



UPDATES FOR MEMBERS IN LIGHT OF CORONAVIRUS

The Committee has been discussing what we do about our schedule of events in the face of Coronavirus and we also want to communicate with members to try to keep you all as up to date as possible.

We are now communicating with everyone by e-mail to direct you to our online resources and offer just a few sentiments that may induce a smile or prove thought provoking.

CHAIR'S MESSAGE

Who could have imagined when I last wrote to you, only three short months ago, that we would find ourselves living in what sometimes feels like a disaster movie. I hope you are all well, staying safe and keeping busy. Try practicing yoga daily and do what you can to stay positive. The chances are that, even if you are still working, you have a little more time on your hands, so make the most of it by optimising your well being. Take that walk in the sunshine (or rain), join an online or virtual yoga class, make lovely fresh juices or smoothies and make the most of your time by preparing fresh food.

Despite our being cooped up indoors, we can see from our windows that Spring is here, be inspired to add fresh produce to the shopping list or try foraging on your walks to find nettle and dandelion to add to those smoothies.

Treat yourself to a soak in the tub (recipe below), get out that face mask you've been meaning to use or even make your own.

Stay safe

Deb

X

CYF Seminars

At this stage its impossible to try and predict when we may be able to resume "normal service" and rather than endeavour to pinpoint a date, we will simply say that, for now, all our lovely seminars at Acton are postponed.

We hope that by the time we put together our Summer newsletter we may be in a better position to confirm future dates and fingers crossed, we will be back to normal in time for our October seminar.



TEACHER TRAINING

Similarly all Training Days and Workshops are now on hold.

As soon as we can safely return to normality, we'll think about how we can sensibly rearrange our schedule to keep training reasonably on track.

However, for those of you with time on your hands, this is a perfect opportunity to tackle a few of those essays. We will post a few example essays on the CYF Facebook page to offer a little guidance and inspiration, so do check this out...

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



SUMMER NEWSLETTER

As this communication is urgent, we are sending everyone this update by e-mail.

The Summer newsletter will be compiled in July as usual.

Many of you prefer to receive the newsletter by post, but in light of the current restrictions no hard copies will be sent out at this time (to safeguard the sender, our posties and the recipients).

The digital version is bright and cheery and includes easy click through links.

If you find it really isn't for you long term, then you can always switch back to hard copy in the future.

If you currently receive your newsletter by Royal Mail, please respond to

Helen at editor@cyf.org.uk

to advise that you are happy to receive a digital copy.

We need you to do this in order for us to ensure compliance with GDPR (Data Protection) Regulations.

If we don't hear from you, we will, unfortunately, be unable to send you a digital version of the newsletter.



Please send your contributions for the next newsletter to the Editor.

Ideas for inclusion are recipes, book reviews, inspiring quotes, essays, poems.

USEFUL LINKS

CYF Facebook Page

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

We'll use this site to keep in regular contact and post items that amuse, inspire or educate.

CYF Website

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

Don't forget that we now have our a new website up and running, which, amongst lots of other information, includes back copies of newsletters.

Online yoga links

If you're looking for a bit of online yoga inspiration, maybe take a look at the 2 links below to Adriene and Esther Ekhart. They have both posted lots of content including sequences, practices of varying lengths, Pranayama and tips for individual poses.

<https://www.youtube.com/user/yogawithadriene>

[https://www.bing.com/videos/search?q=ekhart+yoga+youtube&qpv=ekhart+yoga+u+tube
&FORM=AWVR](https://www.bing.com/videos/search?q=ekhart+yoga+youtube&qpv=ekhart+yoga+u+tube&FORM=AWVR)

And of course many of our teachers are running online classes, so consider braving the new technology and joining a "virtual" yoga class.



	Alan's Good Advice Increase daily breathing exercises - helping keep the lungs fit and healthy.
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THE LAST WORD



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