



**CYF NEWSLETTER
SUMMER 2019
CHAIR'S MESSAGE**

Hari Om Yogis & Yoginis

I hope you have been enjoying the Summer and getting out into the sunlight as much as you can. It is so important to our health and wellbeing to be outside in nature, even if you have to grab your mac first!

The CYF has had 3 lovely seminars this year and I have enjoyed the two I actually made immensely. I would like to take this opportunity to apologise for having to run off at the February seminar. Gosh it seems such a long time ago now.

Time ticks away, cutting through our lives. As yogis we embrace it and enjoy the bliss of every breath. Kali, in the Hindu tradition, means time. She is the Mother of Time. She stands for the inevitability of change and as the seasons change, as Summer winds her way towards Autumn, so we move through our own seasons of change. It's hard not to mourn the turn of the seasons, the tick of our own clock but if we live in fear and sadness we miss out on the passion and joy of life. Instead, as Summer draws forward into Autumn, embrace the changes. Take pleasure in the change of colours and smells around you, the tastes of seasonal foods as berries ripen and nuts mature. Take pleasure in your own changes too. The wrinkles are a sign of laughter, the extra few pounds around the middle a message of joys of good food and of wisdom of a life led well. So what if Chaturanga Dandasana doesn't feature in your physical practice any more. Enjoy Savasana instead. ☺

This year we have also had the pleasure of assessing 3 trainees who have come to the end of their initial training and now begin the journey of sharing yoga. Congratulations go to Dianna, Pamela & Anita.

Our next seminar is in October and this is also the day of our AGM. Please don't be put off from coming. You will still get a great day of Hatha yoga, shared food and a chance to have your say about your Fellowship.

Enjoy your Summer

Love and Bright Blessings

Deb

SEMINAR, TEACHER TRAINING & WORKSHOP SCHEDULE FOR 2019	YOUR CYF COMMITTEE MEMBERS
15 September, Extra Training Workshop <i>(Please note the change of date)</i> Local physiotherapist and yogini, Sally Abel will be inviting us to look at our nervous system, its link to pain and how yoga can help 6 October, Seminar Seminar and AGM Session led by Rosie Cornwall & Alison Farrall Venue:- Acton Church Hall 3 November, Teacher Training Loose Ends 2 December, Workshop Integrating Pregnant and Post natal Women <i>Remember that we have re-instated the "pot luck" lunches for our Seminars, giving us all chance to share food along with conversation, so we invite you to bring along something vegan or vegetarian and don't forget your plate, knife and fork.</i> ***** <i>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</i>	Chairperson (Acting): Deb Jackson, shantiandjai@gmail.com (Tel: 07515103411) 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

breathe

The breath flows out with the sound sa,
The breath flows in with the sound ha.
Thus thousands of times a day,
Everyone who breathes is adoring the goddess.

Know this, and be in great joy.
Listen to the ongoing prayer that is breath.
Life shall dance in you
a dance of ever-renewing delight.

The Radiance Sutras
Lorin Roche

A Smile

A smile costs nothing, but gives much,
It enriches those who receive,
without making poorer those who give,
It takes but a moment,
yet the memory of it may last forever.
A smile creates happiness in the home,
fosters goodwill in business
and is the sign of friendship.
It brings rest to the weary.
cheer to the discouraged,
sunshine to the sad,
and is nature's best antidote to trouble.
yet a smile cannot be bought,
begged, borrowed, or stolen;
For it is of no value to anyone else
unless it is given away,
Some people are too tired
to give you a smile.
Give them one of yours
No one needs a smile as much
as those who have none to give.



TEACHER TRAINING NEWS

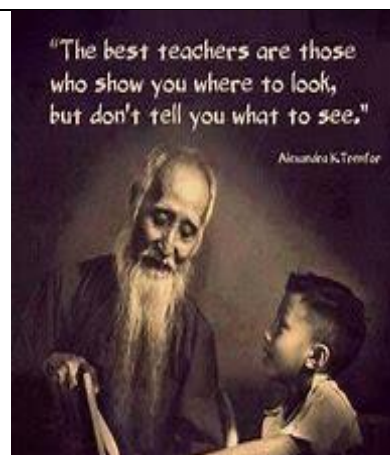
Our newly qualified teachers are...

Pamela Sunderland, Anita Blaize and Dianna Hughes have now successfully completed the Teacher Training course. Big congratulations to you all. We have this joyous photo of Deb Jackson presenting and Pamela with her certificate at the July CYF Seminar.



And just beginning their teaching journey – welcome to our new trainees

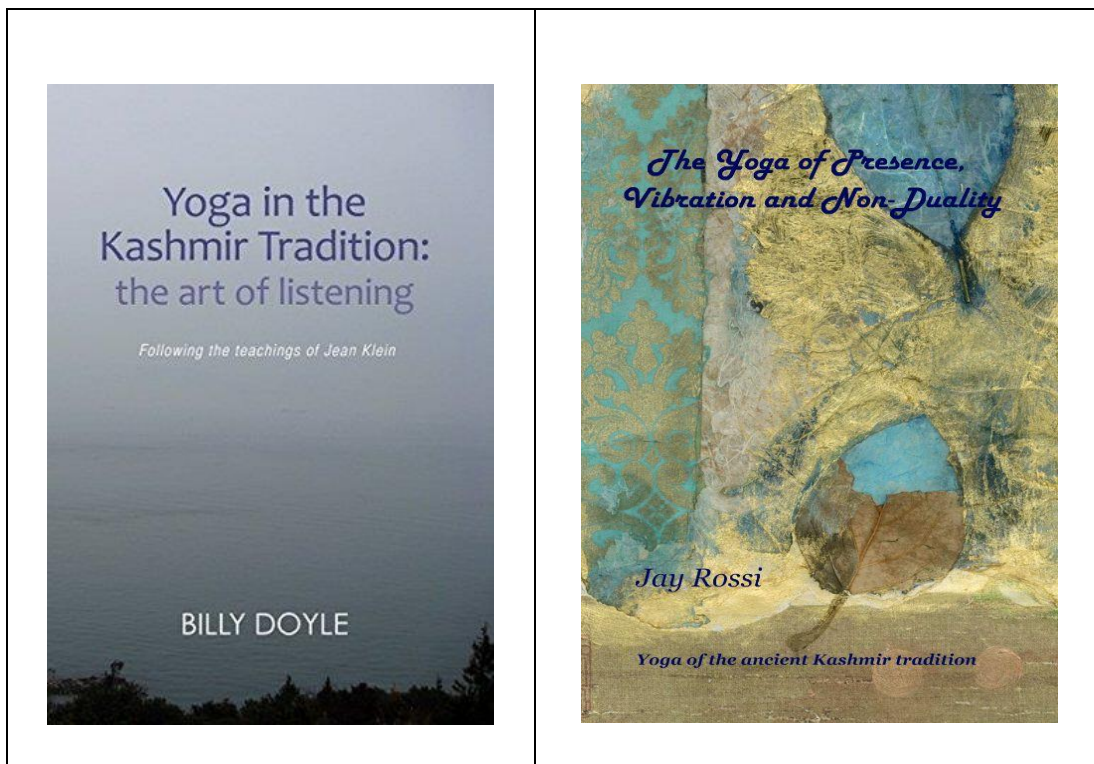
Wendy Dineen
Emma Hall
Ann Harrion
Colin Hayes
Tasmyn Stonehewer



Many thanks to Pamela Sunderland for taking the time to compare and contrast two books written about Kashmiri yoga....

The Yoga of Presence, Vibration and Non-Duality by Jay Rossi

Yoga in the Kashmir Tradition: the art of listening (Following the teachings of Jean Klein) by Billy Doyle



Most of you will have experienced Jay's class last year and some of you will have perhaps read my review on his seminar. I am sure I made it clear the effect his seminar had on me. Alan kindly lent me, not only Jay's book but also Billy Doyle's book, another teacher who teaches from the tradition of Kashmiri Yoga, so I thought I would write a comparative review on both these books.

These two books offer so much to those that choose to read them. The format of both books is similar, beginning with an introduction to Yoga in the Kashmiri tradition and following with some guided exercises that encourage the reader to explore, listen and feel the energy that is us. Both books encourage their readers to break free of the conditionings we have placed on our bodies, the identifications of it, so we can let them go and find the expansion to become one with the world around us. Essentially this is what Yoga is, to unite with consciousness, to realise who we Truly Are, and so Yoga in the Kashmiri tradition offers this non-dual approach that guides students to realising who they Truly Are *through* movement.

Doyle's introduction offers more in the way of a theoretical overview, which may sound like a dry account of the tradition but that is far from the truth. Reading the introduction was like sitting in a Satsang (sitting in Truth), revealing to the reader the purpose of this style of Yoga, which is to find out Who You Truly Are. It was profoundly and simply beautiful.

Klein wrote:-

“In getting to know the body-mind, one can discover more clearly the nature of identification, and so let it go. The relaxed body is a relaxed mind. In a relaxed body and mind you are open to receiving, available, welcoming, open to the openness. The relaxed, light, energetic, sattvic body-mind is a near expression of our real nature. It is almost impossible for a conditioned body-mind to be receptive to truth, open to grace. It can happen that truth pierces through all conditioning, since the insight into our true nature ultimately has nothing to do with the body or mind” (Doyle xiii)

Exploring and listening to the habitual patterns of our body, we can let go of the identification as we step into our expansion. Rossi describes this as the ‘**absence of boundaries**’ Rossi (25) Ahhhh!

Whilst Jay did lay out the historical and theoretical overview, his introduction was more aimed at getting the reader to feel what Kashmiri yoga is. It was easy for me to feel the personality of Rossi come through in his writing. This book feels more of a personal handbook to guide the readers “**to the possibility that exists for anyone to awaken to a new way of seeing who we really are...the central refrain of this approach is that you are the sole and final authority on what you may or not discover**” (Rossi 10). This comment is another confirmation as to why Yoga is so beautiful, it is a personal journey to the Self, it is not about anyone else but your own journey and exploration. This form of Yoga is a form of Self Inquiry, Rossi states that the ‘**space is the open door, the healing factor, the sacred gateway to the deepest secrets**’ (Rossi 25).

As the student welcomes the openness, the spaciousness within themselves, the student allows space for past traumas to arise that have stayed contracted within the body and “**the emotions that were originally associated with this contraction may manifest themselves. There may arise anger, there may arise tears**” (Doyle (14). It was upon reading these words that led me to feel I was sitting in a Satsang. In order to be free, we have to know our Truth and how can we know our Truth if it is buried deep within our contracted body protected by an identification of who we think we are?

There is very little difference to the latter part of the books, both writers break down into areas of the body and guide you through a way of feeling through the movements. I would say Doyle covers more areas of the body. Both share that before we feel the lightness and spaciousness of the body we must first feel the heaviness of it and “**give it up to the ground. It is not just weight we are giving up; it is our psychological me**” (Doyle 17) and in doing so, expand into our higher Selves.

This approach to Yoga is a guide to stepping into the awareness and observing from this space the bodies in which our true Selves live, which is what meditation helps us to do. Because there is a slowing down of the practice, to really feel into the spaciousness, the feelings of solidity actually dissipate and feel as if the body disappears as you become one with the universe! Perhaps many of you reading this will feel that your own practice already does this for you, but for me, this approach and these writers have helped me to step into the awareness, in a place of observing the body and the mind and has actually deepened my Yoga asana practice.

Ok, so I have not really written a review so much as a little insight into what I feel about Kashmiri Yoga. I personally love it and it's an area I would really like to explore....if I had to choose between either book...it would be Billy Doyle's.

Finance Corner with Gill Drummond AIAB – CYF Treasurer

This month's Finance Corner looks at Invoices. What should be included, what format should be used and why is getting it right so important.

As yoga teachers sometimes we have to issue invoices... What must we include?
The detail below is needed to create an audit trail in case of queries in the future as well as complying with accounting procedures.

If you are invoicing the CYF add the treasurer's details

When you create the invoice in 'Word' save it as a 'PDF' file too if you have to email it, since it's very difficult for a customer to alter a 'PDF'. Invoices sent in 'Word' are very open to fraud 😞

If you want to be creative, feel free to add your business logo or a background... it's your choice!

Your invoice must include:

Sole trader invoices (most of us yoga teachers are self-employed)

- 🌀 a unique identification number
- 🌀 your name and any business name being used
- 🌀 your address and contact information
- 🌀 an address where any legal documents can be delivered to you if you are using a business name (this may be the same as your address)
- 🌀 the company name and address of the customer you're invoicing
- 🌀 a clear description of what you're charging for
- 🌀 the date the goods or service were provided (supply date)
- 🌀 the date of the invoice
- 🌀 the amount(s) being charged
- 🌀 VAT amount if applicable
- 🌀 the total amount owed

Adapted from www.gov.uk/invoicing-and-taking-payment-from-customers/invoices-what-they-must-include

Have fun and feel free to contact me for templates if you need any help with invoices...
Namaste

Gill Drummond

Recent CYF Workshops

In June, Holly Daglish (top photo) presented "A Day of Yin and Yang Yoga". A Summer based practice working with the fire element for Summer with a focus on heart and small intestine meridians. The afternoon comprised a meditation followed by a Yang Flow practice.

July's Extra Seminar saw Jenni Kaur (bottom photos) offering us the opportunity to learn more about Kundalini Yoga. We performed a full Kriya, breathing exercises, chanting and relaxation.



Inspired by Jenni's session, this short U Tube video, endorsed by Yoga International, offers some descriptions and explanations of Kundalini practices.

<https://www.bing.com/videos/search?q=u+tube+kundalini+yoga+sierra&&view>

What is Hatha Yoga?

Trisha Champaneri

15 July 2019

When you first begin going to yoga classes, it can be difficult to know exactly what is involved in all of the different styles. In this post, we aim to provide some insight into what you can expect in a typical Hatha class. There are many different types of yoga and combined, they are known as the wheel of yoga – this wheel is underpinned by a list of morals and ethics known as the Yamas and Niyamas, so to that end, all yoga has common threads running throughout. In terms of origin, yoga as we know it today can be traced back to The Yoga Sutras – a sacred text written by Master Patanjali dated 400 CE. Further to this, other key scriptures, such as the Hatha Yoga Pradipika, document the application of the practice in everyday life. Hatha yoga literally means yoga of force or effort, so whilst a major part of the practice relates to a way of seeing and living, it's the practical elements that really separate it from the other spokes on the yoga wheel.

In our modern understanding, Hatha has become another style – but really it's the umbrella term for every practice involving asana (posture). So all the different styles available at most studios; ashtanga, iyengar, jivamukti, vinyasa, yin, kundalini, power, rocket, hot, everything really can all be considered Hatha yoga. However, this doesn't necessarily help you understand what your average Hatha specific class is likely to consist of, so let's break it down... Through the practice, we are essentially creating awareness on multiple levels: physical, mental, emotional and energetic. There are many forces present within each of us and the practice of Hatha yoga helps us become aware of our current state, allowing us to create space and balance. Light and dark, masculine and feminine, hot and cool, effort and relaxation, tension and ease. Thinking about these shifting energies can be really helpful when we think about the role of different poses within a class.

Usually, a Hatha practice will involve a combination of some or all of the following:

Pranayama

Breath work is arguably the most important component of any physical yoga practice. A strong connection to a deep and steady breath is a key part of Hatha yoga.

Warm up

The warm up in a Hatha class is usually very gentle and rooted with the breath. When I teach a warm up, my main aim is to create some movement in the spine and also to release tension in the key areas of the body that can get tight eg. hips, shoulders and hamstrings.

Standing postures

Reminding ourselves of this idea of opposition, the standing poses help us to feel grounded and rooted through the soles of the feet, whilst also creating space and growing towards the sky. You can think of standing poses like chewing gum, being stretched in either direction, finding space in the spine, arms and legs, lengthening and toning.

Balances

Usually, once we've established stability through some standing poses, it's time to make things interesting and work into balances. These asanas are fantastic for creating focus, for teaching our body to adapt and to concentrate the strength laid down in the foundations of the standing section. In balances, we are building the deep core muscles which stabilise us and also find stillness – both physically and mentally.

Seated postures

I think of seated postures as the part of the practice which really helps us work internally. Forward folds and twists help us massage our internal organs, improving blood flow and digestion. During the seated part of the practice, we also stretch the legs without bearing weight and also bring space and release tension to the lower back.

Backbends

I love every element of a Hatha class, but I have to say that when we get to backbends, that's my favourite part. Here, we create space in the front body, stretching the abdomen and opening the heart space. Backbends, when performed safely, are fantastic for helping to improve posture and alleviate back pain.

Inversions

When beginning a practice, inversions can be quite daunting. When you understand their role, I think it makes them a bit less scary. Firstly, inversions can assist the flow of lymph around the body, which helps us cleanse internally. In a restorative inversion, we help calm or balance the nervous system. In a more active inversion, we build strength in the upper body and challenge ourselves to find the correct alignment and centre of gravity.

Savasana

At first, it's easy to underestimate the significance of this pose. Despite the fact that you're just lying down, there is an incredible amount happening in savasana. The physical body is processing the practice, and for that matter, so is the nervous system, the subconscious and the subtle body! Releasing what you need to release and absorbing what you need to absorb, this posture gives your entire being the time it needs to make sense of the practice that you've worked so hard on. Whatever you do, don't scrimp on this all important pose!

Ultimately, I think that trying a few different classes is the best way to go. Finding a teacher whose style resonates with you and a level of class which suits your ability is key.

RECIPES

The Vegan Chocolate Cherry and Honeycomb Parfait featured previously has had rave reviews and proven especially popular at our Teacher Training Days!!

Hopefully the following recipe ideas, suggested by Helen Steadman and Emma Farragher will be just as popular.

VEGAN SATAY NOODLES



Spicy, nutty and super easy noodles.

prep time 10 mins **total time** 20 mins **serves** 2

INGREDIENTS

- 200g noodles
- 200g tofu
- Spring onions
- Olive oil
- 2 garlic cloves
- Thumb of ginger
- 1 red pepper
- 1/2-1 tsp chilli
- 160ml coconut cream (one tin)
- 4 tbsp peanut butter
- 2-4 tbsp soy sauce
- 1 tbsp maple syrup
- Juice of a lime
- Handful sugar snap peas

METHOD

1. Drain, press and slice the tofu into cubes.
2. Put the noodles on to cook according to the packet instructions.
3. Thinly slice the spring onion and add to the pan with a dash of olive oil and fry for a few minutes.
4. Chop and add the garlic and ginger to the pan.
5. While that's frying, chop up the pepper and then add to the pan along with the tofu, with a splash of water if needed.
6. Add in the rest of the ingredients and stir fry until cooked through.
7. When the noodles are ready, drain, rinse and add to the pan. Mix through with the vegetables and sauce. Add a splash of water if needed.
8. Serve with coriander and enjoy!

PEANUT BUTTER COOKIE DOUGH BITES FROM
ANGELA LIDDON'S "OH SHE GLOWS" COOKBOOK

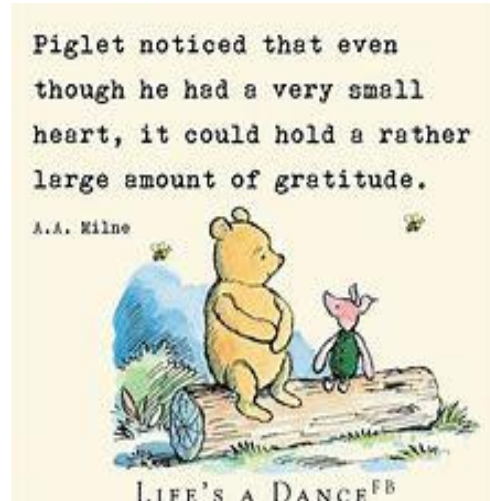
This is such a quick and easy recipe.
No cooking and the bites are delicious straight from the freezer.

	Ingredients 150g gluten-free rolled oats 2 tablespoons coconut oil 2 tablespoons smooth peanut butter (or almond butter or sunflower seed butter) 60ml pure maple syrup or other liquid sweetener (I've used honey) 1 teaspoon vanilla extract 60g ground almonds 1/4 teaspoon sea salt 2 tablespoons dark chocolate chips or cacao nibs	Instructions In a blender or food processor, blend the oats until a fine flour forms. Set aside. In a large bowl, combine oil, peanut butter, maple syrup and vanilla extract and beat with a hand mixer until smooth. (I just put the bowl into the microwave so everything melts). Add in the ground almonds, oat flour and salt. Beat again until well combined. Fold in the chocolate. Roll the dough into small balls. Place the finished bites on a baking tray lined with greaseproof paper. Freeze bites for 5–10 minutes, or until firm. Store bites in the freezer for quick and easy snacks.
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The Last Word

"Do not spoil what you have by desiring what you have not; but remember that what you now have was once among the things you only hoped for.

Epícurus



Me on my way to yoga,
ignoring all my life problems



To help the environment and our funds, would you consider receiving a cheery, colourful copy of our CYF newsletter digitally?
If so, please get in touch.

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

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

Our mailing address is:

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