

# YTF - E-Magazine

From The Editor

I have come across such inspirational yoga teachers in the last year and we thought it was about time we heard about the classes you are running in your communities and how you have overcome some of the major challenges of recent times. In this, our first issue of the YTF. E-Magazine you will hear from teachers who have taken accessible yoga to the next level - providing opportunities for yoga practitioners to enjoy rites of passage and supporting vulnerable groups through community yoga classes. We also hear from some of our experts about their experience - either through what has brought them to teach their area of expertise or with specific knowledge we will all find useful in our teaching. Thank you to everyone who has offered to share their experience. This magazine is only the first...Do keep emailing me with your experience of bringing accessible yoga into your communities!

Julia Davis, Editor, YTF Magazine

## **Finding My Way Home Through Circles of Connection**

**By Amy Baxter @howthornwellbeing**

One summers day in 2017 by chance I met Katharine Lucy Howarth in an online group, looking for a case study for her shamanic practitioner training. I was a little hesitant but vastly curious. Our meeting happened with such ease and my goodness what an impact the session had. I returned to Katharine for more of what I called 'spiritual counselling' and learnt about the Leeds Red Tent. By the very next full moon I was sat within a circle of

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women, complete strangers, in a way that I had never ever experienced before. Listening, hearing, really feeling what others had experienced, their voices - echoes of my very own heart. I was hooked. By the next full moon, I was on my way to sit with Lyn Hill and the women of Keighley Red Tent, over an hour away from where I lived, to sit in a circle with women to hear and be heard, drink tea and often craft. I loved the excitement of the full moon gatherings, thriving with the connection and sense of belonging I was unconsciously craving probably all my conscious life. With the encouragement and support from Katharine, I was now calling in women from within my own community I felt so disjointed from to join me in circle under the full moon.

## **By the next full moon I was sat within a circle of women...in a way I had never experienced before**

My journey on this path began to snowball and now pregnant with my 2<sup>nd</sup> child, I travelled to Glastonbury in

2018 to sit with Jane Hardwicke Collings for her world-renowned workshop, The Shamanic Dimensions of Pregnancy. When Jane asked us to listen with the ears of our hearts to the voices of our other selves speaking – I was blown away. Changed again from this experience, like an onion – peeling away parts of myself, surrendering the armour I'd carefully built up around my heart over

decades. At this point I never imagined that just three years later I would be welcoming girls into puberty and supporting parents as they support their child's journey through adolescence. Jane speaks about women's rites of passage and teaches that how we approach menarche, birth and menopause are all related. My own experience of adolescence was one where I was abandoned by my mother, left very vulnerable and unsupported. Just like my mother and many mothers before her had been. My passion growing and growing around this subject the deeper I delved into healing my own ancestral patterns.



My own healing and participation in

supportive women's circles continued as I settled further into nurturing my own roots and developing those of my young family. It wasn't until February 2020 that I took the next step on my journey towards working with Mothers and Daughters. I bought a training manual written by Melonie Syrett for those wanting to support mothers and daughters from Maiden to Menarche. By this time, I had completed a 200hr yoga teacher training course with My Yoga Journey and enrolled onto a trauma informed yoga therapy training programme with The Panacea Project. My thirst for knowledge was insatiable and seeing the transformation through the commitment to my own healing really cemented me further onto this path even though the next steps weren't always clear. Developing a knowing that 'everything was always working out' even if it didn't always seem like it was, was really comforting and has helped me to propel forward, working through any fears or doubts that seeped into my beautifully human mind.

**I never imagined that ...I would be welcoming girls into puberty and supporting parents**



The global pandemic of 2020 wasn't the first opportunity I'd had to practice non-attachment as a response to things not working out. Looking back, I can see now how the 'Dunkirk spirit' that I'd become associated with had been created by avoidance and disassociation from feeling grief, disappointment, anger and fear and a survival response to traumatic experiences starting at my birth. Learning that suffering lies comfortably in the mind's idea of attaching, gripping onto stories of how things should be was a big teaching for me.

The restrictions on meeting others in person didn't prevent me connecting with women on my mission of creating the community I craved. The positive period project, tales from behind the mask continued as I spoke to parents, teachers, friends, strangers, whoever I could about their first period. This was a branch that connected me to my community and a way for me to learn about the experiences of others, broadening my knowledge. My research continued and in Feb 2021 I began a pilot scheme, working 1:1 with mothers and daughters in a series aiming to educate, create connection, confidence and nurture an empowering, positive period. This was a huge success. I learnt so much about how I wanted to work and helped me confirm my values and boundaries. What I loved most about working in this way was the freedom to use my intuition to guide the themes and the child's direction of learning based on their individual learning style and response to the content – both acting as



**I spoke to parents,  
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student and teacher, learning how to co-create a unique dance. By trusting and using my intuition, my personal power - a sense I had lost connection with, I was remembering these parts of myself that had been dismembered through my own, my ancestors and collective traumas. Noticing and changing patterns in how we are in relationship, conversation with

each other, ourselves and especially changing the way we parent the next generation has the power to heal seven generations that came before us and the next seven generations to come. Changing us physically on a molecular level!

As I planned the birth of my sessions for girls and their families to my local community, I came across a course - Yoga, mindfulness and coming of age circles for tweens and couldn't believe how aligned with my path and passion this was. Forward to the end of July

2021 and I had completed the training with wonderful Elena Riu and ready to bring these wonderful teachings into the world. I found the training so incredibly healing, learning subjects to teach children in an age-appropriate way that I had only just discovered as a grown woman in her mid 30's! Oh, how I wished I'd have known about the science of the

brain and how to assert myself using nonviolent communication. All the things my inner child craved and I'd love for my own daughter to know. Around the same time, the Leeds Girls Red Tent had been reborn and I was so keen to experience teaching at one of their biannual meetings. The day came on 7<sup>th</sup> August 2021, the day before the full moon and the Lions Gate Portal for the in-person Girls Red Tent in Leeds. Transcending words, left totally uplifted by the experience of feeling in collaboration, complete connection, a celebration, cultivating confidence, joy, and love. Being within a circle of supportive women championing and supporting each other for the greater good of all, not for profit in such a positive way without competition I found so very fulfilling. This feeling, I feel was present with every grown up and child as the circle dispersed and the echoes of the words we sang in unison together left resounding within the hearts and bones of all involved and a sense of wow- when can we do this again!?

**Yoga, Mindfulness & Coming  
of Age Circles for Tweens...I  
found the training so  
incredibly healing**



I feel grateful as I continue to hold spaces for mothers and daughters and within the community group, Garforth Women's Circle. Sharing wisdom and knowledge learnt through my lived experiences and the many great teachers I've met - including my children and the spinning planet earth we stand upon. It is a joy and a very whole experience to fully honour all the seasons, cycles and generations of the world around us and within us.

I found this way of coming together as women, deeply profound to experience as a group. Some may say ground-breaking, although I must mention a quote from Jane Hardwicke Collings that we have been circling for much longer than we haven't. Far away from the competitive, back biting, spite and jealousy so many of us have experienced in sisterhood, stemmed mostly from an unconscious belief rooted in the fear of

lack. I notice this pattern naturally occurring with my own children as they fight for love and attention although there is enough for everyone, coming subconsciously from the mammalian part of the brain, the fear of not surviving and death. This awareness brings compassion. Sending love and healing to all those communities stuck in these fears, may their descendants

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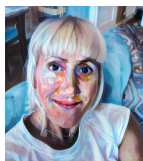
thrive in love and support within community. My intention is to create a space to cultivate this healing of the sister wound, shedding of menstrual shame and for it to ripple out wherever it is both wanted and needed. May non for-profit women's and men's circles and communities be reborn to celebrate humanity, the universe and all of our phases, cycles and seasons.

You can join Elena Riu's "Creating Yoga, Mindfulness & Coming of Age Circles for Tween Girls" this September here: <https://yogateachersforum.org/tween>



# **Embracing Change -**

## **My Journey to Teaching Yoga For Cancer**



**By Tamara Melvin [www.uniomyoga.co.uk](http://www.uniomyoga.co.uk)**

The stack of books beside my bed continued to climb....yoga for menopause, the gratitude book, yoga for teens to mention a few....but they all rested there collecting dust, unread. Their owner (me) uninspired to start reading them....

Like many other yoga teachers, I've always looked to increase my learning in order to enhance my teaching and to be able to reach more people.

But I felt like I had "readers block"

I'm trained as a Seasonal Yoga Teacher which is a combination of both the eastern philosophies of China and India. A style of yoga that tunes you into nature's rhythms using, pranayama,

meridians, asana, qigong, mindfulness, and diet that runs parallel to our seasons.

I'd been fortunate to teach this style of yoga in many studios and gyms locally. For me, as a self-employed yoga teacher I've learnt to go with the flow of life which means moving where the teaching was needed and taking on classes when the opportunity arose.

I was at a point in my yoga work that saw me teaching 22 classes per week, on the point of exhaustion and slightly estranged from my teenage kids and dog whom I shared with my ex-husband.

Then BOOM....covid hit and with it one of the biggest yoga studios in Surrey closed its doors, my largest income stream closed, and many, many yoga students were left without their yoga space and for many without their "haven"

Like many other yoga teachers my business moved online and with the yo-yoing of lock down and re-opening some studios closed, some survived and some new ones were born.

THY Yoga was one of those success stories, created by 2 amazing and well-regarded yoga teachers, it filled a need that was created by the sad loss of local studios that just could not survive.

From the ashes it rose as an addition to a well-established gym called Turnfit.



It “turns out” that Turnfit runs their own registered charity Thrivefit providing free fitness classes to support local people living with or recovering from Cancer.

Back to the stack of books!

Having been asked to teach yoga for Thrivefit and having not had any experience in teaching yoga for Cancer the stack of books by the bedside was replaced by 1 book....Yoga for Cancer by

Tari Prinster.

And it's here I found what I had been searching for.....2 weeks later my father announced that he had prostate cancer.

**2 weeks later my father announced that he had prostate cancer.**

Thank you, universe, for putting me in the right space at the right time.....I'm now looking forward to training with Jenni Stone and the opportunity to learn and be of service to a new audience.

Embrace change and have the courage to let it steer you to where you are most needed.

Jenni Stone will be giving a free talk on 9 Sept 1300 BST Emotional Wellbeing While Teaching Yoga for Cancer - you can join here: [https://us02web.zoom.us/j/zooming/register/tZIpceqgpjoqHN3xCqoGTnNw\\_EZPL8lZLHTz](https://us02web.zoom.us/j/zooming/register/tZIpceqgpjoqHN3xCqoGTnNw_EZPL8lZLHTz)

## **The Best Companion for Birth is Your Own Intelligent Body**

**by Giselle Genillard, Director of SOS Internationale, providing Somatic Experiencing training, and Midwife writes about her experience reading Tessa Sanderson's book “Pearls of Birth Wisdom”**

The divine irony of reading books on birth is that the very act of reading takes us away from the fierce living experience of birth. An experience that confronted us on a daily basis before both birth and we became industrialised.

What truly can prepare us for an experience as raw and personal and physical as birth? Birth is a verb before it is a noun: a moving, living, embodied





experience that like a river flows always downwards but like many rivers takes turns and unexpected crescendos according to the weather and the terrain. The birth process itself follows a chartered course, but along that course the experience is always unique.

Birth is a bodily not a mental experience, and Tessa elegantly weaves her expertise in body awareness and embodied practices with the stories of many women who have shared their intimate birth journeys with us. It is an ancient practice, this sharing of personal stories, one that brings us as close to

participation as the leaves of a book can bring. Tessa brings birth back to where it belongs: the body, and the exercises, practices and resources are awakening and empowering to women undertaking parenthood and the challenges of life beyond.

Most potently, Tessa offers pearls, Pearls of Wisdom\*, to orient us to the reality that our female bodies know how to birth - given appropriate safety. Birth is as intrinsic as eating and sleeping, as pooping and peeing. Yet none of these processes work efficiently in a context of fear. The Pearls she offers are beads of safety, stars of safe passage to navigate through the often-stormy seas of birth, simply explained and supported by current breakthroughs in the fields of neuroscience and the understanding of trauma and its resolution.

If you need a companion for your birth, take Tessa with you. Doula, mentor, mother, sister, guide to your inner wisdom, the wisdom of the best guide you will have: your own sweet, unique, exquisitely intelligent body.

Welcome home!

\*Tessa's book is Pearls of Birth Wisdom: An Inner Journey with Stories, Insights and Practices. She is offering the Birth Preparation Workshop Training in September and October (only two places remain: [Teaching Yoga Birth Preparation for Couples – Yoga Teachers Forum](#)) and is organising the [State of Birth](#) online symposium for 13 & 14 Nov.



# **Intentions with the Yoga Teacher's Forum**

**by Ruth Jackson**

Back at the start of 2021 I had intentions around creating community, a support team for myself, and to really embody and be able to hold safe and healing spaces. I knew I was missing community, and trying to set up my yoga business by myself was overwhelming. I also realised that a lot of my students were dealing with very difficult situations, challenging emotions, and the pandemic was requiring a lot of people, including me. I knew people would need healing spaces and I wanted to be sure they were safe and supported. I had no idea how I'd manifest these things, and locked down at home behind my laptop screen, these intentions seemed farfetched.

However, the universe had my back and brought me all these things in the guise of the yoga teacher's forum. I did some initial workshops on trauma, and about using Instagram – and through this connected to Aneta and Sophie.

**I now still teach kundalini yoga, but it is not just trauma informed but it embodies empowerment, healing and support.**

Aneta supported me through her amazing TREY training, to embody resilience, connect more deeply to myself and most importantly to know and have confidence in holding safe and supported spaces for people to heal from trauma. It has transformed me, how I teach, and how I show up in life. I now still teach kundalini yoga, but it is not just trauma

informed but it embodies empowerment, healing and support. I ran a retreat just after I finished the course and brought all I had learnt to it, and I was blown away by how impacted people were. Most importantly they spoke about feeling safe to bring up things to heal, feeling supported and not feeling judged. The testimonials speak for themselves:

“The energy and pace was so thoughtful and caring. I have felt so held and cared for, inside and out.”

“You unblocked something in me - I feel refreshed and love myself that little bit more.”

“it has been a most wonderful and enriching experience for my mind, body and soul.”



“I’m enjoying the connecting before the meditation...connecting with ourselves, intentions and what we need. Very special”

Sophie brought me support in the form of a listening buddy. She posted on Instagram about them and I responded in her comments. Within moments two people replied that they wanted to buddy



## **Sophie brought me support in the form of a listening buddy**

with me. I now have a buddy who I can just share what is in me without judgement and with acceptance, and I can do the same for her. She has become an integral support person to me. My support team now includes Aneta –

through her mentor programme, providing business support, and I have found a mentor through teaching a community class for a mental health charity. The teacher who has run it up til now is supporting me to develop my kundalini yoga teaching skills. The class itself is providing cross fertilisation as my students attend the class and students from there now attend my other paid classes. It is creating community.



## **I have found mentoring through teaching a community class for a mental health charity.**

I had no idea about any of these wonderful people, or what they would bring to me, when I made my intentions at the start of 2021 – but here I am feeling supported, feeling

heard, growing my business and able to provide support, healing and safe spaces to my students. With the new moon in Virgo (the sign of service, work and the details) coming up, I am wondering what farfetched intentions to make



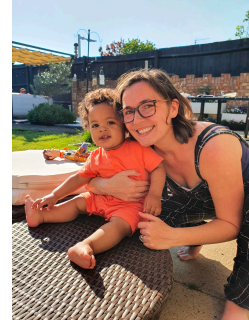
now – knowing that one way or another, in ways I least expect it, they will manifest.

You can join Aneta for her introductory workshop “Trauma, Resilience & Being Safely Embodied” on Friday 17 Sept 1230 BST <https://yogateachersforum.org/resilience>

## **My Core After A Caesarean -**

**By Amy Fergus Fuller <https://atozyoga.co.uk>**

16 months ago, I gave birth to a beautiful baby boy after 53 hours of a rather traumatic labour that ended in an emergency c-section. Yes of course I was over the moon to have my baby safe and sound in my arms (although I had to wait what felt like a lifetime to actually get him in my arms) but it did come with a great sense of disappointment that I didn't get the birth I dreamed of and then to top it off, I had yet to discover the loss of sensation to my stomach! Which NOBODY warned me about!



### **I had yet to discover the loss of sensation to my stomach! Which NOBODY warned me about!**

I have been a performer, dancer (although not a professional one) and mostly Yoga teacher for 10+ years. Doing this much movement, especially if it's done right, creates a pretty strong core. Don't get me wrong, I've never had a 6 pack, but before being pregnant I could

hold a plank for days. So, when I started to regain feeling in my legs after the epidural began to wear off, I felt terrified to notice that I had no sensation at all in my belly! I couldn't sense my breath down there and touching my belly felt like I must have been touching someone else! “that's perfectly normal, it MAY come back, it MAY NOT” The midwives told me.

WHAT!? I couldn't believe what I was hearing and how blasé everyone was being about it. Well, it was bad enough to let my dream birth go, I was not about to let my body go too!

Once we settled into life with a newborn I set to sorting out my core. I searched online, on social media, amazon and found.... Very little!!!! I was so surprised at the lack of information out there. All I could do was take what I knew about postnatal healing, look into scar therapy and really just use whatever resources I already had to start trialling things on

### **treating myself like I had a big diastasis recti**

myself. Some things worked some things didn't. Are you wondering what worked? Let me tell you.

Firstly, focusing on my breath. You know that scene in Kill Bill where she tries to wiggle her big toe? That's what it was like getting my breath to go down into my low belly. Next was massage, This is SUPER important after a caesarean. Even if you have no usual symptoms e.g. itchiness, pain, tightness. You will inevitably have developed scar tissue, and this can cause problems down the line including heavy periods, back pain and constipation. Lastly, was treating myself like I had a big diastasis recti, which I didn't luckily.

Now I am very glad to say that I have regained pretty much all feeling in my belly and my core is more integrated than it was before having a baby! Women should know what can happen to them after a C-section. It shouldn't be a surprise. The baby is surprising enough! That's why I'm making it my mission to spread this information and help women like me recover properly.

Amy Fergus Fuller is Yoga Trainer with Yoga Teachers Forum and runs:

Core Integration - 18 Sept. <https://yogateachersforum.org/core>

C-Section Recovery - 10 Oct <https://yogateachersforum.org/c-section>

## **ME and Long COVID: The Yoga Connection**

**By Fiona Agombar - [www.fionaagombar.co.uk](http://www.fionaagombar.co.uk)**



I've been teaching yoga for those with ME/CFS for many years and am often asked: 'Is ME the same as long-Covid?' From a yoga perspective we are working with the person rather than the disease and it's all about prāṇa. But for teachers, it does help to have some idea of what is going on so we know how to help.

To understand severe fatigue, it's helpful to look upstream at the potential root cause. In addition to the current virus, we live in an increasingly toxic world with more chemicals and pollution than ever before. There is also more stress as we whirl and dance and rush about, just to keep up – and then extra stress generated by the pandemic. Continual tension can be a trigger for chronic disease because if we don't rest enough to let the stress cycle complete, pathogens can get a grip, taking advantage of a weakened system. I had ME/CFS in the 1990s and there was a lot of talk about infections and viruses being the cause. Today there is more scientific understanding, and we know that whilst these elements may play a part, they are only one aspect of a complex picture which includes inflammation from stress.

One thesis is that debilitating fatigue is caused by lack of energy at the cellular level. Mitochondria are small structures called organelles found in every cell of the body. The more energy a cell needs, the more mitochondria are required. Cells need vitality for building, maintaining, repairing and eliminating toxic waste and they produce adenosine triphosphate (ATP), the fuel needed to power our chemistry. ATP requires certain

nutrients, including oxygen. This is one way yoga can help, as healthy breathing can encourage better oxygen uptake. One way in which Long COVID differs from ME is that people may have severe breathing difficulties and we have to be careful not to aggravate this. Like all of us, I've learnt a great deal this year and I know that everything has to be super gentle. Encouraging breath awareness may be enough for someone who is very debilitated, together with Coherent (samāna) breathing. Humming and nasal breathing can help with nitric oxide uptake which gives protection against viral infection and we want to encourage breathing to reduce the stress response.

Emerging research suggests that it's how mitochondria function that could be the reason for debilitating exhaustion. Dr Robert Naviaux has demonstrated that as well as producing energy, mitochondria defend every cell of the body if there is perceived threat. The more mitochondria are needed to work in defence mode, the less energy they can produce. This is called 'the cell danger response' or CDR (Naviaux et al., 2016) which takes ATP production offline and is triggered by encounters with chemical, physical or biological threats (including viruses). Cells are then caught in a loop of incomplete recovery and re-injury, unable to fully heal. Abnormal persistence of the CDR may lie at the heart of many diseases as mitochondria are unable to switch the energy function back on. If new ATP is not generated, it takes longer for lactic acid to clear from the muscles (via the liver), which results in muscle pain, especially after aerobic exercise. This may explain the severity of fatigue and pain in conditions such as

Long COVID and ME/CFS. Importantly, it explains why recovery is delayed after activity, as it can take up to four days (or longer) for mitochondria to regenerate. This is known as post-exertion fatigue, which is why rest is so important and why we must be careful to teach very gently for these conditions (Myhill 2012). If someone pushes themselves too much and overdoes mental or physical activity, profound fatigue will result. A yoga

**One way in which Long COVID differs from ME is that people may have severe breathing difficulties and we have to be careful not to aggravate this.**

**If someone pushes themselves too much and overdoes mental or physical activity, profound fatigue will result**



practice that is too energetic may impact the ATP cycle, causing a relapse in a person with ME/CFS or Long COVID. The right type of yoga will heal but if it's too dynamic it can harm.

People with Long COVID and ME often have a samskara (pattern) of being driven and of trying to power through. They may also be very detached from their body so don't know when to stop. Consequently they relapse. I believe that convalescence is everything and that if someone is recovering from COVID, they should stay away from stress and work as long as possible (for at least three months or more) to give their system time to recover.

### Further resources

Interview with Fiona Agombar 8th September - <https://us02web.zoom.us/j/84451234567>

Long Covid Workshop 1030-1230 BST Fri 24 Sept - <https://yogateachersforum.org/longcovid>

Long Covid November 4 Week Training - <https://yogateachersforum.org/chronicfatigue-online>

Agombar, F (2021) Yoga Therapy for Stress, Burnout and Chronic Fatigue Syndrome, Singing Dragon, London

## **The Happy Baby Community Perinatal and Yoga Expedition: Discover More About our Charity Partner for The State of Birth Symposium**

**By The Happy Baby Community Team**



Charity Governance Awards  
2021  
SHORTLISTED  
SHINING A LIGHT ON TRUSTEESHIP IN THE UK  
WWW.CHARTYGOVERNANCEAWARDS.CO.UK

Two groups of volunteers and mothers in the North and South London, sharing yoga, knitting and singing with their children with a cup of tea set the bedrock of what now has become the Happy Baby Community. In 2019, The Happy Baby Community became a registered charity that supports mothers with very young children or mothers to be, who are seeking international refuge in the UK. With over 167 volunteers, the Happy Baby Community provides a range of perinatal and post-natal support, as well as a program of trauma-informed yoga sessions with experienced yoga teachers and experts.

Our object is to support and accompany mothers through the UK maternity care system. We help mothers understand that here they have the right to information, choice, and to give or decline consent to treatment. We

provide them with sufficient knowledge of English words and familiarise them with what to expect when they are pregnant and during labour.

Our experienced perinatal team consists of a skilled team of Doulas, weekly Perinatal and Postnatal callers, and Breastfeeding support councillors, led by doula and Active Birth yoga teacher Jill Miller to insure we provide the most adequate support for mothers and their babies on both scales.

Our response to COVID-19 has been recognised by Charity Governance Awards. Through the Happy Baby virtual community, we managed to continue

supporting 549 mothers through 2020.

Providing yoga sessions, English classes, baby massage, children singing and storytelling, and perinatal and antenatal classes with online drop-in groups, mothers remained connected and felt supported despite the lockdown. Every week, mothers are being enabled to express their individual preferences for

**trauma-informed yoga can be an effective way to support the treatment of PTSD, especially for mothers and pregnant women.**

labour and birth, and to communicate directly with a childbirth educator or doula, in their own language.

As we address it in our community, it is essential to highlight the main differences between yoga and trauma-informed yoga. Post-traumatic stress disorder is a challenging mental condition that can come to dominate the lives of those it affects. Trauma-informed yoga is led by trained yoga experts who are fully informed about triggers, flashbacks, dissociative states & overwhelming emotions. Using an invitational tone, asking for consent for every touch, running the sessions in smaller classes, choosing safe postures, breathwork and focus, and working on an individual basis are some of many protocols to run such sessions.

In the Happy Baby Community, we can see that trauma-informed yoga can be an effective way to support the treatment of PTSD, especially for mothers and pregnant women. Working on reconnecting the body with the mind, in a safe space, where women can draw comfort and support with their babies, helps create a robust safe community where women can be gently guided towards their recovery within a wider framework of other support.

If you would like to know more about our community and what we offer, please visit our website at <https://www.happybabycommunity.org.uk/>

[State of Birth](#) 13 & 14 Nov 2021 for All Birth Educators

## **Coming Up....**

We would love to hear from you...In the next issue of YTF E-Magazine we will looking at the pelvis. What is your experience of working with your own pelvis in practice. Do you teach pelvis focussed work in your classes? Do email us at [info@yogateachersforum.org](mailto:info@yogateachersforum.org) with your questions.

Have you recently completed a training that has had a huge impact on your teaching and practice. Do you share yoga for a charity? We would love to lift up the voices of yoga teachers who are not often heard so if you would like your community to be more widely recognised do contact us about what you would like to share in our magazine.

In the next issue of YTF - E-Magazine we will hear from a yoga teacher who provides trauma informed yoga classes for Happy Baby Community about her experience. We will have a specific Q&A section looking at the challenges you are facing running your yoga business. And we will have more inspiring stories from teachers who are making a difference one class at a time....

## **& TRAININGS IN SEPTEMBER WITH YOGA TEACHERS FORUM**

**Teaching Chair Yoga Sun 12 Sept <https://yogateachersforum.org/chair>**

**Birth Preparation Workshops Course Starts 13 Sept <https://yogateachersforum.org/birthcourse-2>**

**Perimenopause Course Starts 15 Sept <https://yogateachersforum.org/perimenopauseyoga>**

**Pelvis Workshop 16 Sept <https://yogateachersforum.org/pelvis>**

**Trauma, Resilience & Being Safely Embodied 17 September <https://yogateachersforum.org/resilience>**

**Core Integration Workshop 18 Sept <https://yogateachersforum.org/core>**

**Teaching Yoga for Cancer: Half Day Workshop 22 September <https://yogateachersforum.org/cancer-workshop>**

**Creating Yoga, Mindfulness & Coming of Age Circles for Tween Girls Starts 27 September <https://yogateachersforum.org/tween>**

**Yoga Therapy for CFS & Long Covid Workshop 24 Sept <https://yogateachersforum.org/longcovid>**

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