



**CYF NEWSLETTER
WINTER 2020
CHAIR'S MESSAGE**

Happy New Year Yogis and Yoginis! & Happy New Decade!

Who'd have thought it 2020? It doesn't seem that long ago when 2020 was a mythical date in a Scifi Future.

I hope you have had a wonderful Christmas and New Year and are now ready to get back into the flow. This time of year is traditionally a time for setting New Year's Resolutions. From the Solstice in December to the Spring Equinox in March we are given a perfect time to let go and set new intentions. Combine that with the full moon on 10th January and you have a perfect opportunity to clear out the old and make a clear pathway for new beginnings and listen into our heart's desire to set a new Sankalpa.

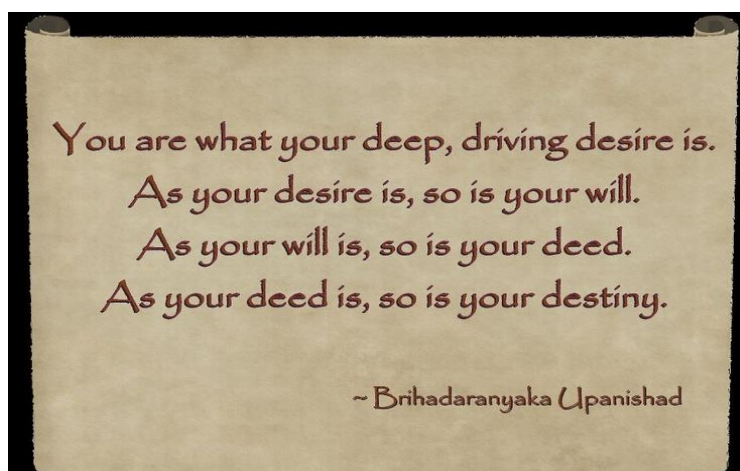
A Sankalpa is an intention or a resolve, it may sound very similar to a new year's resolution but the difference is that a Sankalpa comes from an unconscious place that knows that we are exactly who we need to be, we just need to focus our awareness. A new year's resolution tends to be ego led and becomes a task to try and uphold, often turning into self loathing. A Sankalpa is meant to come from our deeper unconscious and defines the reasoning behind the way we behave. To set a Sankalpa we need to listen to our deep awareness and understand our heart's true desires, which isn't always easy as there are many things to hinder us. Once we have found it though we can begin to remove the boulders blocking our way on our path.

When we make a new year's resolution it generally comes from a negative idea that we aren't right in some way. We are too fat, not good enough, ungrateful or bad in some way. A Sankalpa can explore the reasons behind an action asking questions to enable us like, why do I decide to eat a whole bar of chocolate or be rude to my parents? It doesn't dwell on the past but looks to the future. It requires us to act with self-love rather than self-loathing. When we set a new year's resolution it is usually because we think ourselves not good enough or because society has set a bench mark that we feel we need to reach.

A Sankalpa is set by listening to our heartfelt desires. It is a concept formed in our mind and heart with the power of our unconscious that also brings us into alignment. It unifies, it defines and focuses our goal enabling us to create positive change. Rod Stryker, founder of Para Yoga, says that "a Sankalpa should honour the deeper meaning of our life." It reminds us of our true nature and also acts as a guide in our life.

So how can we find our heartfelt desire without allowing the ego to get involved? It may be that even a desire for something as simple as losing weight or giving up smoking that seems ego led is a step in the direction of finding our Sankalpa. It may enable us to feel self-love or to make a change we need to make before being able to take further steps on our path. As we move on in our sadhana/personal practice we can fine tune our Sankalpa.

Listening to our heart's intention may also mean that we discover we need to make changes we'd rather not face. We may need to take a new turn at a crossroads in our life but by setting our resolve we can build our strength and face our fears a little more easily.



To begin, we need to sit and listen to our inner self, our heart, and we can ask ourselves questions to help the listening process. We can ask ourselves "why?" especially if our desire seems to be to be rid of a negative trait. We can also ask what positive attributes we want to cultivate, e.g. patience, joy or compassion. When we feel we have our Sankalpa we need to formulate it into a positive statement that doesn't emphasise any negativity. We should use the present tense and make it memorable so that we can easily bring it to mind. It then can become a statement of who you are like "I am peace itself" or "I am already whole and healed". Instead of using words like will or want use I am, an example would be instead of saying *I want to be more compassionate* you could say *I am compassion itself*.

Helpful questions: (taken from *Inspired Intention, The Nature of Sankalpa*, Yoga International)

What do I really want in my life?

How do you think having it will make you feel?

Has some form of this desire always been present in your life?

What is the most important goal in my life?

What have you been working towards & what is the desire behind that goal?

What should I be devoting my energies toward at this stage in my life?

What am I pulled towards?

What stands out as my biggest opportunity?

What is my biggest dream?

Does this dream feel too impossible, too risky?

What can I do that fits in with my heartfelt desire?

What needs to happen to move me on my path?

What's the first step I need to take?

Once we have our Sankalpa we need to use it at least daily. Depending on our personal practice or sadhana we can use it at the beginning of our yoga practice or at the start and end of our day. Using a Sankalpa when we are relaxed or in meditation helps reinforce it. If we have a regular Yoga Nidra practice we can use it at the beginning and end of the practice so that it becomes deeply embedded. We must remember our true nature that we are already whole. We just need to reinforce a part of ourselves to live to our fullest and best and to realise and reach our goal.

I hope to see you on the mat

Deb

SEMINAR, TEACHER TRAINING AND WORKSHOP SCHEDULE FOR 2020

12 January, Workshop Ananda Yoga Kula <i>Integrating Pregnant and Post-natal Women</i> 9 February, Seminar Acton Parish Hall <i>Led by Pamela Sunderland</i> <i>(Please note the change of date ... this seminar will be held one week later than normal, 9th February NOT the 2nd)</i> 1 March, Training Day Ananda Yoga Kula <i>Pavanmukta & Joint Freeing</i> 5 April, Workshop Ananda Yoga Kula <i>Integrating the Less Mobile</i> 3 May, Training Day Ananda Yoga Kula <i>Forward Bends</i> 7 June, Seminar Acton Parish Hall <i>Vinyasa Flow Yoga, led by Deb Jackson</i>	26 July, Extra Seminar Acton Parish Hall <i>Guest Teacher - Granville Cousins, a well-respected Ashtanga teacher from Manchester.</i> <i>No charge for CYF members. Non members £25. Booking necessary</i> Provisionally 6 September (Date to be confirmed) Extra Training Workshop Ananda Yoga Kula <i>The Business of Yoga & Yoga Philosophy</i> <i>Gill Drummond</i> 11 October, Seminar & AGM Acton Parish Hall <i>Led by Helen Steadman & Mandy Wallace</i> <i>(Please note the change of date ... this seminar will be held one week later than normal, 11th October NOT the 4th)</i> 1 November, Training Day Ananda Yoga Kula <i>Side Bends</i> 7 December, Workshop Ananda Yoga Kula <i>Anatomy & Pranayama 1</i>
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For all our events, we invite you to bring along something vegan or vegetarian for lunch, so we can share food, good company and conversation. Don't forget your plate, knife and fork.

We are always searching for qualified teachers to lead our seminars. if you would like to share your knowledge and experience, or have ideas for guest teachers, please contact

*Pamela Sunderland, on
pamelasunderland@googlemail.com*

YOUR CYF COMMITTEE MEMBERS

Chair: Deb Jackson shantiandjai@gmail.com (Tel: 07515 103411) Vice Chair: Joyce Watson joyyoga67@yahoo.com Secretary: Beverley Stacchini secretary@cyf.org.uk Treasurer: Gill Drummond gdrum63@gmail.com Education Coordinator: Deb Jackson shantiandjai@gmail.com Education Coordinator Support: Ann Wilks anneewilks@hotmail.com Education Coordinator Secretary: Julie Gater julieheavenlyvoices@hotmail.co.uk	Insurance Liaison: Holly Daglish holly1977@ymail.com Web Master: Alan Paddick gapaddick@yahoo.co.uk Seminar Coordinator: Pamela Sunderland pamelasunderland@googlemail.com Editor: Helen Steadman editor@cyf.org.uk Education Support: Angie Crosby acrosby2010@hotmail.co.uk Admin Support: Emma Farragher emma.farragher@gmail.com Hospitality: Colin Hayes colin@ecology-first.com
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To help the environment and our funds, would you consider receiving a cheery, colourful copy of our CYF newsletter digitally?

The digital copy is bright and includes easy click through links.

If so, please contact

editor@cyf.org.uk

Our New-Look Website

In the following article, our Webmaster, Alan Paddick, updates us on the upcoming launch of our new CYF website. This has been a real labour of love - we are hugely grateful to Alan for his hours of hard work. The new website is easy to navigate, beautiful to look at, has swishy moving parts and helps transition our organisation into the new decade.....

Visitors to our CYF website will soon see our new-look site, we hope to make the new site 'live' shortly after this newsletter is published, probably before the February seminar at which there will be an opportunity for feedback from members.

Some time ago now the committee decided that the CYF website could do with a fresher, more up-to-date look and feel. We will always be indebted to Greg and Barbara for the previous versions but as people may now wish to see the content, not just on a computer, but on a tablet or smartphone the site needs to be 'responsive' to any device the visitor is using.

The brief was to produce a modern responsive website with an emphasis on our teacher training programme but also to retain the other elements of Barbara's version. After talking to a number of local commercial website developers the committee agreed that the cost of professional redevelopment was rather higher than we were prepared for, and the decision was taken to see what improvements we could make ourselves.

The site at 'launch' will have the new-look for the main functional areas of Teacher Training, Membership, Events, a Teacher Directory and our recent Newsletters. Other pages from the old site will be offered in an 'Archive' area with its own simpler menu structure and a link back to the new 'Welcome' page. The older Archive pages can be reformatted over time after the launch.

The old site had an area called 'Local Classes', here members who are also teachers could choose to put their contact details, class information and other details about themselves and their practice. Those teachers who had their details in this area and were members of the CYF in 2019 have been contacted and invited to agree to the information held being transferred to the new 'Teacher Directory' area. As replies are received teachers' details will be added to this directory. This area also contains contact details for committee members. Other CYF member/teachers are welcome to contact the CYF webmaster (webmaster@cyf.org.uk) with details they would like added.

The 'Events' area will show information about future Seminar, Training and Workshop days. As time passes, earlier events will still be visible as 'Previous' events and it may be that here will be the place to present images taken at those events as a gallery. The February seminar will give an opportunity to try this out!

DEFINE THE WORD 'MEDITATION' AND GIVE YOUR VIEWS ON IT'S PURPOSE, SCOPE AND AIMS

Thanks to Holly Daglish for sharing her informative essay on Meditation. We have another of Holly's essays to look forward to in our next edition.

Meditation is essentially a spiritual practise which dates back over 3000 years. It began in the Indian Vedic, Buddhist and Taoist traditions. It has been practised by religions and cultures across the world in different forms. Today it is strongly associated with Buddhism and is practised as a fundamental component in Yoga.

Whilst meditation has its roots in religion and spirituality it is now commonly used across the globe by many people as a tool for psychological, mental and emotional health and well-being.

Essentially, in its basic form, meditation is a mental technique by which the individual focuses their attention and awareness in order to clear the mind and promote the absence of thought. This allows the brain and mind to generate a state of calm and stillness. The process of actively reducing our thoughts allows the busy 'monkey mind' to rest and recuperate.

The ultimate goal of meditation may vary for the individuals who practise it. My personal view is that it allows us to experience a heightened state of calm which brings about a sense of peace and well-being. This in turn has the potential to transcend into spiritual or religious enlightenment, should that be what the person is working towards.

The mind and our thoughts are incredibly powerful in many ways. Importantly they impact dramatically on our emotional and physical states and affect our moods, energy and overall health. Meditation allows us to harness the power of the mind in a positive and productive manner. It can help to regulate our conscious mind and live a more balanced and healthy lifestyle. For many people the inability to control or regulate their thoughts and emotions leads to unhappiness, stress, anxiety and at worst, depression. An overactive mind can hinder our ability to carry out day to day tasks. Continuous thought processes actually become a block to achievement. It is very common for people to experience lack of sleep due to racing thoughts at night time which can have adverse knock on consequences on physical and mental health. To that end, meditation promotes the ability to be present in the moment.



There is a broad scope to meditation and it can be practised in many forms and through different applications and methods. From a religious perspective, different faiths practise meditation but it may be called different things. For example, the practise of dedicated rituals and daily prayer within the Muslim and Christian faiths, are indeed a form of meditation.

Meditation can be practised as little as 5 minutes a day but as with any other skill it requires practise. This allows the brain and the mind to develop it's 'muscle memory' and the more it is practised, the greater the individuals proficiency and ability. I would suggest that the regularity and consistency of the practise is more valuable than the length of time dedicated to meditation.

In terms of the scope and application of meditation, there are a number of different methods that can be incorporated into daily life and certainly within a yoga practice. An increasingly popular method of meditation

is the practise of mindfulness, the act of being fully present in the moment. We often practise mindfulness on a subconscious level but dedicated mindfulness helps us to clearly focus our awareness on the experience of the senses. For example, a mindful walk would include the conscious awareness of the world around us at that time and the impact on the senses. This may be noticing the colours around you, smelling the grass or the rain on the earth, hearing the birds around you and the feeling of the ground underneath your feet.



A more traditional application of meditation is a seated practise with awareness focussed on the breath. The control of the breath is an established way to help us concentrate with the added benefits of stimulating the parasympathetic nervous system. There are many different breath techniques associated with meditation, however, conscious, controlled breathing, focussing on slow full inhales and exhailes, is the perfect way to start a meditation practice.

Within yoga we can see the scope of meditation is wide and varied. The practice of Ashtanga Yoga could be likened to a moving meditation due to its strong focus on the breath and the repetitive, consistent nature of the set sequences. Another meditative yoga practise is that of Trataka. This is a cleansing (shat kriya) practise as well as a method of meditation. Trataka traditionally involves 'candle gazing', essentially staring at a fixed point. It has energising effects on the mind and is powerful in improving concentration.

There are many scientifically proven benefits from practising meditation, from reducing stress and anxiety to generating kindness and improving one's attention span. I believe the aim of meditation varies for each person and correlates with what they want to achieve. From a spiritual perspective the aim in yoga is to identify with our core self-awareness, or the Atman. From a Buddhist perspective the ultimate aim is to reach enlightenment. In every day use or life the aim is to fundamentally be in a state where there is no thought or mental disturbance.

It may be the case that an individual begins a meditation practice or routine without knowing what their aim or goal is. The expectation of the outcome or benefits may not be fully understood and change often occurs in a subconscious and incremental way.

Whatever the individual's aim of meditation, it is universally accepted that meditation, in any of its forms, is beneficial for both mental and physical well-being. As yoga teachers we are able to introduce meditation to people who may not have tried or considered it previously. Whether this be during a preliminary grounding exercise, the use of mantras, a more comprehensive yoga nidra, or at the end of the class where we encourage our students to relax in Savasana. For many, they find a guided teacher led meditation is an excellent introduction to the practise of meditation. To conclude, I finish with my favourite saying in relation to meditation.....



Statement from the Love Serve Remember Foundation on Ram Dass' Passing

Posted December 23, 2019

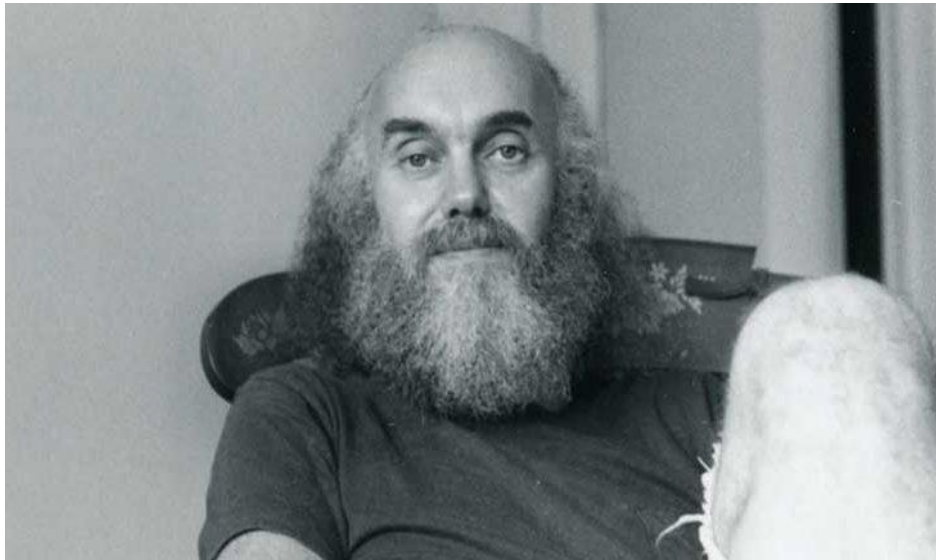
Ram Dass (born Richard Alpert)
died peacefully at home in Maui on December 22, 2019

For more than 50 years, Ram Dass was a key influence on American spiritual culture. His influential and seminal work *BE HERE NOW*—part graphic novel, part introduction to yoga and inner transformation—is an enduring classic that has sold over two million copies. *BE HERE NOW* still stands as a centerpiece of Western articulation of Eastern philosophy. In the 1970s it was the hippies' bible; today it continues to be the instruction manual of choice for generations of spiritual seekers.

As a psychologist, Richard Alpert—along with his cohort, Timothy Leary—played a pivotal role in the psychedelic movement of the 1960s, lecturing on the healing effects of psychedelics at college campuses across the country. At the time, Alpert and Leary influenced a generation to “turn on, tune in, and drop out” with psychedelics, providing the inner fuel during a turbulent era of social change, sexual liberation, and political unrest.

In 1967-68, Alpert journeyed to India, where he met the famed Indian saint, Neem Karoli Baba (Maharaj-ji), whose central teaching is to love everyone, serve everyone, and remember God. After learning yoga and meditating in the Himalayas for six months, he returned to the West as Ram Dass, meaning “Servant of God.” For decades, Ram Dass crisscrossed America, lecturing on an eclectic spiritual path. He was a guide for thousands seeking to discover or reclaim their spiritual identity beyond or within institutional religion.

In early 1997, Ram Dass had a stroke that left him with paralysis and expressive aphasia. He recovered his speech and went on to continue his teachings online, at retreats in Maui, and through film, and music, inspiring the next generation of seekers.



Inspired by Holly's essay and in memory of Ram Dass, you might enjoy this 20 minute guided meditation with the purpose of returning to root Awareness. Allow your thoughts to drift like clouds across the sky, neither pushing nor pulling, just being.

<https://www.youtube.com/watch?v=HuTvY09xvBI>

FINANCE CORNER

with Gill Drummond AIAB - CYF Treasurer

This month's Finance Corner takes a timely look at Income Tax and registering your yoga business with the HMRC.

Gill Drummond, our Treasurer, will be presenting a CYF Workshop in September about the Business Side of Teaching Yoga, where she will give lots of invaluable tips, information and guidance. Look out for further details

Tips for making your income tax easier

Paying your income tax online:

The easiest way is to pay by debit card (HMRC usually charge a fee for credit card transactions)

Go to: <https://www.gov.uk/pay-tax-debit-credit-card>

Select the service you need and press continue. This section is really simple to use.

CAUTION: *There are a lot of scams going on, especially around the tax payment deadline on 31 January. HMRC will not call you in a threatening manner saying you owe money and must pay immediately. Phishing emails can arrive too from scammers claiming to be from HMRC. **Only pay your tax via the HMRC website or by following the instructions on your tax bill. If in doubt hang up then check your tax account online or ring HMRC. Also report any suspicious calls to HMRC.***

Exemptions from registering for Self-Assessment:

Should your yoga teaching takings (or takings from self-employment) be less than £1000 per year, you are exempt from registering for Self-Assessment with the tax office (HMRC), but if your takings exceed £1000 you need to register for Self-Assessment (abbreviated to SA on the HMRC website). The reason for this is it costs the HMRC more to process your tax return than the income they generate collecting it!

Do HMRC check tax returns?

Yes, they do. HMRC have a wide-ranging intelligence database which matches up various sources of information against your return, so they will be aware if a source of income is missed, or your return looks irregular compared to other information they hold.*

Banks for example send details of interest earned on savings to HMRC (I know this from experience – an oversight that caused lots of paperwork, plus interest payable on under-declared tax!)

Should you have problems paying your tax on time, contact HMRC as this may reduce any late payment penalties and you may be able to agree a payment plan.

For more information about the Business Side of Teaching Yoga look out for the CYF Workshop in September this year, where I will be giving a detailed talk on the subject. (Date to be confirmed) or email me!

*Courtesy of www.yogatax.co.uk

Other details based on HMRC website:

<https://www.gov.uk/government/organisations/hm-revenue-customs>



Should I register my yoga teaching business with HMRC

If your yoga teaching takings (or takings from any self-employment) are less than £1000 per year, you are exempt from registering for Self-Assessment with the tax office (HMRC), but if your takings exceed £1000 you need to register for Self-Assessment (abbreviated to SA on the HMRC website). This is called the Trading Allowance. If your takings are over £1000 but your expenses less than £1000, you can claim £1000 expenses which will reduce your tax bill.

Most people can earn £12,500 without having to pay tax (tax year 2019/20) – it's your personal tax allowance.

How do I register my self-employment with HMRC?

This is done online.

www.gov.uk/log-in-file-self-assessment-tax-return

The easiest way to find this is type HMRC into your online search engine then look for self-assessment which should lead you to this link.

It's a good idea to register as soon as you can after starting your business.

If you delay, you may have to pay a penalty.

At the latest, you should register by 5 October in your business's second tax year. For example – if you start self-employment between April 2019 and March 2020, you should register before 5 October 2020.

If you register later than this, you could be fined, but generally you won't have to pay a penalty as long as you send your tax return and pay your bill on time. E.g. if you started your business in July 2018, registered for SA in November 2019 but filed your tax return in December 2019 and paid your tax before 31 January 2020. This is because the first tax year of your business would run to 5 April 2019 and HMRC deal with income in the period between 6 April 2019 and 31 January 2020.

Will HMRC find out about my business if I don't declare it?

Yes, there is a possibility: I have a colleague with relatives that work for HMRC, and yes, they do check social media such as Facebook for people advertising their businesses. HMRC also check tax returns – for example banks have to declare the interest they have paid you. HMRC will also assess if you are making a reasonable income to live off and what people in a certain line of work tend to make over the year.

For more information about the Business Side of Teaching Yoga look out for the CYF Workshop in September this year, where I will give a detailed talk on the subject.

TEACHER TRAINING NEWS

JUST BEGINNING THEIR TEACHING JOURNEY – A WARM WELCOME TO OUR NEW TRAINEES

Catherine Jarosek
Samantha Weston

There is no doubt that the
foundation of being a great yoga
teacher is being a great yoga
student.

— Rod Stryker —

Recent CYF Workshops

Rosie Cornwall and Alison Farrall presented at the October Workshop. Rosie (top left) gave us a morning of Hatha yoga following Patanjali's principles of Satya, while Alison (top right) invited us to share her flowing practice from within.

The third pic has a lovely selection of Warrior II's.





Minutes of the CYF Committee Meeting 6 October 2019

Committee Members present:	Apologies:
Deb Jackson Gill Drummond Ann Wilks Julie Gator Joyce Watson Angie Crosby Alan Paddick Bev Stacchini	Helen Steadman Pamela Sunderland

Pre-AGM meeting

1. Discussion of where the CYF is going. Questionnaire to members – fold fellowship and continue training? Need support as can't continue at current level
2. Constitution – needs review – doesn't match what we currently do
3. Secretary to send out seminar notices and occasional newsletter
4. To consider devising list of jobs and divide up more to reduce pressure. 2 kitchen organisers needed; one to arrive early and one to leave late, duties to include buying supplies (money to be claimed back)
5. 2020 seminars already organised. Deb to encourage Pam to send out basic details to secretary asap to avoid delays and errors in seminar notices

AGM Meeting

1. Approval of minutes as true representation of matters discussed
2. Major changes within committee over last couple of years has caused disruption and committee members are feeling strained under pressure of running CYF and continuing own careers. Request for help from members present. Colin stepped up for Kitchen Organiser duties. No other offers of help. No suggestions for Chairperson or Secretary so Deb Jackson and Bev Stacchini to remain in post at present
3. Pam Sunderland to contact Elizabeth regarding cupboard locks in kitchen as broken

4. Chair's Report - Letter to members to remind of meaning of fellowship. Committee members are volunteers with very busy lives of their own. We are struggling to keep the CYF running and we have come to a point where we don't seem able to get help from the membership. The CYF may not be able to continue in its current form if help is not given
No objections to Deb Jackson remaining as Chairperson
5. Treasurer's report – see attached
Weekend workshop – suggestions welcomed
6. Secretary's Report - Apologies for errors on recent seminar notices
7. Education co-reports – Average 16-20 students at workshops for practical training. Extra workshop to be opened up to all members. Plan to put one extra workshop on per year with an element of philosophy. Julie Gator assisting in workshops and taking on new students. Enjoying role. Lives in Mansfield and communicates by email
8. Seminar co-ordinator report – 4 days all well attended
9. Website- Re-modelled by Alan Paddick. Looked to local companies to re-style website but decided by committee could not justify cost. Alan has kindly produced a new website and is in the process of updating/moving info across. List of CYF teachers on website to include current members only
10. Ed-coordinator Steady stream of new students. Several newly qualified this year. 6 new students this year. Trialled adding optional study day in September. All extra days really well attended – will continue with those. Re-assessed specs for final assessments – agreed by tutors. Tutor training day planned for the future. Suggestions for extra training days always welcome.
11. Election of officers: Reminder to committee members that a commitment of 2 years is required as per constitution.
12. CYF Magazine – Helen Steadman has completed two years as editor. Newsletters are issued in Jan/Feb and Jul/Aug. If any essays/recipes/suitable pieces for the magazine, please send to Helen.
13. Teacher Training has changed over the years but still trying to remain with the ethics of the original CYF whilst keeping up-to-date with current thinking



Appendix 1

CYF TREASURER'S REPORT ON THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2018

INTRODUCTION: The Comprehensive Yoga Fellowship is a "not for profit" organisation which provides a high standard of tuition at an affordable price to the student. The Committee is able to keep prices low due to the number of volunteers who give up their time freely to ensure the smooth running of the organisation. Since 2016 Committee members have been offered free membership as a token on thanks for their hard work. Our Treasurer is now paid £8.50 per hour for admin work, since a lot of admin is required in this post: there is no charge for doing the actual accounts. Adapting to change is essential to maintain the quality teaching required by the students which in turn will attract more potential students to the CYF.

This accounting year covers 1st January to 31st December 2018, a summary is provided below alongside 2017 for comparison:

SUMMARY:

Receipts	17	18	Payments	17	18
Opening Balance	9,481.07	£8,552.26	General expenses	522.17	£202.99
Membership Subs	1,142.50	£1027.50	IYN	200.00	£200.00
Course fees	2,265.00	£1,620.00	Tutor payments	2220.00	£1,450.00
Seminar fees	20.00	£45.00	Magazine		£99.09
Training day fees	1,640.00	£1,520.00	Hire of hall	720.52	£807.00
Workshop fees	1,275.00	£1,195.00	Travelling expenses	288.90	£63.00
			Seminar speakers	650.00	£750.00
Donation / Refunds		.00	Student manuals/expenses	2526.76	£2,140.35
			Refunds	55.00	£10.00
2018 First Aid Course		50.00	Admin	0.00	£100.60
Last year unclear payments	55.00	£10.00	Last year's cheques cashed	150.00	£22.04
			Uncleared credits at year end	15.00	£0.00
Last year cheques uncashed	22.04	£15.00	Closing Balance	8,552.26	£8,359.69
Total Receipts	15,900.61	14,204.76	Total payments	15,900.61	14,204.76

ACCOUNT BALANCE: The balance at the end of the year was £8,359.69, a decrease of £192.57 on 2017. Steps have been taken to reduce our balance: we have offered extra seminars at no charge and purchased books for all trainees. Obviously more needs to be done to reduce the balance, this will be part of ongoing discussions for the committee.

SUBSCRIPTIONS: The annual subscription was kept the same at £15 for the full year and £7.50 for half year. At the end of 2018 the membership stood at 88. Membership is about the same as the previous year – new members have joined us, some have chosen not to renew their membership. Income from subs varies slightly, due to the dates when members renew, plus the committee have the option of free membership.

SEMINARS: Three seminars were held in 2018, in February, June and October, plus an additional day with Jay Rossi in July. Non-membership attendee payments were £45. The hire of Acton Parish Hall remains the same.

CORRESPONDENCE COURSE AND TRAINING/WORKSHOP DAYS: Students paid £1620 for course material this year, which is £675 less than 2018, reflecting a decrease in student enrollments and progression within the course. Bookings for training days and workshops also decreased by £200. Tutor payments decreased by £770, reflecting the decrease in number of students enrolling, and many students completing the course. Expenses related to workshops and student manuals decreased by £386.41. This partly reflects the decrease in student numbers and while the number of workshops being run remains the same. Printing is now sub-contracted to Keele University Students Union as this is the most efficient way to do the job due to increased numbers required. cost of room hire for the training at Stoke has increased slightly, with an overall increase in room hire costs of £86.48 Travel expenses have decreased even though tutors are now encouraged to claim these for longer journeys to training days and workshops, plus for mileage involved in the handover of committee roles has not occurred his year.

PROFESSIONAL FEES/MAGAZINE/WEBSITE: Professional fees include our membership with the IYN remain unchanged from 2015. The cost of producing the magazine is about £99 as a large proportion of members receive it electronically. Alan is currently managing the website free of charge.

OTHER: General expenses (stationery, postage, printer ink etc. not directly associated with trainee manuals and communication) accounted to £522.17, £319.18 less than 2017. Refunds totaling £10 were made in respect of the membership overpayments, missed workshops and uncashed cheques.

Appendix 2

Seminar Report 2018-2019

Upcoming Events 2020

October 2018: Gill Drummond

She guided us gently through a beautiful practice “The Auld Triangle”. A series of triangles and twists to wake up and cleanse the body. The afternoon was an insightful class on chair yoga, a series of poses we all know well, adapted to suit those who face physical challenges, this session included a chair-based meditation.

February 2019: Claudia Maranhão

Claudia focused on the Warrior poses in the morning, offering variations to these strong poses. Claudia led a talk on Yoga philosophy, focusing on the Arjuna, the infamous reluctant soldier in the Bhagavad Gita, and how we are all Arjunas. The day ended with a meditation and a Yoga Nidra.

June 2019: Holly Daglish

Morning practice was a focus on Yin Yoga, a deep practice focusing on the fire elements. The second part of the day brought balance by guiding us through a yang flow!

July 2019: Jenni Kaur

Jenni shared her deep knowledge of Kundalini Yoga and the ancient benefits to those who practice it.

Up and Coming

9 February Led by Pamela

7 June Deb will take us through a Vinyasa Flow

26 July: Granville Cousins, guest teacher and Ashtanga teacher from Manchester

11 October: Mandy Wallace and Helen Steadman will lead the practice. It's also our AGM.

RECIPES

The Editor received the new Jamie Oliver "Veg" cookbook for Christmas.
Here's one that's been tried and tested alreadyEnjoy

JAMIE OLIVER'S WONDERFUL VEG TAGINE

INGREDIENTS	METHOD
1 pinch of saffron 4 cloves of garlic 4 cm piece of ginger olive oil 1 teaspoon ground cumin ½ teaspoon ground cinnamon 1 teaspoon ras el hanout 1 tablespoon sun-dried tomato paste 2.5 kg mixed veg , such as aubergines, courgettes, carrots, cherry tomatoes, red onion, butternut squash, mixed-colour peppers 1 x 400 g tin of chickpeas 100 g dried apricots 1 preserved lemon 300 g couscous ½ a bunch of mixed fresh herbs , such as dill, mint, flat-leaf parsley (15g) 20 g flaked almonds 	 Put the saffron into a jug, cover with 500ml of boiling water and leave to infuse. Meanwhile, peel and finely slice the garlic and ginger, then place in a large casserole pan over a medium heat with 2 tablespoons of oil, the cumin, cinnamon and ras el hanout. Add the tomato paste, fry for a few minutes, stirring regularly, then pour over the saffron water. Trim and prep the veg, as necessary, then chop into large chunks, adding them to the pan as you go. Tip in the chickpeas (juices and all), roughly chop and add the apricots and preserved lemon, discarding any pips, then season with sea salt and black pepper. Bring to the boil, cover, reduce the heat to low, and simmer for 45 minutes, or until tender, stirring occasionally. When the veg are almost tender, just cover the couscous with boiling water, season with salt and pepper and pop a plate on top. Leave for 10 minutes, then fluff and fork up. Pick the herb leaves and toast the almonds. Serve the tagine and couscous sprinkled with the almonds and herbs. Delicious served with harissa rippled yoghurt.

The Last Word

BE THANKFUL

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to?

Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow.

Be thankful for your limitations, because they give you opportunities for improvement.

Be thankful for your mistakes. They will teach you valuable lessons.

Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfillment comes to those who are also thankful for the setbacks.

Find a way to be thankful for your troubles, and they can become your blessings.

If you go out in the woods and look at trees, and some trees are gnarled and some are straight. Some are flowering and some are barren, you just look with appreciation at the differences.

You neither judge nor react.

You don't necessarily hate that tree and love that tree.

But the minute you get around people it's all different.

So I would suggest you treat people like trees.

- Ram Dass

Feedback on the newsletter is very welcome. Do let us know which articles you especially enjoy, so we can make the next copy even better.

To contribute to the next edition, please send your favourite articles, poems, recipes and news to:-
editor@cyf.org.uk