



# WELCOME TO YOUR BWY

a guide to what's included for members

# THANK YOU FOR BEING PART OF WHAT MAKES THE BWY SPECIAL



We've been celebrating yoga since 1965 and are deeply committed to a future of sharing its gift with all communities.

Whether you're passionate about your yoga practice, have ambitions to teach or you're a teacher looking to develop, we have a thriving network of yoga communities across Britain dedicated to celebrating and sharing the joy of yoga.

We'll support you on every step of your journey with high-quality courses, CPD opportunities, modules, local and national events and professional resources.

New and free for BWY Members are our online Member Sessions that showcase experts covering niche topics, such as Yoga for Menopause, How to Make Your Yoga Classes More Inclusive, Postures and Philosophy and much more.

BWY Membership includes access to specialist events and news throughout the year as well as exclusive discounts to help you engage, learn and grow.

Be part of a brighter future with our developing projects as we seek to help create a more equitable yoga world. With your fellow members you can support environmental, social and community initiatives.

And with access to 12 regions of volunteer networks you'll find yoga people near you who share your passion.

Your support is invaluable. Together we can build a kinder world through yoga.

**We are so grateful for your company on our journey to the heart of yoga – thank you.**

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Front cover: Chantèl Hayman,  
BWY Teacher, Surrey



# SO MUCH MORE FOR YOUR BWY MEMBERSHIP



## Vibrant communities

Friendly networks of BWY people there to share and support you through your yoga life

Regional teams for in-person and virtual events, workshops and get-togethers



## Progress your passion

Specialist workshops and modules to deepen your yoga enquiry accessible to connect to online or in real life

Internationally-respected courses to propel you on your yoga journey



## Latest BWY regional and national news

Keep up to speed with what's happening in the yoga community via *Spectrum* magazine, regional newsletters and regular *On The Pulse* newsletters



## Discounts

On all your yoga essentials at the BWY shop run by sustainability-led Ekotex Yoga

Exclusive discounts on yoga apparel, equipment and books from a range of companies

Special rates on advertising in our newsletters and magazines



## Events

Celebrate yoga with your local community and meet new friends

Access online events at special member rates

**NEW, FREE** online Member Sessions for a deep dive into a wide variety of yoga topics



# LOOK WHAT'S INCLUDED WITH YOUR TEACHING MEMBERSHIP



## Supportive community network

Inclusive regional events and Facebook groups for peer support and resources

Dedicated central support and local teams for in-person CPD events, workshops and gatherings



## Teaching insurance

Cost-effective insurance included in your teaching membership



## Yoga career progression

Internationally respected yoga teacher training programmes

Specialist modules for deepening your expertise

Opportunities to train as a foundation or diploma course tutor and teach your passion

Roll out your mat in good company, knowing the training you receive is highly respected and valued by wellness communities



## Business development tools

Publicise your classes and BWY courses to thousands of prospective students on our website

Free marketing and training resources

**NEW IN EARLY 2023:** sector-leading policies and procedures for your equitable business



## Discounts

BWY shop run by Ekotex Yoga offering bulk-buy discounts for your classes, workshops and retreats

Discounted yoga equipment, books and apparel from our partners

Special member advert rates in Spectrum and regional newsletters

Totum Student card (NUS) when you're on a L4 BWY Ofqual course



## Events

Festivals and Sangha events to connect with your peers

Masterclasses, CPD days and the new Member Sessions to inspire and enquire







# STEPPING UP WITH OUR YOGA HEARTS

We're accelerating our campaigns to help build a more equitable future

## **Planting for a greener future**

Coming together for tree-planting projects around the UK, our first events began in November 2022, with ambitions to plant hundreds of trees in 2023.

## **Honouring our volunteer force**

At our Annual General Meeting in June 2023 we will be hosting our first celebration of our volunteers' commitment in the Heart of Yoga awards.

## **In summer 2022 we created the BWY's first Equality, Diversity and Inclusion group**

One of its first projects is working to create projects that will bring yoga to marginalised communities.

Next, is launching online trainings in 2023 for BWY yoga teachers to develop stronger skills in building inclusive classes and events.

Much, much more to come.



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It's been a wonderful two years, navigating the learning landscape of anatomy, asana, pranayama, meditation, business, taxes and so much more. It's been great having real feedback as I find my voice as a yoga teacher. I look forward to what the future holds!

**WengYee Loke - BWYQ Level 4, Yoga Diploma Graduate 2022**

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I joined the BWY to go to events; since then I have found an amazing, supportive and welcoming community in my region. I look forward to seeing old friends and making new ones at every event. We live in exciting and interesting times.



**Dave Fowler, BWY Member  
Dinas Powys, Vale of Glamorgan**



**BECOME PART OF OUR  
BWY COMMUNITY  
£42**

**CLICK TO JOIN**



**JOIN OUR NETWORK  
OF BWY TEACHERS  
£99**

**CLICK TO JOIN**

**ADD YOUR FAMILY  
£21**

**CLICK TO JOIN**





BWY

AT  
THE  
HEART  
OF YOGA

# IN GRATITUDE



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