

Yoga for changing times:

Eleanor Dawson's online workshop in April

As soon as I saw the title of this workshop, I was inspired to find out more. If there was ever a time to explore yoga in the context of changing times, this was it.

The workshop was run remotely over 2 days and was a mixture of teaching, discussion, and practice. Exploration of themes based on Peter Hersnack's teachings was of particular interest to me, as I am not at all familiar with them.

The weekend provided time and space to explore what it means to teach yoga in changing times, with questions about how teachers can be 'empowerers' rather than 'de-skilled'. We also looked at how we often struggle to maintain a connection with ourselves which enables us to be in the world from a place of authenticity.

The theme that resonated most for me was that of yoga as a continual journey of letting go and acting on something new. This can be linked to our breath, in that the exhale is a 'death' (letting go), and the inhale is a 're-birth' (the welcoming of something new).



Susie Galley

Publicising the 'The Living Breath'



We are looking for an enthusiastic volunteer to take to the next stage publicity for Peter Hersnack's book, *The Living Breath*.

We have been really fortunate that two publishing students from Bath Spa University have put together a marketing package and identified some potential outlets for the book as a module for their degree. So, the hard grind of producing a 'package' has been done.

What we need now is someone with inside knowledge of this approach to yoga, and an understanding of the most appropriate market, to move the project forward. This could be alone, or in collaboration with the students (who have now completed their degrees), or with someone else from our yoga community. We need to identify in more detail:

shops, websites, training programmes, studios, or other outlets where people's imagination would be captured by Peter's work - the combination of scholarship, poetry and practicality that made his teaching unique. This book really deserves a wider readership! If you think you can help in any way, please contact: [Eleanor](#) or [Sheila](#)

Sangha Slot: The London Chant *Sangha*



This thriving monthly group of likeminded chanters was started about 25 years ago, and has evolved over many past incarnations into its current form. Members comprise a mixture of teachers and non-teachers with a combined wealth of experience and interests. All follow the same yoga tradition, but have come from different roots including India, New Zealand and Australia. One is a Sanskrit A-level teacher and another a qualified KYM Vedic Chant teacher - so the bar is high! and we enjoy a fairly rigorous approach to chanting. Sessions last 2.5 hours, starting with the *Yoga Sūtra* before moving on to Vedic chanting. We take time to discuss yoga matters, and share lots of laughter (and tea and cake!).

We have currently transferred to Zoom, with about 20 participants. This has been a great success! We use one unmuted chant teacher and one unmuted leader who repeats alongside everyone else muted. These roles are shared amongst the group for variety. We are following our usual format of YS and then familiar chants, e.g. *Durgāsūktam*, *Medhā mantra*, *Gāyatrī mantra* and *Brahmānandavallī* to keep us on our toes! It's been an uplifting, positive experience and we remain beautifully connected. Contact by email: [Janet](#)

Janet Evans