

Editorial: - The world goes on in spite of the speculation over the Mayan Calendar. However, change is ever present and the CYF Committee makes adjustments, as the old makes way for the new. What has not changed is the spirit of creativity and the willingness to do things better. We now have an updated website, thanks to Barbara and her husband Maurice. It is now more of a focal point for CYF activities. The CYF Newsletter is as ever philosophical in nature, which counteracts the tendency of magazines to place the emphasis on postures. In times gone by, asana practice prepared the body for meditation and was not an end in itself. Interestingly in one of my early classes there were four nuns; they told me the postures prepared them for early morning prayers and helped them avoid the aching knees. Now a reminder that this is your Newsletter and if you have work you would like to share, please send it in ... All the essays with no name appended have been written by the Editor so please try to redress the balance with your contributions. Gordon Smith.



It's Your Newsletter

Please send entries to the Newsletter
co-ordinator, Sam Wiltshire email:

sam@yogatales.org.uk

All yoga-related material welcome

INTRODUCING
THE NEW-LOOK WEBSITE
TO ALL CYF MEMBERS, TRAINEES AND TEACHERS

Last October I tentatively asked the committee what they thought about my taking on the CYF website. It was agreed that it would be a good idea as Pam and Gordon's son, Greg, had kindly carried out the job for a number of years. Thank you to Greg for painstakingly entering all the information and acting as webmaster for this length of time, alongside a demanding and busy work schedule.

What was meant to be a straight-forward handing over of the reins, took on a life of its own and the site was eventually re-designed and is now up and running with its new look. We have retained the same domain name as 'CYF' is not available but have made adjustments to the site which accesses the site if '**CYF YOGA**' is typed into the search string. We are hoping this will be a quick way to call up the site for those who are familiar with our name, whilst also covering those who are not aware of the CYF's name but are looking for a yoga teacher training course or local yoga classes.

All information on the site is up-to-date and we encourage everyone to use it when necessary. If you have any comments or suggestions as to how you would like to see it developed, please email me and I will do what I can to accommodate requests.

**It's a great way for the CYF trained yoga teachers to advertise their classes ...
AND IT'S FREE!!!**

For those teachers who would like to advertise their classes, please email details to me and I will post your classes on the site. In addition to an entry on our '**Local Classes**' page you can also have a link to your own **profile page** where you can write about yourself and as much detail about your classes as you like – a photo can also be included. If you have your own website we can create a link putting prospective students directly in touch with you.

Whilst we have done as much as possible to maintain the rating of the site on 'Google', it is traffic visiting the site that will help keep it well up in the ratings. We encourage you all to use the site and tell your students to use it for information regarding CYF events and classes. The more hits the merrier!

Yours in Yoga, Barbara Tomkinson.

Email: barb.tomkinson@googlemail.com

CYF Website: www.yoga-teacher-training.org.uk (or type in: 'CYF Yoga')

NEW YEAR SHORT MEDITATION

Thank you for all the light you are radiating, the love you are sharing, and the wisdom you have cultivated throughout the years. You have risen above many past limitations to become the person you are today. Take a moment to acknowledge how far you have come and how much light, love and wisdom you have to offer others.

Let go of any inner dialogue that says you are not good enough, and affirm that you have all you need within you to create a joyful, loving and abundant life. Look over your life and take time to feel grateful for all the good you have created, both for yourself and others.

Contributed by: Jenny Bull



A New Year Blessing

On the day when the weight deadens on your shoulders
And you stumble,
May the clay dance to balance to balance you.

And when your eyes freeze behind the grey window,
And the ghost of loss gets into you,
May a flock of colours, indigo, red, green and azure blue,
Come to awaken in you a meadow of delight.

When the canvas frays in the currach of thought
And a stain of ocean blackens beneath you,
May there come across the waters a path of yellow moonlight
To bring you safely home.

May the nourishment of the earth be yours,
May the clarity of light be yours.
May the fluency of the oceans be yours.

And so may a slow wind work these words of love around you.
An invisible cloak to mind your life

From 'Benedictus. A Book of Blessings' by John O'Donohue.