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This newsletter has been compiled by Nadia the new CYF Editor please bare with me while i get to grips with compiling the next newsletter

Happy New Year

Chairpersons Message goes here:

As Deb mentioned, founder member Gordon Smith sadly passed away in April 2023.

Have you got any memories to share about Gordon. Please forward them for future newsletters?

Val McLeod shares some lovely memories:

I had been lucky to discover yoga and my first, wonderful, inspirational teacher, Stanley Hughes, in Ormskirk, Lancashire, mid 1970's whilst flying as a British Airways stewardess. I had just married was enjoying married life and travelling but I realised I never slowed down.

I continued yoga throughout two pregnancies before we moved back home to Wirral.

Pauline Dickinson was such a balanced, centred teacher and was superb guiding me forward on my yoga journey; she introduced me to Pam and Gordon through Tan y Garth Hall and I subsequently became a devoted student of Gordon at his Thursday evening meditation classes at Faith House, in NewBrighton.

Gordon was funny, patient and knowledgeable. He had the rare talent to convey ancient, relevant life lessons to every person who came to class. The depth of

To this day I have yet to meet teachers who combine the wealth of Western philosophy with the deep understanding of Eastern wisdom as they did.

Pam at aged 80 and still strong and healthy, continues to teach. She was the wind behind Gordon's sails.

Thank you to you both.

With fondest love,

Valerie McLeod

YOUR CYF COMMITTEE MEMBERS

Chair (Acting) / Education Coordinator:

Deb Jackson

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(Tel: 07515 103411)

Chairperson NEEDED!

Vice Chair:

Mandy Wallace

mandi0471@gmail.com

Secretary:

Norma Talbot

secretary@cyf.org.uk

Treasurer:

Gill Drummond

gdrum63@gmail.com

We need a NEW Treasurer:

Open to applications position starting from 4th October

Education Coordinator Secretary:

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Committee Support:

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RECENT CYF WORKSHOPS

Gill Drummond shared her practice 'Autumn to Samhain' – a flowing practice taking us through balancing poses for Autumn then a slightly playful and mischievous practice for Samhain.

In the afternoon Deb Jackson gave a talk on 'Preparing the body for winter followed by a meditation.



Congratulations goes to Sam Weston for Graduating with a highly Commended. Also We would like to welcome Nathan Cotton and Sarah Fithern to the CYF Yoga Teacher Training Course. Good luck with your course!



Seminar at ACTON PARISH HALL
Chester Road, Acton, Nantwich, CW5 8LG
Sunday 4th February 2024 10am to 3.30pm

Our teacher for the day is Deb Jackson

It will be possible to join the CYF on the day if you wish to attend, at a cost of £15.00

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|----------------------|--|
| 10:00 - 10:30 | Drinks and biscuits available for early arrivals |
| 10:30 - 12:30 | A fluid practice exploring the turn of the seasons and exploring the chakras |
| 12:30 - 13:30 | Lunch – A bring and share vegan/vegetarian lunch. Drinks will be provided |
| 13:30 – 15:30 | Afternoon yoga practice with Deb |

Please bring a yoga mat, blankets for Hatha yoga if you have them available to you and any other equipment you might need. Unfortunately, we cannot offer props to borrow.

If you wish to renew your membership, please contact Gill Drummond.

Training Days/Workshops & Seminar information on website: www.yoga-teacher-training.org.uk

Essay example-Wendy Doreen

12. Explain how you would teach students to meditate on the posture without performing it and also meditate whilst actually physically doing the posture

seven of which are in the cranium: the two eyes, two nostrils, two ears and the mouth. In the way that sentries protect the palace gates, yogis safeguard these thresholds.....By internalising the senses, the yogi reunites with the source of prana within him. In the Bhagavad Gita, when Arjuna asks Krsna what the greatest of all sacrifices is Krsna responds:By sealing off the gates of the body and absorbing the mind in the heart,Concentrating the vital breath (prana) in the cranium,One becomes established in meditation.” Tias Little & Nicolai Bachman The Bhagavad GitaMy favourite yoga sutra, that I often use at the beginning of a yoga class I am covering is 2.46 sthira-sukham asanam, of which the following are four different interpretations taken from “Embodying the Yoga Sutra”: □ The posture (should be) steady and comfortable – Georg Feuerstein □ Asana must have the dual qualities of alertness and relaxation – TKV Desikachar □ The postures of meditation should embody steadiness and ease - Chip Hartranft □ The posture is firm and comfortable – Frans Moors In summary the author’s explain “It is important that Sthira comes first; after all, sthira is the effort we put into cultivating stability in the posture. If the effort is correct, and appropriate, the fruit will be sukha. Too much effort or wrong kind of effort (for example, gritting your teeth or clenching your jaw) will simply lead to dhukka. Likewise, without a certain amount of sthira a posture is not really fully formed: flopping into a posture in a casual and mindless way – even if it looks good from the outside – is not asana.To teach students to meditate on a posture without performing it I would start by introducing this Sutra to them and the definition. I would then ask them to close their eyes, as long as this is comfortable to them, otherwise they can maintain a soft gaze or choose adristi point to concentrate on and avoid distractions.Beginning with the breath – bringing awareness to the breath, the in breath and the out breath, the rhythm of the breath without trying to do anything to it, simply being the observer.Taking the awareness inside of the body and using the breath to connect to this inner awareness whenever they become distracted.I would then talk about the chosen asana, perhaps choosing the tree, I would ask them to think about the qualities of the tree with its strong roots going down into the earth, visualise these roots holding firm as the foundation of the posture.What qualities do they associate with the tree, feeling the wind in the leaves as the tree breathes, the tree bends in the wind, but the roots provide strength to support and ground the tree standing tall.Perhaps the foot needs to rest against the lower leg and maintain the connection with the floor if the student is feeling challenged today, or one leg can be bent and the foot placed on the inside of the calf or the thigh (not the knee).Comment [s1]: Yes I often use the quote from the tao te ching, Water is fluid, soft, and yielding. But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong.”We need the balance of soft and strong.I also ask people to think of a child (or someone very drunk) their body being relaxed doesn’t break when they fall over.Comment [s2]: Lovely ideaNow the tree has a firm foundation, allowing the breath

steady and comfortable. Here we find our balance, can we reflect on our balance in life? Is this stirha and sukham? Can we take our awareness through our body and find if we are 'holding' anywhere, is there tension anywhere in the body? Can we use our breath to breathe into this area and find the steady and comfortable posture? Perhaps we can bring our hands above our head still in prayer, dropping our shoulders back and down to find that stirha and sukham. In the full version of asana are our foundations still steady and comfortable? Can we see our beautiful tree and its inner and outer beauty and strength, steady and yet comfortable? Can we bend and flow as challenges arise, can we merge into the tree and become more fluid in our lives? Take some time to bring your awareness to the asana and the stirha and sukham managing the flow of prana throughout and spend some time being with this sensation. And when we are ready can we come out of this posture in the same way we got into it with grace and vulnerability as we maintain a steady and comfortable practice. As you stand in Tadasana now let your breath become even as you scan through your body and notice how you feel, and remember how you felt at the start of the practice. Be curious about what has changed, and how you may feel different practicing this posture physically next time. Another Sutra that I find pertinent for this practice is: 1.12 abhyasa vairagyabhyam tan nirodhah ☐ Containing the mind requires the cultivation of both stability and openness – Ranju Roy, David Charlton. ☐ The mind's fluctuations are stilled through practice and acceptance – Kelly Dinero, Amy Pearce-Hayden ☐ These mental modifications are restrained by practice and non-attachment – Sri Swami Satchidananda To teach students to meditate whilst performing asana I would bring to mind Sun salutations, which I find a particularly meditative practice. Just as the repetition of a mantra is a meditative practice, so are the Sun salutations performed in either Hatha Yoga or Ashtanga Yoga. This sequence of asana is linked by the use of the breath – moving on the in breath and out breath from one posture to another as you flow. The breath used in all of these sequences is Ujjayi breath. When discussing Ujjayi breathing Eric Schiffman explains what he refers to as the "victory breath" – "The main idea is to coordinate your movements with your breathing. This brings a graceful and sensuous quality to your practice and turns each yoga session into a fluid and creative meditation. As you become skillful at this, the breath and movement will no longer feel distinct. You will experience them as one action, inseparably entwined. You will instinctively breathe as you move or stretch, and move or stretch as you breathe"

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

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

Finance Corner with Gill Drummond - CYF Treasurer

Gill is stepping down from Treasurer from the 4th October 2024 you are interested in stepping into this fun and exciting role please contact Deb or Gill

Don't forget to file your Self-Assessment Tax return for the year ending 5th April 2023 by 31st January 2024 to avoid penalties.

As well as having to pay financial penalties for late filing of your tax return, you may be more prone to tax inspections if you consistently file your tax return late!

Yoga teaching in the current financial climate

I have 2 yoga teaching jobs at present when I'm not driving buses.

(Yes, your CYF treasurer has held a PCV driving licence since 1999 and drives for Arriva in Merseyside 3 days week)

Sometimes, I teach, shower then go bus driving!

My class at You Fit Health Club at Haydock Holiday Inn brings me consistent income each week, plus extras for covering other classes. I cover Pilates with a core class and have developed a yoga based 'Legs, bums and tums' class.

However, things are far more challenging for my independent class in Warrington: Ironically 2 years ago I ran two evening classes and I was on the brink of turning people away because classes were full or asking people to attend a different session so I could fit them in. Over time numbers dropped off: one person found yoga and university work too much, a tired couple found the evening session too tough on their bodies, cuts in local bus services took another person out, one lady fell pregnant and never returned. Not to mention cost of living making attendance less regular!

Does this sound familiar?

Now I have had to merge the two classes, which is a shame in some ways as the first class evolved into a class for experienced yogis doing quite a strong and the second class was gentler and included two customers with disabilities. So far, everyone seems happy which is what matters most. It would be interesting to hear how other independent yoga teachers are faring. For me, I work on the basis if I break even, that's ok, since teaching yoga keeps me fit, and I would be paying out to attend classes if I didn't teach! Do share your thoughts with me.

Gill Drummond

Food corner

Gill shares this lovely ice-cream recipe... turn up the heating and dream of sunny beaches!

Salted peanut butter ice cream

4 ripe bananas

2 tablespoons maple syrup

3 tablespoons peanut butter

60ml Almond milk

½ teaspoon flaky sea salt

Peel and roughly chop the bananas and freeze overnight.

In a blender, whizz the bananas up with the maple syrup, peanut butter, almond milk and salt. Serve straight away for freeze for a later date. Serves 4
Not a friend of nuts? Swap the peanut butter for 1 teaspoon of pure vanilla extract and anon-nut milk for an equally delicious alternative.

(From The Fodmap Friendly Kitchen by Emma Hatcher, ISBN 978-1-473-64146-4)

Immune Boosting Tonic Recipe (Ginger Lemon Garlic Honey)

This garlic ginger lemon honey mixture is great natural homemade immune booster recipe – a remedy for those looking for a natural way to boost their immune system during the cold and flu season. By combining garlic ginger lemon and honey you will get a powerful DIY immunity boosting recipe (or a natural antibiotic recipe) that will make your immune system stronger and capable to fight easily a viral, bacterial or yeast infection. Great for kids as well.

Immune Boosting Tonic Video Link below

* raw fresh garlic* raw fresh ginger* raw lemon (whole)* raw honey (manuka honey/Vegan Plant alternative.



USEFUL LINKS

CYF Facebook Page

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

We'll continue to use the Facebook page to keep members regularly updated and our new

Instagram page has been updated please follow the new page below link

<https://www.instagram.com/comprehensiveyogafellowship24/>

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.

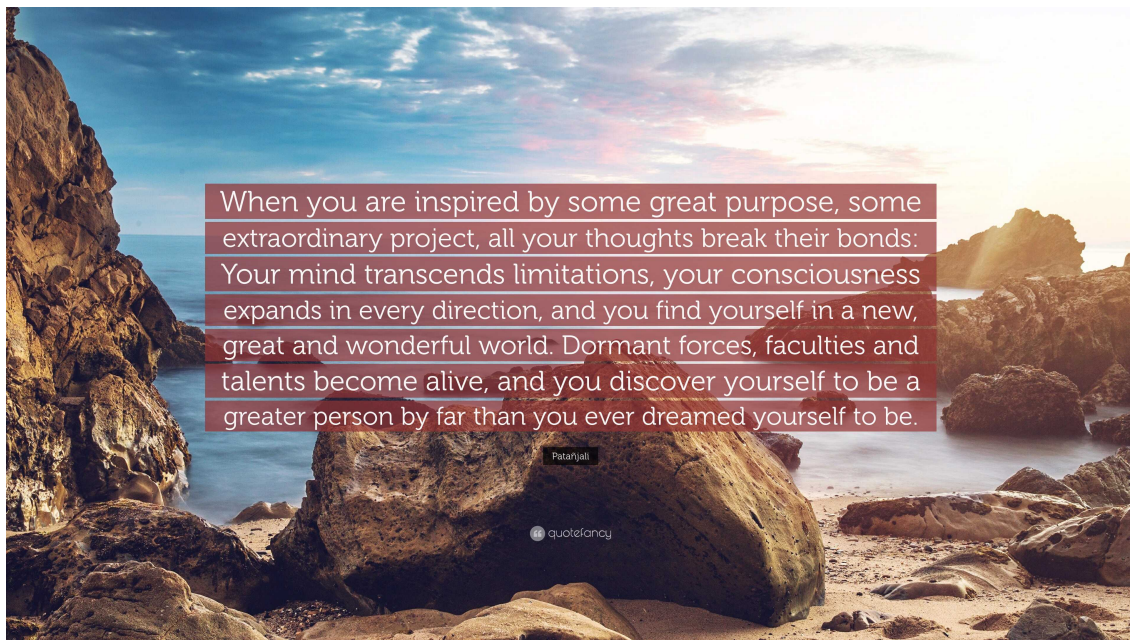
Do let us have your feedback on the newsletter, so we can try to make it as relevant and interesting as possible.

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

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

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

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



Thank you and hope to see you at a Seminar or Training day soon

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