



CYF NEWSLETTER
JANUARY 2022
CHAIR'S MESSAGE
Hari Om Yogis & Yoginis

Happy New Year! 2022, Is it just me, having grown up watching SciFi from the 70s and 80s, that feels like we are in a strange future. Shouldn't we be flying around in space cars and wearing jet packs, or am I just showing my age? I hope you all had a fantastic Christmas and are well rested and ready to jump back onto your mats.

It's been another strange year and although things have begun to trickle back to a form of normality we are still living in a world of restrictions, fear and guilt and don't know what is around the corner. I keep coming back to various yoga teachings to try and make some sense of what I see around me. Many people have astounded me by their reactions to this pandemic and to the way the world has changed. Of course, most reaction is from fear. Fear of our own mortality and fear of harming others, fear of losing income or liberties, lots of fear. Many of the yoga texts tell us that true yoga is nothing to do with the poses we perform on the mat but ultimately the unity of knowing our true self called Samadhi.

Samadhi is ultimate bliss, being one with all in the universe and liberated from the maya/illusion. The problem is that there are distractions and obstructions that stop us from reaching our goals, that keep us in a state of dukha, bad space. Now this is a big subject for me to waffle on about at the beginning of the new year and, as you all know, I'm good at waffling but just indulge me for a bit longer. The Kleshas are the obstacles that hold us back on our journey to true yoga. They are Avidya, literally not seeing. Avidya is not seeing our true self and all other kleshas are drawn from avidya. As Daniel Simson says in his book 'The Truth of Yoga', we misidentify with what we perceive; Asmita is I-am-Ness, we identify with our ego rather than our true Self. Raga is attachment, we crave stuff and don't want to let it go; Dvesha is aversion, it dwells on pain and avoids the stuff that we think will cause us pain; Abhinivesha is fear, particularly the fear of death. This fear is sustained by identifying with the I-ness of the ego. So Yoga shows us that we can get stuck in the constant loop of fear and entanglement and it's hard to jump off that loop at any time let alone a time when we are constantly being fed fear and guilt and anger. Fear, after all, is an important coping mechanism. It is part of our flight or fight system. We need it to survive but too much fear can cause us untold damage. Apart from keeping us in a state of dukha it can cause us low immunity, cardio problems and of course, depression and anxiety. If there is one thing we need to do this new year, it is to look at our fear, question it and see if it is worth holding onto or letting go of. It's not an easy thing to do but we all need to find some bliss in our murky world and we can't do that if we constantly hold onto fear.

Keep breathing, keep smiling and I hope to see you soon.

Deb



Gaze out at space
Aware of multicoloured Luminosity
permeating everywhere

The blue sky, filled with rays from the sun.
The night sky, dark, yet crisscrossed by the light of a
billion suns.
How can this be?

All space is the same,
Inside you and far away.
Lose yourself in spaciousness,
Come home to your true self.

Verse 53, The Radiance Sutras, Lorin Roche

THIS PART OF THE YEAR HOLDS ITS OWN
RAW BEAUTY.
AT SOME POINT MAKE THE TIME TO.....

FOR ONE MINUTE,
WALK OUTSIDE,
STAND THERE,
IN SILENCE,
LOOK UP AT THE SKY,
AND CONTEMPLATE
HOW AMAZING LIFE IS

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.

YOUR CYF COMMITTEE MEMBERS

We have a few changes to the Committee.

To find out more about our new members, see their yoga biographies below

Chair:

Deb Jackson

shantiandjai@gmail.com

(Tel: 07515 103411)

Vice Chair:

Mandy Wallace

mandi0471@gmail.com

Secretary:

Beverley Stacchini

secretary@cyf.org.uk

Bev will be exiting this role and is currently handing over to Norma Talbot who will be picking up the Secretary role

Norma Talbot

secretary@cyf.org.uk

Treasurer:

Gill Drummond

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Education Coordinator:

Deb Jackson

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Insurance Liaison:

Holly Daglish

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Web Master:

Alan Paddick

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Seminar Coordinator:

Pamela Sunderland

pamelasunderland@googlemail.com

Angie Crosby has been working alongside Pamela for the past few months and will now pick up the Seminar Co-Ordinator role

Angie Crosby

acrosby2010@hotmail.co.uk

Editor:

Helen Steadman

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Angie Crosby

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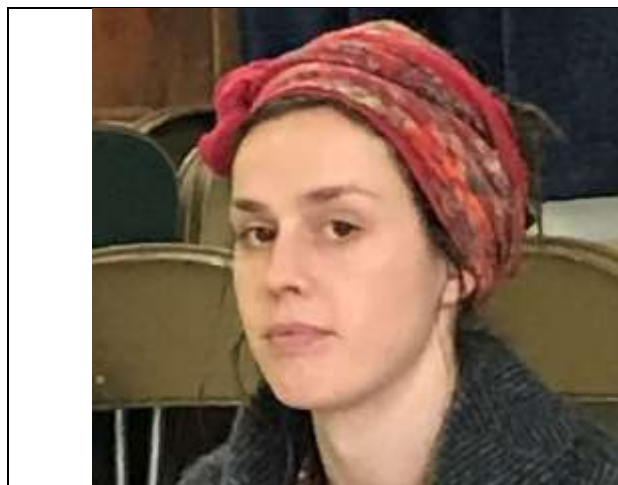
We have some changes to the Committee to share with you

Bev Stacchini has been our Secretary for some years, somehow managing to fit in this role with her super busy life.

Pamela Sunderland has organised seminars, arranged teachers and scheduled dates. She has now moved away from the area so decided to step away from the Seminar Co-Ordinator position.

We offer huge thanks to them both for their commitment and contribution.

The great news is that both are staying on the Committee to continue to offer their advice and support.



Pamela Sunderland



Bev Stacchini

Hello, I'm Norma Talbot and this is my Yoga Journey

I have always practiced yoga from time to time throughout my life:- at the gym, on holiday and so on and always enjoyed it but never took it more seriously.

It was only 5 years ago when I went through a tragedy and a dramatic change in my life that I gravitated towards a regular yoga practice and started to read around the subject.

For the past five years, I have been attending a regular class with Muriel Dickens, who just happens to be an honorary member of the CYF. I couldn't get a better teacher!

During lock down I continued to practice and read, one day Muriel phoned me to see how I was doing and I told her I'd been digging deeper into the philosophy of yoga. She suggested I further my knowledge by joining the CYF and starting the teacher training course.

Taking the positive out of the negative situation I did and started my essays.

I have learnt so much from the physiology and psychology of this practice and found myself. It has changed my whole way of thinking, how I respond and not react to situations, I am truly grateful and can't believe I went through life not doing this sooner.

I enjoy walking and last year completed 26 miles for Douglas Macmillan. I enjoy the theatre and the comedy club, socialising with my friends and family but also loving my quiet time.

I'm honoured to be a member of the CYF and also to be asked to take on the role of Secretary for you all. I look forward to meeting you all soon.

Love and light 🙏

Angie Crosby - My Yoga Journey

I attended my first yoga class in a local gym on the Wirral in 2001, and pretty much fell in love with the practice immediately.

However, it was just a weekly class which I fitted in around other classes and the gym. I couldn't start a regular practice at this time as I had just got married and had a young family.

It wasn't until a few years later when my daughters were a little bit older that I solely practiced yoga. This is when I became a "serious" student, and began to learn more about the philosophy side and how yoga was a spiritual practice.

I began to realise that it was so much more than just the physical asana practice, that I had learnt at the gym.

After much soul searching, I decided to take the plunge into a Teacher Training Programme. Before this I had always lacked the confidence to put myself in front of a class and lead a practice, I felt that Yoga was such a huge subject that I would never know enough to be able to teach others.

However I wanted to learn more for my own personal development, and so began to study.

I did a lot of research into different training programmes, before finding the Comprehensive Yoga Fellowship online and making an initial application to join the CYF teacher training programme.

When I was accepted and was sent all the details, I felt terrified at the thought of driving to Stoke and starting a three-year course and of not knowing anyone there.

However, by the end of my first training day I knew I had made the right decision! Deb made me feel comfortable from the start and all the other trainees were so lovely. I loved meeting new like-minded people, learning all about yoga and of having a shared vegetarian/vegan lunch!

Although the Covid 19 pandemic has made my three-year course more like three and a half years, I am now a fully qualified teacher!

I am lucky enough to have a few evening classes now in a beautiful yoga studio on the Wirral and I hope I can pass on my love of yoga to a whole new group of people, and have them as passionate about the practice as I am.

I wanted to "give something back" to the CYF so when a position came up on the committee to offer student support, I asked if I could help out.

I have now taken over from Pamela's role, booking the seminars and inviting guest teachers to our days.

So if you have any suggestions for new teachers or just want a chat please get in touch and let me know.

Namaste xx



Norma Talbot



Angie Crosby

COMING SOON

Our next workshop will be held at

Acton Parish Hall

Sunday 6 February 2022

10 am - 3.30 pm

The day will be led by Helen Steadman and will be a gentle Vinyasa practice in the morning followed by Yin yoga in the afternoon.

As always, remember to bring your own mats, blocks, bricks, blankets and bolsters.

If you don't have a bolster, bring 2 blankets as we will end the day with some Restorative yoga - one blanket is needed to ease us into a comfortable position and the second is for cosiness.

Remember, the floor at Acton can be chilly at this time of year!

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

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

RECENT CYF WORKSHOPS

Angie Crosby did a fantastic job of presenting 2 beautiful classes at the Acton Workshop on 3 October. Angie is one of our recently qualified teachers, her session was accomplished, inclusive and gorgeous.



UNDERSTANDING THE CULTURAL APPROPRIATION OF YOGA

It seems that every time we open the pages of a magazine or tune in to one of our favourite podcasts, there is a reference to cultural appropriation. Here are 2 articles offering insight on the subject.

If you would like to join the discussion, please do send in your comments so we can further address this topic in the next edition.



HOW WE CAN WORK TOGETHER TO AVOID CULTURAL APPROPRIATION IN YOGA

ARUNDHATI BAITMANGALKAR

A few years ago I wasn't familiar with the term *cultural appropriation* and didn't know what it meant. I very much knew the experience of it, however.

The cultural appropriation of yoga has been going on for decades, and as a yoga teacher and Indian immigrant living in the United States, there has been no escaping it. For many years, I didn't say much about what it feels like to have one's heritage stolen and misused in yoga spaces—only my yoga teacher trainees got the full download during our sessions. But it's time for me to address this issue with my fellow teachers and practitioners in public.

What is yoga?

To fully understand the cultural appropriation of yoga, we first need to know what yoga is. Yoga is a spiritual practice. It is a way of living. It's a practice of self-study and mind management. It is a way of thinking, speaking, being—and more. Yoga is a part of Indian culture and heritage.

Since the 1990s, yoga in the Western world has frequently been reduced to a fitness regime. Culturally, we've been ignoring the fact that this practice consists of far more than poses we deem photo-worthy, cute yoga pants, or a way to collect Instagram followers.

What is the cultural appropriation of yoga?

When a dominant culture takes from another culture—usually a minority or disadvantaged culture—without full regard for the context, respect or reverence, or even acknowledgment of the culture it's taking from, it is cultural appropriation. The things that are usually co-opted include images or symbols, scripts, practices, fashion, art, music, etc. (This phenomenon can also be called cultural misappropriation—a term that was more widely used in the 1980s.)

This dynamic has happened with numerous cultures. In the case of India, specifically (the birthplace of yoga), it's helpful to consider that it was colonized for centuries by everyone from the Portuguese to the Dutch, the French, and, finally, the British, who initially came on the pretext of trade and ruled for nearly 300 years.

Who is appropriating yoga?

Before we understand *what* is being appropriated from the practice of yoga, it is important to understand *who* is doing the appropriating. The answers might surprise you, as they include many:

- Yoga studios
- Yoga teacher trainings
- Yoga teachers
- Yoga students
- Yoga-related businesses

Some people do it knowingly, while others are completely unaware.

What is appropriated in yoga?

There are many ways that yoga has been misused and misunderstood over the decades. Beyond the false equivalence of yoga and asana, here are some other examples of appropriation in yoga.

Yoga fads

Yoga is not a fad. A fad is defined by the Oxford English Dictionary as “an intense and widely shared enthusiasm for something, especially one that is short-lived and without basis in the object’s qualities; a craze.” Yoga has existed for many centuries. However, goat yoga, beer yoga, and similar gimmicky styles may make it *seem* as though yoga is a fad.

People often misuse the word “yoga” because it’s popular: Yoga sells well in the Western world, but using yoga this way is an insult to my culture.

The use of the word “yogi”

“Yogi” refers to someone who does and lives yoga. Calling anyone and everyone who does yoga a “yogi” is incorrect, however. Typically, a yogi is someone who practices all the limbs of yoga intensely. Such a person practices severe penance, renounces possessions, has no personal relationships or ties to society, gives up sensory pleasures, and does still more. To be a yogi, one needs to follow the lifestyle that comes with being a yogi.

In many modern-day Western asana classes, a person who tries yoga for the first time is labeled a “yogi.” Growing up in India, this was not a term we threw around casually: It’s a title that’s conferred upon someone in recognition of their work as a spiritual teacher, or advisor.

Doing yoga poses or bits of yoga here and there doesn’t make someone a yogi.

Misuse of “namaste”

Namaste—the word and prayer-hand gesture—has become synonymous with yoga and almost every yoga class starts or ends with a namaste. But growing up in India, I never said “namaste.” Since I am from the southern part of India, I instead said “namaskara,” “namaskaram,” or “vanakkam.” *Namaste* and its regional variations are a manner of greeting that simply mean “I bow to you.” It is neither *hello* nor *welcome*. It was a greeting I was taught to use in temples, for example when bowing to an idol, a priest, or someone elder or spiritually ahead of me in their journey. I never used *namaste* with friends.

Different Indian people will have slightly different experiences, of course—India is a large and diverse country. *Namaste* is a greeting I have noticed being used more among my North Indian friends and their families than it was in my South Indian upbringing.

As yoga teachers, it isn’t necessarily wrong to use *namaste* if you have appreciation for its origins. Use it if you want to, but understand that doing so will not make your class better or more authentic. It’s really what you do *between* your namastes that matter. But whatever you decide, please refrain from adding expletives to *namaste* or slapping it onto merchandise. That is a gross form of appropriation.

The use of sacred symbols and deities as décor

In India you will notice that deities and sacred symbols are treated with reverence. They’re placed on a pedestal, never on the ground, and most often some sort of altar is created for them. Special care is taken to maintain this altar and what goes on or near it. The altar is usually a space that is considered sacred and not an ordinary or random spot in the home.

Many Western yoga studios try to mimic the East by adding idols of Buddha, Ganesha, Laxmi, Patanjali, Shiva, and others without regard for how and where they are placed. For example, in India you would not sit with the soles of your feet facing an idol, your teachers, or an elderly person. This is considered not only disrespectful but also shameful. Yet, we see idols scattered around yoga studios with less intention, just to beautify the space. You'll also often see *Aum* ("Om"), yoga sutras, mandalas, and more all over the walls of studios. But these symbols are not décor and casually adding them to a yoga space does not make that space more authentic. It would be more appropriate to have them in a private space in your home or office.

Marginalization of Indian and South Asian yoga teachers

It is a sad reality that Indian and South Asian yoga communities are not well represented in the contemporary Western yoga world, whether we're talking about studios, publications, on-demand streaming, the apparel industry, or accreditation boards. In the West, there are millions of Indians, South Asians, and people of Indian and South Asian descent—yet only a handful of them actually walk into yoga studios regularly. And an even smaller fraction return for regular practice.

As yoga teachers and business owners, we have to question this. What have we done with yoga that has made it so alienating that individuals from the very culture that yoga originated in do not feel safe, respected, and accepted?

When I speak to my fellow Indians, they share many stories about how the yoga they see in studios isn't actually yoga but merely a workout. Or how the teachers can't pronounce their names and they rarely or never see another yoga teacher from their culture. If you throw in teachers misusing *namaste* and behaving disrespectfully (whether consciously or not) with regard to other aspects of Indian culture...well, it all adds up and has sadly marginalized Indian and South Asian yoga teachers and students.

Traditionally, yoga playlists are not a thing

So many yoga teachers spend hours curating their yoga playlists. But in India, yoga classes don't typically have music. When we play music in an asana class it can become a distraction. The goal of an asana is to take us deep within ourselves, to turn all our senses inward. In this context the breath becomes our music; it anchors the mind. When we play music—especially music with lyrics—it can cause confusion, distraction, and even frustration for the student. If you're a yoga teacher who plays music with lyrics while teaching, consider transitioning to instrumental music instead, then to white noise, and, finally, no music at all. That would be in line with the tradition of yoga.

The commodification of yoga

Yoga is a multibillion-dollar industry in the U.S. alone. Let that sink in for a moment. Billions of dollars. None of that money is going back to India. What makes it further infuriating is that these brands appropriate yoga without even the slightest bit of remorse. Let me give you two examples.

Take Lululemon, a brand that is not unfamiliar with controversy. Their tagline is "This is yoga." What are they implying? Buying yoga pants is the definition of yoga? Slapping sacred Sanskrit terms onto thongs, bras, and pants is yoga?

If you ask me, there isn't a better example of cultural appropriation of yoga today. Many clothing and lifestyle brands have completely disregarded yoga and Indian culture and abandoned their moral compass in the name of profits. As long as people keep buying their products, they will have no reason to change. If you're a yoga teacher who cares, please speak up and withdraw support from brands that so blatantly misuses yoga in every way. And I didn't even mention inclusivity. You typically won't see a single Indian person featured in these brands' advertising. Do you see the problem here?

How to appreciate, not appropriate, yoga?

There are many ways to appreciate yoga as a studio owner, teacher, or student. Here are a few simple ways to be a champion and stand up against cultural appropriation:

Yoga studio owners:

- Take classes with Indian and South Asian yoga teachers. This has never been easier with so much yoga available online during the pandemic.
- Educate yourself by taking classes and reading about cultural appropriation and the history of yoga.

- Mandate professional development in this subject for your staff and bring these discussions out into the open with your team.
- Hire more Indian and South Asian yoga teachers. Again, this is super easy, since most yoga is virtual now.
- Include Indian and South Asian teachers and discussions of cultural appropriation in your yoga teacher trainings.
- Drop certain aspects of your teachings if they're appropriative.
- Pay attention to who comes to your classes as well as to who doesn't return for more. If there are patterns that point to the hard truth that your studio is not fully inclusive, make changes to fix that.
- Take an honest look at how your physical space is decorated: Are you using sacred symbols and deities as décor?
- Consider the classes being taught through your studio—are you giving a platform to disrespectful and frivolous offerings like beer yoga and goat yoga?

Yoga teachers and students:

- Question your studio owners and teachers about appropriation and representation.
- If you speak up and are not satisfied with the response, be willing to give up opportunities and withdraw your support when you see yoga being blatantly appropriated.
- Provide educational resources to your studios, teachers, or students.
- Be open about your own journey as you learn to do better.
- Seek out education about appropriation and learn to understand what is truly okay and what is not.
- Use your social media accounts to amplify Indian and South Asian yoga voices.
- Write to big yoga brands and demand inclusive representation. Express your unwillingness to buy into the appropriation of yoga.
- Demand that the Yoga Alliance standardization model include attention to cultural appropriation.

Support Indian and South Asian teachers with your dollars through classes, trainings, and more.



This next article is from "Elephant Journal"

13 November 2021

YOGA & CULTURAL APPROPRIATION
(& WHY WE CAN HEAL THE WORLD WITH KINDNESS)

REEMA DATTA

Yoga has been misunderstood and misrepresented.

We can improve this while carrying compassion, love, and respect for everyone.

When we work toward justice, it's best to do it with love. Otherwise, we create more pain instead of harmony in the world.

I don't agree with current trends of shaming people in the effort to create positive change. We don't need to shame anyone to empower ourselves.

When it comes to yoga and cultural appropriation, we can work together to create a better understanding and representation of yoga while maintaining respect and compassion for everyone involved. If we don't, we're further misrepresenting yoga.

Yoga centres on the mind. It's a path through which we cultivate understanding, patience, compassion, and forgiveness. This is hard. It doesn't come easily. It requires facing our own demons and fears—everything inside of us that's a barrier to love.

It can take decades or lifetimes to cultivate the kind of love and compassion that's the cornerstone of yoga.

When we work toward justice and representation while carrying affection and tenderness for everyone involved, we honor the wisdom and practices of yoga. We create positive change without creating more pain for anyone.

No matter how different our backgrounds and histories may be, yoga teaches us to maintain awareness of our common ground. We all want happiness, and we all want freedom from pain.

Right now, the rates of depression, anxiety, and suicide are at record highs. Right now, we have a choice. We can uplift each other or we can put each other down. Our choices will create our world.

Years ago, I brought 23 Western yoga practitioners to my grandfather's yoga retreat centre in Khaknar, a tribal village in North India. My family and the villagers embraced everyone with open arms. They didn't reprimand anyone for mispronouncing Sanskrit terms, or for focusing on asana, or for having yoga businesses.

They understood that each person was on their path and was blessed and divine. There was mutual respect, adoration, and eight days of sharing and joy. The Western yogis practiced asana with the villagers every day. They loved it.

Every morning, my grandfather shared yoga philosophy with our guests. My mom and I shared *mantra*. The villagers invited us to their farms for Ayurvedic food. It was wonderful.

This kind of exchange is possible. We can adore each other. With joy, we can learn all the things we have to learn from one another. We are gifts to each other. We are all divine—every single one of us.

In the moments when we can offer suggestions to improve something in another or in the world, we can make those suggestions with kindness, tenderness, and affection, knowing that everyone is fighting their own battles and knowing that the hardest and most important things we'll ever change for the better are our own hearts and minds.



A LITTLE MORE ON CULTURAL APPROPRIATION

IF YOU HAVE FOUND THE ARTICLES ON CULTURAL APPROPRIATION INTERESTING, THIS IS AN INTERVIEW I STUMBLED ON IN THE JASON CRANDELL NEWSLETTER.

ANDREA FERRETTI IS CHATTING TO REEMA DATTA (WHO WROTE THE ARTICLE FOR ELEPHANT JOURNAL).

REEMA ALSO TALKS ABOUT HOW YOGA HAS BEEN AN INTRINSIC PART OF HER LIFE AND WAS AN INTEGRAL PART OF HER UPBRINGING.

IT'S QUITE LENGTHY, SO IF ITS JUST THE ELEMENT ON CULTURAL APPROPRIATION YOU'RE INTERESTED IN, THEN JUST SCOOT THE VIDEO ALONG TO THE 17TH MINUTE.



FINANCE CORNER

with Gill Drummond AIAB - CYF Treasurer

This month Gill gives advice on the way in which the self-employed pay income tax on their profits.

FINANCE CORNER WITH GILL DRUMMOND, CYF Treasurer

As the year turns, here's a feature about changes in the way self-employed pay income tax on their profits.

The government has decided to postpone 'Making Tax Digital' i.e., where you would have been expected to upload your figures quarterly using tax office approved software until April 2024 instead of April 2023. This will not apply if your income from self-employment is less than £10,000 per year. In all honesty, it's an aspect of accounts that doesn't apply to me personally, but I'm trying to keep track of it, in case anyone that I assist has to deal with it.

Personally, I do not use specialised software for my accounts. Having retired from commercial bookkeeping to concentrate on yoga, I can't really recommend anything. Some of the providers include QuickBooks and Xero. Some banks including Nat West offer free accounts software to their business customers, so this may be worth investigating. Instead, I'm sharing a feature from www.yogatax.co.uk who are a part of Whitfield Tax:

Making Tax Digital for Income Tax

Making Tax Digital for Income Tax - the requirement to keep records digitally, and submit quarterly tax returns - has been postponed from April 2023 to April 2024.

This recognises that a lot more work is required by HMRC and Taxpayers to be ready for this change, which is the most significant overhaul to Tax Administration for a generation, and, arguably, more significant than the 1997 transition to Self-Assessment.

As a recap MTD for IT will apply to:

- Sole traders with a turnover of over £10,000 - from April 2024 now
- Landlords with rental income of over £10,000 - from April 2024 now
- Partnerships with turnover of over £10,000 - a year later, April 2025

Under MTD for IT, mandated taxpayers must:

- keep their records digitally via either a program/app or a spreadsheet with a digital link to HMRC
- submit quarterly tax updates - effectively a mini tax return
- submit an end of year update for business and/or property income ("End of Period Statement")
- submit an overall end of year tax reconciliation ("Crystallisation Statement") - but also called "Final Declaration" in later HMRC Guidance

The extra twelve months provides some breathing space, but do be aware that this is still a major set of changes that need advance preparation. Businesses and Landlords should be thinking about digitisation now, and how they will be complying.

TEACHER TRAINING NEWS

Bev Staccini
was presented with her
Teaching Certificate
by Deb
back in August 2021

Huge congratulations Bev



Alan Paddick assisted Deb at the December
Teacher Training Workshop.
He donated his tutor fee to the Staffordshire
charity, Lifeworks, which supports people
with autistic spectrum conditions.

Lifeworks sent this lovely letter of
acknowledgement to our Treasurer, Gill.



JUST BEGINNING HER TEACHING JOURNEY,
A VERY WARM WELCOME
TO OUR NEW TRAINEE,
HAYLEY BRIERCLIFFE



Just 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 e mails 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.

Teacher Training - Dates for your Diary

Sunday 6 March

Sunday 3 April

Sunday 8 May

Having held the cost of the training days at £25 for longer than any of us can remember (at least since 2010), we are letting you know that going forward, the cost of each Teacher Training day will now be £30. This is still incredible value as those of you who have researched other yoga teacher training programmes will testify.

Below follows the Minutes and Committee Members' reports presented at the AGM held in October 2021.

Our Committee members give their time and energies on a voluntary basis, without them our organisation would not be able to continue. We are always eager to have other members join the Committee, so if you would like to join the team or find out more about the roles available, please do speak to one of our Committee members.

Minutes of the CYF AGM October 2021

PRESENT:

Angie Crosby
Gill Drummond
Bev Stacchini
Helen Steadman
Alan Paddick

Apologies:

Deb Jackson

AGENDA.

1. Approval of minutes of 2020 AGM – we did not discuss these but they were circulated earlier in the year. If anyone did not receive a copy that would like one, I can send them out again
2. Chairperson's report – to be sent to Bev for collation.
3. Secretary's report – to be sent to Bev for collation.
4. Treasurer's report– to be sent to Bev for collation.
5. Tutor's report– to be sent to Bev for collation.
6. Events coordinator's report– to be sent to Bev for collation.
7. List of officials:-

a. Chairperson.	Currently:- Deb Jackson
b. Deputy Chairperson	Mandy Wallace
c. Secretary.	Bev Stacchini
d. Treasurer	Gill Drummond
e. Events coordinator	Angie Crosby
f. Insurance Secretary.	Holly Critchley
g. Ed-Co Correspondence	Julie Gater
h. Ed-Co support	Ann Wilks
i. Newsletter coordinator/Editor	Helen Steadman
j. Webpage Coordinator	Alan Paddick
k. Catering Coordinator	Colin Hayes
8. Pamela Sunderland has stepped down as events coordinator and Angie Crosby has been nominated and elected to the post
9. Email to Colin and Ann inviting them to join the CYF WhatsApp group for easier communication

10. Possibility of a deputy catering coordinator was raised. No suggestions to fill the position were available at this meeting
11. Possibility of shorter seminars was raised as members often leave early and afternoon session is less well attended. This was proposed by Gill Drummond and agreed by all members present at the AGM. This will be further discussed by the committee at the next seminar in February 2022.
12. Membership subscriptions. Gill to email renewal letters in the first instance. Membership cards will be virtual for all those with email as their contact preference. A physical card will be sent out to those who do not receive email. BACS transfer will be requested for payment wherever possible.
13. It was decided that Seminar and Training days would be scheduled in as usual and if numbers need to be limited, that will be done nearer the time dependant on current Covid rules. The First Aid training day is scheduled for January 2022, numbers will be limited and this will be held at the Studio in Stoke.
14. Committee member reports were presented and are attached to the minutes
15. It was proposed that the Treasurer fees would rise in line with minimum wage;
Proposed by Bev Stacchini,
Seconded by rest of committee present
16. Bev Stacchini requested to step down as Secretary. No offers of replacement were given at the AGM. Bev agreed to stay in post until a replacement could be found

Chair & Ed Co report

Hari Om Yogis

Firstly, let I'd like to apologise for not being able to be with you today. As some of you know, I had to take a job over lockdown and I am still doing a few hours a month as a carer. Unfortunately, this means I work every other weekend and I am not able to change the dates. It has been several years since I took the roll as Chair, initially temporarily until someone else volunteered. It seems to have stuck with me. I am happy to continue as your chair but equally as happy if someone else feels they are ready to step into the position. I know that with my busy schedule I do have to juggle things and if you feel I am not paying enough attention to the CYF then please let me know.

It's been a very strange few years and this is the first AGM we have been able to have in 2 years. We have muddled through and kept things running with half day seminars running when we were allowed to meet up last year and now the introduction of full days again. It was lovely to see you earlier this year and lovely to lead the seminar with a slightly bungled attempt at filming the session. I am not the greatest person when it comes to technology but I am aware in our changing society that more and more people are turning to online services. Maybe we need to look into this a little more and maybe someone who is a bit more techno savvy can take on a roll. I've not looked at zoom and other platforms but if, as members, you think this would be a useful way forward please let us know.

Our committee works hard to keep things ticking over and I'd like to thank them for all their hard work and time they spend on keeping the CYF up and running. If you have ideas for our future, please share them today or contact us.

The Teacher Training is running smoothly and we have had 3 trainees qualify just after lockdown and several who are close to their final assessment. We managed to catch up with missed training days that couldn't run during the lockdown period and we are now back on track with our regular rolling programme. Our first aid course will run again in January 2022 with Mike from Abacus returning to run the day. I will be organising letters to those who took the course 3 years ago and offering it other qualified and training teachers. The course will be booked on a first served first come basis and has a maximum of 12 spaces but if it appears that more wish to take the course, we will look at organising a second day. The

course is excellent value for money and although it rare to be asked for a first aid certificate it does happen sometimes. For the cost it is definitely worth taking the day.

I hope you have a wonderful day and I miss seeing you. Hopefully I will be back with you in February.

Deb x

CYF TREASURER'S REPORT ON THE ACCOUNTS FOR THE YEAR ENDED 31ST DECEMBER 2020

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 2020, a summary is provided below alongside 2019 for comparison:

SUMMARY:

Receipts	2019	2020	Payments	2019	2020
Opening Balance	£8,359.69	6959.85	General expenses	£486.20	£110.55
			IYN	£200.00	£200.00
Membership Subs	£1,185.00	525.00	Tutor payments	£1,108.00	£890.00
Course fees	£1,320.00	1,190.00	Magazine	£106.14	£69.53
Seminar fees	£40.00	0.00	Hire of hall	£870.10	594.10
Training day fees	£915.00	745.00	Travelling expenses	£210.60	88.20
Workshop fees	£1,080.00	1,215.00	Seminar speakers	£465.00	150.00
		0.00	Student manuals/expenses	£2,592.52	2,011.81
Donation / Refunds	£0.00	0.00	Refunds	£0.00	50.00
Misc.	£5.00	0.00	Admin	£256.28	207.08
2019 First Aid Course	£350.00	0.00	Last year's cheques cashed	£0.00	£0.00
Last year unclear payments			Uncleared credits at year end		
Last year cheques uncashed			Closing Balance	£6,959.85	6,263.58
Total Receipts	£13,254.69	10,634.85	Total payments	£14,204.76	10,634.85

ACCOUNT BALANCE:

The balance at the end of the year was £6,263.58 a decrease of £696.27 on 2019. Steps were taken to reduce our balance: we have offered extra seminars at no charge and purchased books for all trainees. This approach seems to be working.

SUBSCRIPTIONS:

The annual subscription was kept the same at £15 for the full year and £7.50 for half year. At the end of 2020 the membership stood at 83. Membership is 10 less than 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. Due to being unable to offer the usual standards of Seminars and training in 2020, membership renewal is free for all 2020 members during 2021. Membership payments do cross over 2 financial years.

SEMINARS:

Two seminars were held in 2020, in February, plus a scaled down seminar in October, again due to covid-19. Non-membership attendee payments were zero. The hire of Acton Parish Hall remains the same.

CORRESPONDENCE COURSE AND TRAINING/WORKSHOP DAYS:

Students paid £1190 for course material this year, which is £130 less than 2019, reflecting a decrease in student enrolments and progression within the course. Bookings for training days and workshops also decreased by £35 due to Covid-19 disrupting the training days as some members chose not to attend.

Due to these exceptional circumstances, payments made for training days are wholly carried forward towards future training costs.

Tutor payments decreased by £218 reflecting that some students completing the course. Expenses related to workshops and student manuals decreased by £518, partly due to running fewer sessions and fewer students attending training days. Although there was a decrease in student numbers and while the number of workshops being run was one less, again due to Covid-19, plus time being paid for tutors to write the workshop manuals where required.

Printing has been sub-contracted to Keele University Students Union for many years, as this is the most efficient way to do the job. The cost of room hire as decreased this year due to fewer seminars. Some training days have been held at Gordon Banks Sports Centre in Newcastle-under-Lyme as more space was needed due to Covid-19 regulations. One session at GBSC was free due to a last-minute change of room which was beyond the control of GBSC. Travel expenses have decreased by £122. 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 this 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 £69, a decrease of nearly £37 since most members now receive a digital copy since summer 2020. 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 £110, which is £375 less than 2019. The 2020 renewal with McAfee was paid in 2019, since we got an excellent price for a 2-year plan. No refunds were made in respect of the membership overpayments, missed workshops and uncashed cheques. Payments for missed workshops are carried forward to future workshops and training or membership costs. One long standing committee member was given a gift of £50 as a thank you for all of her work when she retired from the committee. Admin costs for our treasurer dropped to £207, a decrease of £49, again due the workload decreasing due to Covid-19.

Gill Drummond

3.1.2021

Julie Gater Ed-Co Coordinator Secretary

Report 2020 to present day.

Hello everyone,

Apologies for not been able to attend the seminar and AGM this time. The last couple of years have been challenging for us all in different ways. For me last year was extremely busy with the shop I run. I was classed as an essential business, supplying food and medications for Koi and tropical fish and general attending to customers poorly fish. So, I worked right through the pandemic and was a challenge to keep up with the work regarding keeping in touch with the trainees at times. My internet was not very reliable and had a tendency to drop in and out due to my rural area, my best signal is

in the bathroom! Recently changed my provider and so far have been able to get a slightly more stable connection so a little progress made. 2020 was a good year for new trainees we gained 11, one of these trainees had a long break and restarting the course.

We also had one new trainee join us in 2021 and three more newly qualified teachers after the lockdown. Current students old and new were submitting essays on a more regular basis due to the lockdown. New manuals were sent out more in the last 20 months digitally.

I am unable to attend the seminar this time due to restructuring of my business, as sadly this year has not been as kind to my business, I am closing my shop as in not selling live fish. I am moving to more online and health support for fish moving forward. There are many things to sort out as in closing down the fish vats and tanks and selling of stock etc. The shop is going to be used for my partners' business, building work has now commenced and the place is looking like a building site. So, I hope to be back at the next seminar when things are settled.

So just to confirm I am happy to continue in my role as Ed-Co Secretary if the committee is in agreement.

Namaste

Julie x

Seminar Coordinator's Report

Granville July Discussions on Buddhism and a sharing of his unique practice.
Deb June -Letting go

Despite the upheaval of the past 18 months, we have been able to continue with most of the seminars. for the end of 2020 and 2021.

October 2020 was a morning session with limited numbers and was led by Mandy Wallace. She shared with us an Ashtanga practice. I remember thoroughly enjoying it! I have only experienced Ashtanga three times, and Mandy's was the best :-)

February we cancelled.

June was led by our very own Deb Jackson. The practice bringing us into summer was about Letting Go. She even filmed the practice for the CYF page. She may say she is not tech savvy, but she is perhaps paving the way for the CYF...moving online? who knows!

July. The extra day for the CYF was led by Granville. He was booked for the previous year so we have been waiting some time for him to grace us with his teachings. I did not do any back ground research on Granville and made the assumption that he is an Ashtanga teacher! How very wrong.....although, I would argue it was just as intense! He is now on the Buddhist path and he gave us a talk on the philosophy and how is integrating it into his own practice. His own beingness.

For this coming year.

We need CYF teachers! Angie what about you??

We have a guest teacher for July. Her name is Jo. She is a trainee physio and her knowledge on the body is amazing. She is also really fun. I have experienced her Vinyassa and her Yin, both are sweet! She is also a bhakti singer, so I am sure she will be treating you with some delicious chants. I will get her second name. She is Jo Bhakti on my phone, but I don't think that is her last name.

Angie Crosby will be working alongside Pamela as seminar coordinator and will be taking over the role in 2022.

Have a fab day!
Pamela

Comprehensive Yoga Fellowship

AGM October 2021

Editor's Report

Four newsletters have been produced since our last AGM in 2019. The routine is that I distribute one, the Winter edition, during January/February and the Summer edition in July/August.

The first newsletter of the pandemic (Summer 2020) was produced towards the end of the first lockdown, which meant getting it printed by third party printers was virtually impossible and also I was reticent about spending prolonged time queuing in the Post Office to arrange postage.

Subsequently, during the pandemic we offered digital copies only (with the exception of 3 recipients who had no digital contact details). This has significantly reduced costs as there are virtually no costs for postage and no printing costs. It is also a whole lot easier logistically (no printing, collecting, folding, enveloping and posting).

I have been suggesting digital copies only for some time and given that we have been forced into this, I think this should now be our position going forward. As Editor, I would certainly be reticent about returning to the time consuming paper process.

The stats for the Summer 2021 Newsletter are as follows:-

No of Copies sent via Mailchimp	No of recipients who actually opened the document	No of Copies sent by Post
85	45 (53%)	3

As always, each edition usually elicits a couple of positive comments, but otherwise there is minimal feedback and getting contributions for each edition is a real struggle.

Finally, a plea to all to forward articles / ideas. We obviously want to make the newsletter relevant to readers and the best way to do this is to have a wide cross section of contributors.

Helen Steadman
01.10.2021

5. Describe and comment on lower, middle, upper and full breathing and give your personal comments

Breathing is a mechanical process by which air is drawn in and out of the lungs. Our natural exhalation is a passive process involving relaxation of the external intercostal muscles and diaphragm. In Yoga, we add to this by making the exhalation active involving the action of the internal intercostal muscles, pelvic floor muscles and deep core muscles. The active exhale expires a greater volume of air from the lungs which allows a greater volume of air to be inhaled again. This makes for more efficient gas exchange and helps recycle the residual air which remains in the lungs. Pranayama improves physiological function by ensuring waste elimination from cells via the lungs. It improves lung capacity and releases tension around other organs by way of the autonomic nervous system. It can help respiratory diseases such as Asthma and COPD by relieving the fear of shortness of breath and improved lung capacity. It can also aid the auto-immune system by increasing the distribution of energy to the endocrine system. Different types of breathing can have different effects on the nervous system, for example, slowing and lengthening the breath engages the autonomic nervous system, relieving stress and helping digestion. Correct breathing technique can improve our ability to think, concentrate, find emotional stability and improve physical control and coordination.

In Sanskrit, prana means breath, respiration, life, vitality, wind, energy or strength. Ayama means length, expansion, stretching or restraint. Pranayama therefore means extension of the breath and its control. The basic movements of pranayama are rechak (exhalation), purak (inhalation) and kumbhak (retention). Following the mastery of the asanas in the sutras, Patanjali goes on to say

"Having a firm, steady posture, one then regulates the life-force (prana) by natural suspension of the breath after inhalation and exhalation - this is panayama¹"

Patanjali is not suggesting we exhale, inhale and hold our breath but rather that we breathe out and do not breathe in again giving us the opportunity to experience 'prana'. Prana is what makes us breathe in again after 'holding' the breath for so long. In his next sutra, patanjali describes three types of pranayama: bahya kumbhaka, abhyantara kumbhaka and stambha kumbhaka. Each is named dependant on place, duration and number, where place relates to where the breath is held, duration is how long the breath is held for and number is the ratio between inhalation, exhalation and retention. There is also a fourth kind of pranayama called kevala kumbhaka. This occurs automatically - the easy, unintentional retention of breath which occurs during deep meditation. When the mind comes to a standstill, the prana automatically does the same.

Patanjali tells us that;

"The attainment of pranayama removes mental darkness and ignorance, which veils the inner light of the soul...And the mind attains the power to concentrate"²

There are many different breathing techniques many of which have specific benefits but they all allow us to connect, expand our limitations and attain a higher state in harmony with the Universal energy flow. In kundalini yoga, pranayama enlivens the Pranamaya Kosha and stimulates the nadis of the Annamaya kosha leading to physical and mental wellbeing.

The Practice:

I find it best to practice these breathing exercises in a supine position as it is easier to 'feel' where the breath is due to the rise and fall of the abdomen. Shavasana would be the position of choice so that there is little or no restriction of the diaphragm or ribs by the internal organs or pelvis. Thoracic and Clavicular Breathing could be done in a comfortable seated position if preferred. Close the eyes if that is comfortable.

Abdominal (lower) Breathing

Place the right hand on the abdomen and the left hand on the chest, in a position where it is possible to feel the ribcage lift - over the heart space is a nice place to be (Swami Satyananada Saraswati suggests centrally³). Observe the natural breath without controlling it in any way. Exhale fully to empty the lungs, and then inhale to the lower lungs so that the abdomen expands. Feel the abdomen (belly) rise and fall with each breath, repeating whilst keeping the breath even and relaxed. As the diaphragm moves down into the abdomen on the in breath, drawing air into the lowest parts of the lungs, the right hand will move up and the left remain almost still. Focus on the upward movement of the abdomen without expanding (and lifting) the ribcage. The shoulders have no part in this - keep them relaxed and down! Continue for a few minutes and then return to a spontaneous breathing pattern. Bring the awareness back to the physical body as a whole. Gently blink open the eyes.

Abdominal breathing reduces the pressure on the heart and has a natural sedative effect. It can help to reduce Blood Pressure, regulate intestinal activity and massage all the abdominal organs.

Thoracic (mid chest) Breathing

Thoracic breathing utilizes the middle lobes of the lungs by expanding and contracting the ribcage. It expends more energy than abdominal breathing for the same quantity of air exchange. It is often associated with physical exercise, stress and tension and, when combined with abdominal breathing, helps the body to obtain more oxygen. In the majority of the population however, there is a tendency to continue with thoracic breathing alone which can create bad breathing habits and continued stress.

Observe the natural breath without controlling it in any way. I find it useful to have my hands on my ribcage with thumbs down the sides of the ribs and the fingers touching at the sternum. Exhale fully and then inhale by slowly expanding the ribcage without engaging the diaphragm. The ribs should move upwards and outwards and the fingers move apart. On exhalation, the ribs move downwards and inwards and the fingers move back towards each other. Breathe slowly and deeply through the chest with awareness. Continue for a few minutes and then return to a spontaneous breathing pattern. Bring the awareness back to the physical body as a whole. Gently blink open the eyes.

Thoracic breathing can reduce pressure on the heart and increases oxygenated blood to the liver, gall bladder, stomach, spleen and kidneys.

Clavicular (upper) Breathing

In daily life, clavicular breathing only occurs during periods of extreme stress or physical exertion. It requires the upper ribs and collarbone to be pulled upwards by the muscles of the neck, throat and sternum in order to get a little more air into the upper lobes of the lungs.

Observe the natural breath without controlling it in any way. Place the fingertips on the clavicles or upper chest relaxing the elbows towards the ground. Exhale fully and then inhale fully expanding the ribcage. When the ribs are fully expanded, inhale a little more until expansion is felt in the upper portion of the lungs around the neck. You should feel the shoulders and collarbone move up slightly. Exhale slowly, first releasing the lower neck and upper chest, followed by the rest of the ribcage. Continue for a few minutes and then return to a spontaneous breathing pattern. Bring the awareness back to the physical body as a whole. Gently blink open the eyes.

Upper breathing strengthens the hilar lymph nodes.

Yogic Breathing

The 'Full Yogic Breath' combines all three techniques. It is used to maximise inhalation and exhalation and its purpose, to gain control of the breath, correct poor breathing habits and increase oxygen intake. It is a particularly good technique to use in situations of stress to calm the nervous system. Whilst its inclusion in a daily yoga practice may help to correct and deepen natural breathing patterns, yogic breathing should not be practiced continually.

Observe the natural breath without controlling it in any way. I like to place my right hand on the abdomen and my left hand over the heart space as I find it comforting but also allows me to 'feel' where my breath is. Inhale slowly and deeply, allowing the abdomen to expand fully (Right hand will rise). At the end of the abdominal expansion, start to expand the chest outwards and upwards (Left hand will rise). When the ribs are fully expanded, inhale a little further to feel the shoulders and collarbones rise. Other than a small amount of tension in the neck, the body should be relaxed. This is one complete inhalation. Now start to exhale starting with the upper lobes, middle lobes, lower lobes. Without straining, try to empty the lungs completely by drawing the abdominal wall closer to the spine. Hold the breath for a few seconds at the end of exhalation. This completes one round of yogic breathing. Start with 5 to 10 rounds, increasing to 10 minutes daily practice. Return to a spontaneous breathing pattern. Bring the awareness back to the physical body as a whole. Gently blink open the eyes.

The full yogic breath brings a feeling of complete peace. Physiologically, it can improve lung capacity. Sufferers of Asthma, bronchitis and emphysema often find relief using this technique but anyone with lung or heart conditions should always seek medical advice before attempting. The curative properties of the full yogic breath come from the calm, regular breathing that can soothe the nerves, keep the body charged with energy and increase its ability to resist infection.⁴ Contraindications include heart conditions, Hypertension and pregnancy although the full breath could be performed without the retention or suspension.

*'Pranayama is the science of the breath. It is the hub around which the wheel of life revolves. The yogi's life is not measured by the number of his days but by the number of his breaths.'*⁵

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Whole Orange Cake
rind and all!



Here's a recipe submitted by Bev, can't wait to try it out

There are just 5 ingredients:-

- Whole fresh oranges
- Almond meal (aka ground almonds) – *see note below*
- Sugar
- Eggs
- Baking powder (make sure it's gluten free if you're making this as a gluten free cake)

METHOD

Boil oranges in water for 10 minutes.

- Drain, then repeat twice more. (ie 3 x 10 minutes) The purpose of this step is to remove the bitterness from the white part of the rind – if you skip this step, the cake will be bitter. **Shortcut:** Boil 40 minutes without draining, but keep an eye on water level. The flavour is marginally "cleaner" if you change the water as directed, but this shortcut is perfectly acceptable.
- Slice oranges and remove seeds; then
- Roughly chop – no need to be meticulous here, it's just to help it blitz faster.

THEN – BLITZ AND BAKE!

- Place in a food processor - a blender also works

Blitz for 3 x 10 second bursts on high, scraping down the sides well, until you no longer see the large lumps and it's looks like jam. It may take longer depending on the strength of your

food processor. Basically, the less orange rind bits, the better – but some rind bits are ok, great jammy texture!

- Add the remaining ingredients – almond meal, baking powder, sugar and eggs, then blitz until well combined. If at this stage you realise there's still too many rind chunks, you can blitz for longer;
- Pour into a lined cake pan – 1 x 23cm/9" (cake will be 4 cm / 1.7" tall) or 2 x 20cm / 8" (cake will be 3 cm / 2.2" tall);
- Bake for 60 minutes until the cake is golden and a toothpick inserted into the centre comes out clean; and
- Cool in the pan – it's too fragile to remove while warm. The cake will shrink some, as you can see in the photo above.
- Unlike some cakes, an unadorned Orange Cake is lovely because it has a gorgeous golden orange colour. Also, this cake is so moist and full of flavour, you do not need nor want a frosting.
- However, if you want to give it some pretty finishing touches, here are a few suggestions:
- **Dusting of icing sugar / powdered sugar** – simple and pretty!
- **Fresh oranges** – cut thin slices of oranges with rind on, then cut a slit to the middle. Then twist and place on the cake, as shown – it will hold itself in place;
- **Orange rind** – use a knife or zester to cut thin strips of orange rind. Orange part only, not the white pith. Twist them around a wooden spoon handle or similar, leave for 10 minutes or so then it will hold it's shape in loose curls, as pictured. For tight ringlets, leave overnight!
- **Fresh flowers**
- **Candied orange peel** or dried orange slices – scatter! With or without icing sugar;
- **Toasted almonds** – flakes or slivers. To make them stick, you could brush the surface with warmed marmalade loosened with a touch of water;
- **Pomegranate seeds** – for a wow-factor pop of red colour!
- **Drippy lemon or orange glaze**
- The cake is moist and flavourful enough to eat plain. But if you really want something to dollop on the side, yogurt is excellent – the fresh tartness plays extremely well against the nuttiness of the almonds.
- For a richer alternative, creme fraiche would be lovely.

It's also very, very good served ever-so-slightly warmed with a scoop of ice cream on top.

The Last Word

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From Charlie Mackesy's "The Boy, The Mole, The Fox and The Horse"



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:-

editor@cyf.org.uk