



**CYF NEWSLETTER
SUMMER 2021
CHAIR'S MESSAGE**

Hari Om Yogis & Yoginis

I trust you are all well and have been enjoying the warm weather. It has been a slightly better year so far with us being able to meet up in person. It was such a pleasure to lead the June seminar and fun to record it even if I did forget to clean the lens until half an hour or more into the practice. Let's keep everything crossed that by this time next year we will be back to more of a semblance of normality. If nothing else we have learnt that we can get through the challenges that life throws at us and that our yoga gives us a strong foundation to face those challenges.

Although we are moving away from high Summer we can still expect some hot weather so don't forget to stay hydrated in the sunshine and dance in the rain.

Summer is ruled by Pitta, hot and fiery but it can also stir up vata which is dry. During these warmer months it is good to practice a little more slowly and use cooling, restorative poses so that we don't overheat. If you feel like you are overheating, come back to your breath taking long, slow exhalations or use *Sheetali Pranayama*. Curl your tongue like a tube if you can (I can't, I don't have the gene). Inhale slowly through your curled tongue and then exhale through the nose. If, like me, you can't curl your tongue, practice *Sitkari Breath* by slightly parting the teeth and drawing the breath over the tongue.

I've been working a lot with pranayama over this last year and I am even more aware of the value of the breath and how it reflects in our body and mind. The intrinsic link of annamayakosha, pranamayakosha and manomayakosha becomes very apparent when you begin to watch and learn how the body reacts to stress, to joy, to overexertion and deep rest. As someone who enjoys a good steamy vinyasa, it has taken me a long time to slow down on my mat and, to be honest, in my life. Not that I don't still enjoy that, but when we watch our practice with awareness and notice the response of the breath we learn some profound lessons in the way that we should move. We learn to notice where our movement originates from and distinguish that our sore shoulder may actually be because our shoulder blades are tight or we are not moving with integrity. Remember our body is a holistic thing. A sore foot can have a chain reaction through the whole of the body and an angry outburst can cause pain and discomfort in the physical body as much as in the mind.

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

Deb



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TEN TO ZEN

1. *Let go of comparing*
2. *Let go of competing*
3. *Let go of judgements*
4. *Let go of anger*
5. *Let go of regrets*
6. *Let go of worrying*
7. *Let go of blame*
8. *Let go of guilt*
9. *Let go of fear*
10. *Have a proper belly laugh at least once a day*

AFTER THE SELF-ISOLATION AND SOLITUDE OF THE PAST YEAR, IT'S SUCH A JOY TO BE ABLE TO INCLUDE THIS SECTION ONCE AGAIN

SEMINAR, TEACHER TRAINING AND WORKSHOP SCHEDULE FOR 2021

We are delighted that, with caution and careful planning, we are tentatively returning to our programme of Teacher Training events and Acton Workshops. It is such a pleasure to include photographs of our most recent events - albeit conducted within all the Covid regulations.

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

www.yoga-teacher-training.org.uk/

"Letting Go" presented by Deb Jackson

Deb Jackson presented at the first Acton workshop held on 6 June, when we tentatively held a half day session. Deb led us through a gentle Vinyasa Practice around the theme of "Letting Go", fluidly moving into our seat of tension, the hips and pelvis.

Below left is a pic of so many fantastically focussed Warrior 1's. Below right, Deb pensively looking on.



YogAsana with Guest Teacher, Granville Cousins

On 4 July a limited number of members enjoyed the long awaited (postponed from last year) Extra Seminar Day with Granville.

We spent the day participating in YogAsana, a combination of all Granville's trainings, experiences and knowledge. Having started out with Iyengar yoga, inspired by "Light on Yoga" by Mr BKS Iyengar he taught only this for many years, before learning Astanga Yoga.

The day was hugely enjoyable, albeit challenging, punctuated with a beautiful meditation.



TEACHER TRAINING NEWS

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

Florence Owen

Anastasia Smith



Angie Crosby was presented with her Teaching Certificate by Deb at the Workshop on Sunday 6 June.

What a wonderfully happy photograph of them both. Well done Angie.

STOP PRESS.....Bev Stacchini recently completed her Teacher Training, more details in the next newsletter.

Here's an article that struck a chord with Mandy Wallace. It's from Yoga magazine and gives 2 very different examples of how we can (or do) get through the day.....

LIFE IS A CHOICE

To be a ship with or without a rudder. Steering or being pulled along...

The alarm goes off, the phone is put down, I sit on my cushion, feel my seat, spine straight and soften into my body & breathe.	The alarm goes off, the phone is on, I scroll, I swipe, I like, I scroll Faster & faster.
The river of thoughts, sensations & emotions flows by. I am a pebble on the river bed, watching and aware, not caught in the stream.	A river of notifications & e-mails picks me up. 5,10 then 20 minutes flow by, these thoughts aren't my own. I'm being carried downstream, scattered and rushed.
The shower caresses my skin, my planning mind starts to wander, I smile to it and feel my body, the water and the breath. The towel strokes my skin dry, the brush massages my teeth, the warm tea soothes my stomach, my shoes comfort my feet. I leave excited , a world of possibilities.	The shower hits my skin. I am not here, my mind is drowning in the tsunami of work, of thoughts past & present. Clothes are thrown on, no time for breakfast. I swipe, I scroll, I like. I kick my shoes on and slam the door and am off. Did I lock the door? Did I turn the tap off? No time to check, no time.
The sun hits my face, I smile. Left foot, right foot. The birds' song vibrates into my body, the Spring is arriving. Children laugh and run, parents watch adoringly. A shared smile, eyes meet, heart's synchronize a felt sense of connection, my heart opens.	The sun hit's my face, Is it Spring already? I check my phone, more e-mails? More likes? I bump into someone, no words are said, we ricochet off like two lost buoys out at sea, I'm rushed, I'm late. My breath is tight, my chest hurts, no breath to breathe.
A mountain of e-mails awaits. I'm overwhelmed, I breathe. One e- mail at a time, one breath at a time. I am climbing higher and higher. I reach the summit, I smile, I breathe.	A mountain of e-mails awaits. I'm overwhelmed. So many tabs, Facebook, shopping, news. An avalanche, I'm carried away. Which way is up or down?
I arrive home. My partner talks. I hear, I see, connection. I sit, I breathe, I am a pebble. The river of emotions, thoughts and sensations flow by, I am awareness. One breath, two breaths rise & fall, everchanging yet still as awareness. I sleep.	I arrive home. My partner talks. I can't hear, I'm not here. I am snowed under, I can't breathe. Discomfort, frustration, separation, The wine is open. One glass, two, three and four. I swipe, I like, I scroll I've survived the day. My mind is racing, hours pass.
The alarm goes off Endless opportunities	The alarm goes off. I am suffocating

FINANCE CORNER

with Gill Drummond AIAB - CYF Treasurer

This month Gill gives advice on Covid related financial issues:-

1. The Government payment made to the self-employed due to inability to work because of the pandemic (SEISS, the Self Employed Income Support Scheme)
2. How to claim back / extend your music licence if you've not been using it.

SELF EMPLOYED INCOME SUPPORT SCHEME (SEISS) and SELF-ASSESSMENT INCOME TAX RETURN

- If you have claimed this grant, do not add it into your trading profit, keep it separate.
- When you sign in to complete your online self-assessment, the system will recognise that you have received this and ask you to confirm the amount.
- You still need to declare the amount received, see the box below as you progress through your tax return. This section is shortly after where you enter details of profits. It goes in the second box below on this diagram:
- You will only pay income tax on your SEISS if your profits are high enough to pay tax – some people thought you had to pay back 20% of your grant – sadly this urban myth put some folk off claiming SEISS.

your return - Other

tax.service.gov.uk/self-assessment/44u/282/View/37500542/6/see/unchobellemployment/1/adjustment

Sign in - Online Co... Weather and climat... YouTube BT Using the power... Online Banking (T... Facebook - log in... Twitter - Welcome L...

Fill in your return

Other tax adjustments for Gill Drummond Yoga BS

Goods or services for your own use: (optional)

[Help about: Self-employed sheet 32: Goods or services for your own use](#)

Self-employment Income Support Scheme grant: (optional)

[Help about: Self-employed sheet 33: Self-employment Income Support Scheme grant](#)

File a return menu

1. Welcome
2. Tell us about you
3. Tailor your return
4. **Fill in your return**
5. Check your return
6. View your calculation
7. Save your return
8. Submit your return

[Provide feedback](#)
[Tax return options](#)
[How to pay](#)

A fifth SEISS grant is available from July 2021, HMRC will email you if you are entitled to it – as always read everything carefully as HMRC will be looking for claimant's profits to have decreased due to the lockdowns and checks may be made on claims.



PPL & PRS PAYMENTS AND CANCELLED CLASSES

Part way into the lockdown, I realised that I had paid for my music licence, but I wasn't using it. Initially the lovely people at PPL/PRS put my renewal on hold.

When I resumed classes, I realised that I still hadn't renewed my licence (oops!)

Anyway, it wasn't difficult to solve this problem – in the end I have had 2 years' worth of music licence and a 10p refund... And I don't have to renew my licence until this August!

Email reviews@pplprs.co.uk, quoting your licence number and explain how many sessions were missed – it's a bit fiddly but worthwhile.

Also beware: sometimes they reply from an email that is noreply@..... so be careful when you reply.

18:17 30.10.2020

44% 42%



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PAY YOUR INVOICE

[circumstances](#)

Business Update

COVID-19

26.04.2021

Please note that our opening hours are 8am-6pm (Monday to Friday).

PPL PRS Ltd fully appreciates the continuing pressures affecting many businesses across the UK as a result of the COVID-19 pandemic.

We wish to reassure customers of TheMusicLicence that we have introduced a number of measures to support them during these unprecedented times. These include:

- Not charging customers for their music usage during the period they are closed (temporarily or permanently) due to COVID-19, this includes any subsequent regional restrictions imposed;
- Changes to our payment policies to introduce further flexibility, for customers during this difficult period; and
- Temporary suspension of late payment surcharges.

A Brief History of Ghosh Yoga written by Alan Paddick

I am too young to remember when Parvati persuaded Lord Shiva to offer the gift of yoga for the benefit of all humanity. Nor have I met any of the seven rishis through whom the teachings have eventually been passed down through the ages to us. I have however for a while now been interested in who taught what and to whom, especially in the wide variety of practices we have been left by 20th century yoga masters, and how much they differ both in the practice and the reasons for the practice. Swami Sivananda for example taught many followers and of those he sent out into the world to teach, while Swamis Visnudevananda, Satchidananda, Venkatesananda and Shivapremananda all passed on relatively similar practices, Swamis Satyananda and Sivananda Radha have each given us quite different approaches from the same guru. The students of Tirumalai Krishnamacharya such as Indra Devi, K.Pattabhi Jois, B.K.S.Iyengar and T.K.V.Desikachar have all put their own stamp on his teachings. In the last newsletter I hinted that I might write something about Ghosh Yoga as until recently I was unaware of its existence and influence.

Scott Lamps and Ida Jo have established 'Ghosh Yoga' in California since being trained in the Ghosh family tradition in India. Both are dedicated practitioners and researchers in Yoga having 500 hour teaching qualifications as well as being MA graduates of the School of Oriental and African studies (SOAS) at the University of London, home of the prestigious 'Hatha Yoga Project'. Their website is GhoshYoga.org, where they offer the teachings of Ghosh Yoga through publications, class videos, master tips and blogs as well as workshops.

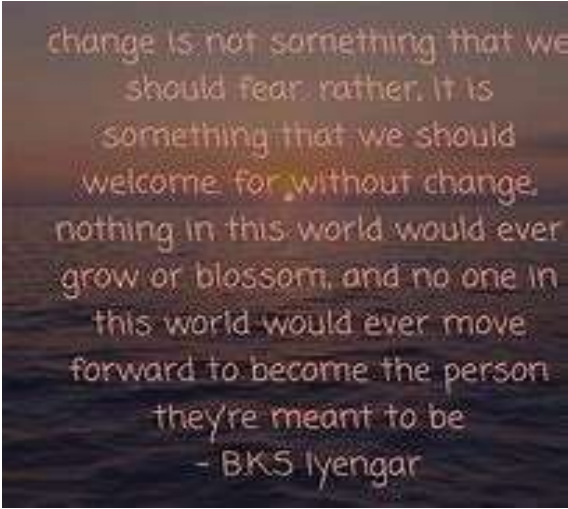
The following notes are mainly from Jerome Armstrong's excellent book 'Calcutta Yoga' published in 2020 in which he acknowledges both Ida and Scott for their 'friendship, editing and assistance throughout the journey'. The book is over 500 pages and is a fascinating read, tracing the histories of the major characters in the story which became Ghosh Yoga. Here I have picked out a few of these characters.

Bishnu Charan Ghosh, born in 1903, trained with his brothers in physical culture, muscle control, feats of strength, boxing, wrestling, jiu-jitsu, stick fighting etc. from an early age. He also learned yoga asanas in the school set up by his elder brother in Ranchi. He became well known for his training methods and in 1929 he set up his own gymnasium to train students. Although educated as a lawyer he put on many shows with his students demonstrating muscle control, iron rod bending, contortion etc. and in 1930 published a book called 'Muscle Control and Barbell Exercises'. One of his students, a family friend called Buddha Bose was also interested in yoga asanas and would incorporate them in his routines. In 1934 Buddha won a 'Body Beautiful' competition and was presented with a Sunbeam motorcycle. He also performed for the Governor of Bengal and by 1935 was considered a teacher. In 1938 Buddha published volume 1 of 'Key to the Kingdom of Health through Yoga'. Through the 30s and 40s there were many shows, demonstrations both in India and abroad including visits to Bishnu's brother in America and to Buddha's relatives in England. When a body building student called Gouri Shankar Mukerji became interested in yoga, Bishnu had to ask his own elder brother's permission to teach yoga. Permission was granted and Gouri excelled. Later as a doctor in Germany Gouri would prescribe yoga exercises to patients for their therapeutic benefits.

In 1953 Bishnu, Buddha and their wives Ashalata Roy and Ava Rani established the 'Yoga Cure Institute'. Their interest had by now greater focus on Yoga practices although their shows still had the other elements as well. A tour of Japan in the late 60s prompted a Japanese family to request the services of an instructor from Yoga Cure. One student was keen to fulfil this role and was trained intensively for six months before being sent to Japan.

Yoga is still taught to-day in Ghosh's Yoga College, Calcutta (now Kolkata) by Bishnu's granddaughter Muktamala Mitra and it is this practice which Scott and Ida offer. Ghosh Yoga uses simple therapeutic exercises to mobilise and strengthen the body, postures to bring grace and control to the body and stillness to the mind and breathing exercises and meditation to reduce stress and anxiety and begin on the path of spirituality.

Referring back to two characters mentioned in the above story, the man sent to Japan was Bikram Choudhury who found the Japanese weather too cold to practice and so introduced the concept of 'hot yoga'! The other character, Bishnu's elder brother is known better by his spiritual name Paramahansa Yogananda, author of the classic 'Autobiography of a Yogi' and the founder of the international organisation, the Self-Realisation Fellowship.



change is not something that we
should fear. rather, it is
something that we should
welcome for, without change,
nothing in this world would ever
grow or blossom, and no one in
this world would ever move
forward to become the person
they're meant to be
- B.K.S. Iyengar

Describe or write a meditation theme in your own words which encourages the disidentification of the "I" or "Ego" from the body, emotions and the mind. Essay submitted by Helen Steadman



"It tries to build an elevator which will allow a person access to every level of his personality. After all, a building with only a basement is very limited. We want to open up the terrace where you can sun-bathe or look at the stars."

Psychology Today. Sam Keen "The Golden Mean of Roberto Assagioli" December 1974

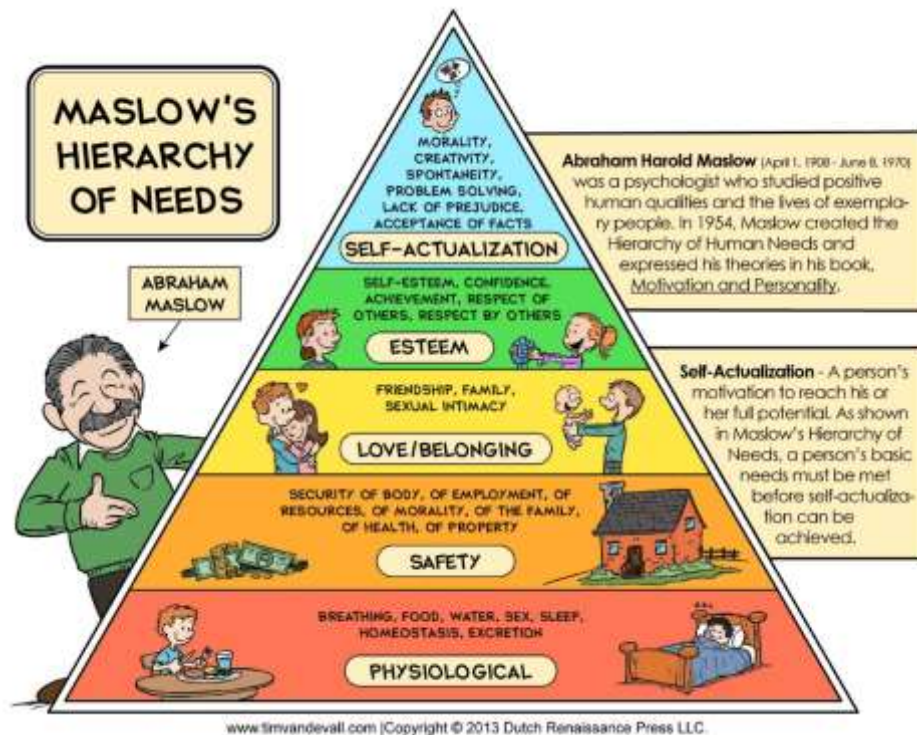
INTRODUCTION

I searched for different Dis-identification meditations as part of my research for this essay, but kept coming back to the one used in the CYF Manual. My research led me to discover that this was developed by Roberto Assagioli (1888 – 1974), a Psychoanalyst who researched many different philosophies and developed Psychosynthesis, an attempt to fuse the Eastern philosophies of the deep wisdom of the Self with modern Western psychology.

In an interview with Sam Keen for Psychology Today , Assagioli explained Psychosynthesis as about paying far more attention to the higher unconscious. He gave the analogy that Psychosynthesis is interested not just in the basement of the person, but in the whole building.

This concept strikes me as being very similar to Maslow's Hierarchy of Needs (which has been a theory I have often used and referenced during my career in Human Resources) whereby he describes the human state as moving from the need to fulfil basic physiological requirements such as food and warmth, through the needs for safety, companionship, self-esteem to self-actualisation – which I guess is Assagioli's beautiful analogy of standing on the terrace looking at the stars.

In order to answer the essay question, I have basically taken the Assagioli Dis-Identification version and put it into my own words in a way that is meaningful for me. I am certainly not the first person to do this and as part of my research have looked at several other versions. However, the idea of the orchestra analogy (which I'm quite proud to say was my own idea) really resonates with me and once I had this "hook", then, to me at least, it made total sense.



MY MEDITATION THEME

BODY

My body is a key part of my identity. But it is not the essence of who or what I am. My body is my vehicle for interaction with the world and as such it is important to me to project an outward appearance that reflects my inward appearance. A big part of this means looking after it well. For me that means keeping it healthy and in good condition by cardio, weight bearing and stretching exercise. It means maintaining an appropriate weight and taking time for grooming. It also means future proofing my body (as best I, or anyone else can), to facilitate a mobile and healthy old age.

Just give attention to how the body feels right now – is it healthy, is it tired, is it aching anywhere. Give attention to this and then let that feeling float away as you focus on the affirmation that the body is important, but there is more to me than my body. It not the nub of my inner SELF.

FEELINGS / EMOTIONS

As human beings we experience a range of emotions and feelings every day. At some times of our lives, the emotions are stronger than others, for example at the beginning of a relationship, when we are awash with anxiety, hope and attraction. Then there are times, we are almost buried by our grief when someone we love dies or becomes seriously ill, but our friends offer the advice and comfort that "it will get easier in time" which translates to you won't feel like this for ever because the raw emotion will soften and evolve.

Then there is the commonplace, everyday range of emotion – the pique of anger when someone pinches our parking space or jumps the coffee queue, the pleasure when a stranger unexpectedly compliments us, the underlying quiet contentment of knowing that someone loves us. But again, by the following day these spikes of emotion lose intensity.

Consider which emotions are prevalent at this moment. Do not judge, just accept those feelings. Then let them float away and focus on the mantra that whilst my feelings are important and they may sometimes seem to engulf me, these feelings are transient and will pass in time. Once we come to realise that we are not our anxieties, then those anxieties no longer overwhelm us. Even if anxiety is

present we are simply watching it pass by. This shows that there is more to me than my feelings and emotions. They are not my inner SELF.

DESIRES

We all have desires, wishes and aspirations. Some of these may be material and others may be better defined as drives or ambitions. They may be about the things we are working hard to earn enough money to buy, from "the big stuff" like a house or car through to the thrill of acquiring that amazing pair of shoes or just the pleasure of treating ourselves to a coconut latte.

Our drives may be about career ambition, chasing a new job, acquiring a qualification or having the courage to follow through a change of direction.

For some of us, it may be about a life goal - having a baby, getting married, leaving a relationship, pursuing spiritual knowledge.

Give focus to the main desires that dominate your life. These drives can play an important part in giving direction to our lives. They are not bad, but, they are transient and changeable. What we most wish for at twenty will be unlikely to be so important at thirty. So knowing that "this too will pass", acknowledge that although I have desires, "my desires are not my inner SELF, there is more to me than what I desire".

THOUGHTS, INTELLECT, MIND

We try to still our minds with meditation, but know how difficult this can be. As one thought appears, it develops slowly or flashes quickly and is then replaced by another. Even if you think you are not having any thoughts, this too is a thought.

Watch your thoughts as they flow by, acknowledging and registering each one, they come and go, they are constantly changing, so they cannot be the true consistent nub of my inner SELF. I have thoughts, but there is more to me than my thoughts.

SO

If there is more to me than my body, my feelings and emotions, my desires and thoughts, what constitutes the remainder? What is the "more"?

Tomás Agosin in his Seeds of Unfolding article says it might help to practice disidentification by changing our sense of self from *being* to *having*.

WHAT AM I ?

The essential Self is like a conductor managing an orchestra. S/he directs, observes and manages all the musicians and although at times seems to be totally immersed in the music, s/he is at all times aware of the combined sound and remains in control, the master of the musicians.

In the same way, our essential Self, our Soul observes our body, our feelings, our desires and our thoughts with the same analytical detachment that the conductor has over the orchestra. This is the nub of me that makes choices, that uses the instruments of body, feelings, desires and thoughts and directs them to play the tune I want them to play. The conductor is master over the orchestra, my inner Self is master over my transient drivers.

So however lost we sometimes feel in our physical sensations (like pain), emotions, desires and thoughts, there is a part of us that is greater than any of these sensations.

The true I is the Observer: the one who watches is distinct from that which it observes.

"I am the Self, a centre of pure self-awareness; I am a centre of will, capable of observing, directing and utilising my mind, emotions and body. I am the one who is aware. I am the one who chooses."
(Suzanne McGillivray)

Conclusion

A number of the sources I used, described our inner self as being a "witness" to our feelings, desires and thoughts. This reinforces the idea that we can observe what is happening to us – rather like people sometimes describe an out of body experience. This idea does seem like it might help me to process a difficult situation better – by trying to look at it in a detached way rather than being totally embroiled in the emotion.

Once we start to observe ourselves in a detached way, comes an element of self-awareness that enables us to make judgements about ourselves and make changes where we see characteristics that we don't like. This should not be seen as a chore, but rather as a freedom, that we are not constrained by the idea that "I am what I am" but that we have the power within to change things.

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<http://www.willparfitt.com/wp-content/uploads/2015/04/disident.pdf>

http://www.seedsofunfolding.org/issues/3_08/feature.htm

<https://www.mindpodnetwork.com/ken-wilber-on-dis-identification/>

I Can See Clearly Now

I can see clearly now the rain is gone
I can see all obstacles in my way
Gone are the dark clouds that had me blind.
It's gonna be a bright
Bright sunshiny day
Oh, yes I can make it now the pain is gone
All of the bad feelings have disappeared
Here is that rainbow I've been praying for
It's gonna be a bright
Bright sunshiny day
Look all around, there's nothing but blue skies
Look straight ahead, there's nothing but blue skies

Grace Vanderwaal rewrote / reimagined this Johnny Nash song - with his permission.

Her amended lyrics may speak to you even more than the original version.

There's the world outside my door
I don't know it anymore
I'm gonna stay here now
Close the curtains, cut the lights
Match the darkness in my mind
It's gonna take me down

All the roads I've been before
Same mistakes, always got me shakin'
And all the signs I once ignored
In my denial, I didn't want to face them

I can see clearly now
The rain has gone
I accept all the things that I cannot change
Gone are the dark clouds
The dawn has come
It's gonna be a bright, bright sunshiny day

There's a world outside my door
I forced my feet down to the floor
I'm gonna make it out
Take a breath and say a prayer

Find the strength in my despair
It's not gonna take me down
All the roads I've been before
Same mistakes, always got me shakin'
And all the signs I once ignored
In my denial, I didn't want to face them

I can see clearly now
The rain has gone
I accept all the things that I cannot change
Gone are the dark clouds
The dawn has come
It's gonna be a bright, bright sunshiny day

All the pain in my sorrow
Won't change today, only ruin tomorrow
All the pain in my sorrow
Won't change today, only ruin tomorrow

I can see clearly now
The rain has gone
I accept all the things that I cannot change
Gone are the dark clouds
The dawn has come
It's gonna be a bright, bright sunshiny day

Here's another Dr Rupy quick and easy recipe, something a little sweeter this time.



INGREDIENTS

- 150g/5½oz mixed nuts, such as almonds, hazelnuts, brazil nuts and walnuts, roughly chopped
 - 150g/5½oz ready-to-eat dried apricots, quartered
 - 200g/7oz soft pitted dates, quartered
 - 50g/1¾oz coconut oil
 - 3 tbsp pure cocoa powder
- 3 tbsp mixed seeds, such as sunflower, pumpkin, sesame and flax

METHOD

- Line a 20cm/8in square cake tin with cling film, leaving plenty overhanging the sides.
- Put the nuts in a food processor and blitz until finely chopped, but not ground to a powder – you want them to add a lovely crunch. Tip them into a bowl.
- Put the apricots and dates in the food processor and blend to a thick paste, but don't let it get too smooth.
- Return the nuts to the food processor and add the coconut oil, cocoa powder and seeds. Blend until the mixture comes together. You may need to remove the lid and push the mixture down a couple of times with a spatula.
- Spread the paste over the base of the tin and smooth the surface. Bring the excess cling film up and over the mixture to cover completely. Put in the freezer for 30–60 minutes, or until solid.
- Take the tray out of the freezer, unwrap and place on a board. Cut into 16 squares, and transfer to a lidded container. Interleave with sheets of baking paper so the bars don't stick together and keep in the fridge.

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.

Online yoga links

If you're looking for a bit of online yoga inspiration, maybe take a look at the links below.

[Short Form 30 Min : 1995 \(Ashtanga Yoga - David Swenson\) - Bing video](#)

[30 min Beginner Yoga - Full Body Yoga Stretch No Props Needed - Bing video](#)

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

<https://www.bing.com/videos/search?q=ekhart+yoga+youtube&qpvt=ekhart+yoga+u+tube&FORM=AWVR>

The Last Word

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