you might not be as bossy as me 😊

Love and Bright Blessings

Deb



## **THE CYF NEEDS YOU!**

Are you interested in taking the opportunity to follow in Deb's footsteps as CYF Chairperson?

Please email Gill Drummond with details of how long you have been a CYF member for (we ask you to have been a member for a minimum of 2 years) and details of your yoga journey and how you feel you can lead the CYF forward!

Thank you for your support of this wonderful fellowship.

As Deb mentioned, founder member Gordon Smith sadly passed away this April. Have you got any memories to share about Gordon. Please forward them for future newsletters!

**We start with Sue and Steve Cope:**

As part of the syllabus for the CYF teacher training we had to attend a weekend yoga retreat that included discussions on yoga philosophy. The retreat was held at Tan y Garth Hall near Llangollen, home of the International Hermeneutic Society. Pam and Gordon hosted the weekend in this most beautiful country hall with gorgeous grounds and surroundings. It seemed to be in the middle of nowhere and was so very peaceful. Perfect for a yoga retreat. When Steve and I arrived, it was a cool Friday evening and we were invited along with other members of the group to join Gordon for a discussion on philosophy. We found ourselves in a really cosy room, possibly a library, which had comfy settees, armchairs and a roaring fire. Well of course at first, we were listening intently to Gordon talking very quietly but with great enthusiasm and tremendous knowledge about yoga philosophy. Soon however we were becoming very warm and tired. I was really worried about falling asleep in case we were asked to contribute to the discussion. It could have been so embarrassing, so when I could see Steve starting to nod off in the corner I was horrified and had to keep nudging him awake!! Gordon being the gentleman he was never mentioned it and the talk carried on as normal without attention being drawn to the sleepyhead in the corner!

We had a wonderful weekend with Pam and Gordon, they were wonderful hosts with so much knowledge to share. Gordon will be sadly missed by many.

Sue & Steve Cope

# YOUR CYF COMMITTEE MEMBERS

**Chair (Acting) / Education Coordinator:**

**Deb Jackson**

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**Chairperson NEEDED!**

**Vice Chair:**

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**Newsletter Editor:  
NEEDED!**

**Hospitality:**

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**Committee Support:**

**Bev Stacchini, Helen Steadman**

## Acton Workshops for 2023

**Sunday 1 October 2023**

**Gill Drummond (Autumn to Samhain) and Deb Jackson**

**More information to follow**

*Remember to check out the CYF Website for all the latest information on Training days,  
Seminars and Workshops.*

**<https://www.yoga-teacher-training.org.uk/>**

## RECENT CYF WORKSHOPS

Muriel Dickens led the **February Seminar**, sharing '*A journey through yoga*'.

A thoroughly enjoyable day! Muriel is an honorary member of the CYF having qualified as a CYF Yoga Teacher in 1976.

As well as sharing her practice, she told us how things have changed in the CYF yoga teacher training over the years!



Guest teacher Katya Greer (BWY, owner of Conscious Breath Yoga) led our **June Seminar**... we were enjoying it so much we forgot to take lots of pictures!

The practice included a gentle practice with some lovely breathwork, an outdoor walking meditation, then a sound bath.





The July seminar was led by Rick Calligaro.

Rick's theme was 'Signposts to Freedom'

Again, photos are sparse due to everyone enjoying themselves!



## 2023 Teacher Training workshops

at

Ananada Yoga Kula, 9 Glebe Street, Stoke-on-Trent ST4 1HP

| Date<br>(All Sundays)      | Time      | Subject                      | Tutors                       | Cost (CYF<br>members) |
|----------------------------|-----------|------------------------------|------------------------------|-----------------------|
| 17 <sup>th</sup> September | 1130-1500 | The Business Side of<br>Yoga | Gill Drummond<br>Deb Jackson | £20.00                |
| 5 <sup>th</sup> November   | 1000-1600 | Side bending postures        | Deb Jackson                  | £30.00                |
| 3 <sup>rd</sup> December   | 1000-1600 | Pranayama                    | Deb Jackson                  | £30.00                |

All training days and workshops are open to any qualified CYF teachers that would like to brush up on their knowledge.

Non-members are welcome to attend the workshops/training days...

we simply ask you to join the CYF!

## Finance Corner with Gill Drummond - CYF Treasurer

I try to make this section both interesting and relevant... not always easy!

### Making Tax Digital threshold raised to £50,000 per annum

In my last 'Finance Corner' feature, I shared the good news that Making Tax Digital (MTD) for self-employed traders (and also landlords) has been delayed until April 2026. Within days of submitting the feature, some even better news was released, especially for small traders like yoga teachers: The threshold has been increased to £50,000 before you need to register for MTD which is great news for teachers that work full time.

Heck, I could give up bus driving if my yoga takings were nearly £50,000 per year!

### CYF Finances and newsletters

Since the CYF have gone digital with the newsletter we have saved nearly £200 per year as printing and postage costs have plummeted. We appreciate that some people do prefer a hard copy, but I would urge you to think twice before asking the CYF for a paper copy and maybe look at printing any features that you want to keep for future reference yourself, if you have access to a printer. Also, it isn't practical for us to print colour copies of the newsletter due to the sheer cost of colour printing, so again the digital copy is in full colour. If you find a PDF copy easier to read, just ask me to email you a copy.

### Income Tax refunds

You will often see or hear adverts for "get your tax refund" in the media. Firstly, there are a lot of 'rogue' agents out there – HMRC are trying to clamp down on these agents who must be registered with HMRC to trade this way. Secondly, unless your income is really complicated you can do this yourself. If you think you may be owed anything or are curious, just follow this link:

<https://www.gov.uk/claim-tax-refund>

Good luck and don't be afraid to pick my brains if you need further advice (I won't charge you, plus by law I can't charge you!)

Enjoy the last of the summer while it lasts!

Gill Drummond

## TEACHER TRAINING NEWS



Congratulations to  
Norma Talbot and  
Samantha Weston on  
completing their  
Teacher Training  
Diplomas this spring!



## Cooking with Colin!



We usually find Colin Hayes in the kitchen on seminar days, in charge of the brews and biscuits!

### Colin's Spicy Lentil Soup

The preparation of tasty and nutritious food should be a creative pleasure, not a chore.

To make this soup, you need very little in the way of proven kitchen experience - only sensitivity and love. Ideally, cooking isn't done in a rush or while you're doing other things, although with a little practice, some multi-tasking is possible.

However, do beware; lentils are very mischievous little things and together they can be very badly behaved indeed. If your pan is damp when you first pour them in dry, they immediately clump themselves to the bottom! When you give them the water and heat they crave, they conspire to boil over quicker than you can turn round to grab a spoon. If neglected for too long, they sulk and get stuck again. Later on in the cooking process, when they're nicely softened up, they murmur to you that they're simmering just fine, while they're quietly compacting themselves into a crust on the bottom of your pan and possibly carbonising! Unfortunately, all this requires a watchful eye, at least until you get their measure. OK, I'll get onto the recipe soon...

With the exception of the lentils and the water, all the ingredients can be varied to your personal taste or your experimental mood. I guess you could eat lentils simply boiled in water: many around the world eat them like this with very little embellishment. My concoction is a spicy, garlic-rich, 'soup' version, ripe for development in any direction you might choose. Even the amount of water you use is variable - indeed that's the way you ensure that your culinary skills give you a delicious soup or sauce (dhal) for the table.

My basic ingredient is the red split lentil. To give some variety to the texture of the soup, I add a small proportion of whole 'Puy' lentils (green lentils would be an alternative) and a few Black-eyed



beans. All these 'pulses' become edible after only 30 to 40 minutes cooking: bear in mind that other beans (e.g., chickpeas, soya, Mung and Aduki beans) take much longer to cook. Even the quick-cookers benefit from soaking overnight. This gives you the opportunity to throw away that soaking water and with it much of the surface starch that makes the lentils so mischievous when they first come to the boil.

For soup, the soaked pulses should be covered by enough water to almost double the depth of what's in your pan.

How can I suggest how many lentils to use? I have no idea how many you're cooking for! Very approximately, a mug-full of dry lentils will make you about two litres of soup. It's much easier to add more water (or vegetable stock) if things are getting too thick, than it is to reduce down a broth that's too watery. Bring them to the boil, slowly towards the boiling point (the most likely time for a flash froth-over). When your pan is simmering gently, this might be a good time for a tea-break.

At the chopping board, remember that a blunt knife is more likely to cut you than a razor-sharp one! Start with the garlic: peel three or four large cloves and then slice them thinly.

Cut like this they will retain their integrity and brown nicely when cooked.

Put a medium-sized frying pan (not aluminium or Teflon-coated, please!) on a low heat with enough oil to coat the whole bottom.

Peel two medium-sized onions, and then slice. If practicable, I always try to cut my vegetables so each piece has some top and bottom of the whole. (see 'Macrobiotics' and 'Yin-Yang' balance).

Shake out and discard the seeds from a dried red finger chilli. When the oil is hot, first drop in the whole chilli, then add the garlic and finally, a few minutes later, the sliced onion. Stir-fry slowly until golden brown or slightly darker.

While the onion/garlic/chilli mix is frying, you can prepare your spices. Fresh is better than dried; whole is better than powder, but availability will dictate. I settle for:

- whole black pepper corns (5-10)
- whole coriander seed (a teaspoon)
- whole cumin seed (half a teaspoon)
- powdered turmeric (fresh is better, but difficult to find) (a teaspoon of powder)
- ginger (I only use fresh, which is widely available) (about 2 cm of root)

The dry components need to be ground, but if possible, avoid the blender. If you have a rough pestle and mortar or better still, a Japanese 'suribachi', you'll find that grinding becomes a relaxing meditation rather than your eardrums getting a bashing. When all the dry ingredients are finely ground and smelling beautiful, it's time to add the diced fresh ginger and possibly one more small clove of garlic and grind again till you have a smooth-ish paste.

When your onion mix is browned to your satisfaction, add the spice paste and fry with a little more oil/ghee. After a few minutes frying and stirring, the whole mix can be added carefully to the lentil pan. Some of the watery soup on the top of the lentils can be used to rinse the last spice mix from your frying pan.

The rest is easy: add salt if you wish, stir and simmer for at least 30 minutes.

You can eat it there and then if you're ravenous (quite possible after all that concentration). However, I do find the soup tastes even better the following day.

## To compliment Colins soup, Mandy our vice chair shares a simple but lush vegan biscuit cake recipe....

### Cake:

500g vegan Digestive biscuits  
250g vegan butter  
220g golden syrup  
50g cocoa powder  
120g dark chocolate, chopped  
160ml plant milk (or brewed coffee)  
½ tsp sea salt

### Ganache:

150g dark chocolate, chopped  
100ml plant milk  
40g vegan butter



- ❖ Grease an 8" inch loose-bottom cake tin and line it with parchment.
- ❖ Crush up the biscuits into 1-2cm size pieces. Each biscuit should be crushed into at least 6-8 smaller chunks.
- ❖ Place the vegan butter in a pot on the stove and turn on a medium-low heat. Stir until it's fully melted.
- ❖ Add the chocolate, golden syrup and sea salt and continue to stir until the chocolate is melted and the ingredients are fully incorporated. Turn off the heat.
- ❖ In a separate bowl, mix the cocoa powder with the plant milk until the cocoa powder is completely dissolved. It will be a thick paste. Add this mix into the other ingredients and stir until completely incorporated.
- ❖ Finally add in the chopped biscuits and gently stir. It will be extremely messy but just make sure all the biscuits are covered in chocolate.
- ❖ Pour this mix into the lined cake tin and pack it in until there are no air gaps between biscuits and you can flatten the top of the cake. Place it in the fridge for 2 hours to set.
- ❖ Meanwhile, work on the ganache. Place the plant milk and vegan butter in a pot on the stove and turn on a low heat. Heat up the milk until it is steamy and the butter has completely melted.
- ❖ Pour this over the chopped chocolate in a separate bowl. Set aside for 2 minutes to allow the chocolate to melt. Once it has melted, give it a stir until it is completely smooth.
- ❖ Take the cake out of the fridge. If you have used a loose-bottom pan, use a blowtorch or warm towel to warm up the sides so the cake can slide out. If it is a spring-form pan then just open up the pan and place it on a plate.
- ❖ Pour the ganache over the cake, making sure to fill in any cracks or bumpy texture made from the chunks of biscuits. Smooth it out with an offset spatula and place back in the fridge (in an airtight container ideally) to set for 30 minutes.

Serve!

from [www.projectveganbaking.com](http://www.projectveganbaking.com)

*After all that food you may want to chill out for 10 to 15 minutes...*

## Mediation with Beverley Stacchini

### Feel gratitude and thankfulness for all the good in your life.

Take a comfortable position with the eyes closed. Take a deep breath in and let your mind relax. Allow your body to melt into your mat. Feel your arms and your legs as they make contact with the ground and let it support you. Follow the rhythm of your chest as it moves up and down. Find appreciation in each new breath as you remember all the things you can be grateful for in your life.

The more gratitude we experience, then the more blessings come into our lives. Let your heart be grateful for the goodness in your life. In your daily experience, there is much beauty if you only stop to admire it. Reflect upon the little things that bring joy and amazement. Hold on to that image in your mind and smile. [pause]

Allow your mind to relax even more; as you rest within; think about the people in your life who truly love you - friends or family. Hold their image in your mind and feel blessed to share your journey with them. [pause]

Now think about the recent times when someone has shown you random acts of kindness, whether it was a stranger on the street or someone you've known for ages. Let yourself feel the deep richness of gratitude for their kindness. [pause] Let your mind relax and drift and think about your talents and abilities. Feel gratitude for the skillset you have, for your unique perspective on life, for your health. [pause]

Having an attitude of gratitude helps you feel better and more cheerful every day. Recognize everything that is good in your life, no matter how small it may seem -- the love of a pet, the kindness of a stranger or a neighbour. [pause]

Feel your heart expand with appreciation over all of these simple things. Think of all the blessings in your life and feel so deeply thankful. [pause]

Feeling leads to being, so allow yourself to feel grateful. Let all negativity melt away like an ice cube in the sun. Notice that all that's left is the beauty of being. Feel safe, secure, and at peace. [pause]

Now, gently let go of anything in the past that gets in the way of you feeling and experiencing gratitude. Let go of the things that don't allow your natural flow. [pause].

Your subconscious mind knows exactly how to shift your mind, gently, so that you can easily recognize the things you have to be grateful for in your life. This new way of being allows you to see the positive in life. Let yourself appreciate all that has unfolded in your life. Turn your thoughts inward and allow yourself to think of all the things you have accomplished in life and feel proud, happy, and grateful. [pause]

Allow yourself to feel grateful for all the support you have received from Spirit. Embrace all the goodness of life, and all divine order has for you. Open your heart and soul to gratitude. [pause]

Acknowledge your life as a gift and give thanks for it; allow yourself to joyfully open your heart to gratitude. Allow every part of you, every inch of your mind, body, and spirit to be permeated with the energy of gratitude. [pause]

Take a breath and release any stress or tension. Release discontentment and worry. [pause]  
Take a few more moments to feel the good in life and give thanks for it, allowing it to expand and create more. With a heart brimming with joy, you allow your gratitude to soar. [pause]

Begin to wiggle your fingers and toes when you are ready. Slowly bring back movement to your body. Take as much time as you need to wake up your muscles. When you are ready, roll to your right side and come to a seated position. As you leave this meditation today, feel the newfound positivity that has filled your thoughts.

Namaste.



## USEFUL LINKS

CYF Facebook Page

<https://www.facebook.com/groups/342480762440329/>

**We'll continue to use the Facebook page to keep members regularly updated.**

CYF Website

<https://www.yoga-teacher-training.org.uk/>

Don't forget that we now have our new website up and running, which has the latest information on Training days, Seminars and Workshops.

**The Last Words:** *"Tat pratisedharthamekatattvabhyassah" which roughly translates as 'the practice of concentration on a single object [or one technique] is the best way to prevent the obstacles and their accompaniments'*

Patanjali's Yoga Sutras; verse 32

Do let us have your feedback on the newsletter, so we can try to make it as relevant and interesting as possible.

**Your contributions are most welcome - send your favourite articles, poems, recipes and news for inclusion in the next edition to [gdrum63@gmail.com](mailto:gdrum63@gmail.com) (until we find a new editor!)**

*A gentle reminder to all members to confirm receipt if you receive correspondence from us.*

*This is especially pertinent for our trainee teachers - please do acknowledge the emails we send you about training days.*

*Do remember the Committee are all volunteers with "day jobs", so help us to make the best of the time we contribute.*

*Finally, do remember to check your junk folders for any missing emails .*