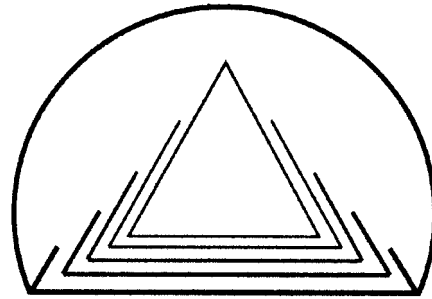


## ***ABOUT THE SEMINAR***



YOGA ANUBHAVA

# *Yoga Self-Help Methods in Health and Stress*

### **WHO IS THE SEMINAR FOR?**

- Yoga practitioners of all levels – beginners and patients welcome
- Yoga students/trainee teachers
- Yoga teachers
- Yoga therapists

Dr Bhole brings his own unique approach to the aspect of yoga to be focus on in these seminars – expect to be challenged and moved by his insights. These are powerful tools that are at the heart of traditional yoga, but not used extensively in most yoga classes in the West, so if you've ever wanted to find out more – now is your chance!

---

DR M.V. BHOLE  
SEMINARS 2010

---

***Lotuses in Practice***  
**Sunday 11 – Tuesday 13**  
**July £190**

***Tantra Yoga as***  
***Foundation for Hatha***  
**Tuesday 13 – Sunday 18**  
**July £400**

**Both seminars £490**  
**Cober Hill, Cloughton**  
**Nr Scarborough**  
**North Yorks**



Contact: Sara Delamore  
Peartree Cottage, Chestnut Bank  
Borrowby, Nr. Thirsk YO7 4QP  
Phone 01845-537483  
Email: saradelamore@aol.com

# FOR YOUR INFORMATION

*Anubhava* is the word chosen by Dr Bhole to describe his approach to yoga as an educational and therapeutic tool, as well as an art and science of self-realisation. Some of the meanings of the term *anubhava* are sensing, feeling, and experiencing.

In this approach, experiencing one's breathing movements in simple postures is used for the relief of physical tension and to correct functional imbalances in the body, for the development of greater self-awareness and for meditation. Students and patients are helped to understand the mechanics of breathing and to correct any inconsistencies found before working with the specific techniques of yoga

This work on breathing, *asana* and *pranayama* is grounded on a thorough examination of the core texts of yoga, especially Patanjali's Yoga Sutras and the Hathapradipika of Swatmarama, (*bring your own copies if you have them*) as well as anatomy and physiology through correct medical and scientific knowledge

## PAYMENT OF BALANCE FOR THE LOTUS/TANTRA SEMINARS

A non-returnable deposit of £75.00 reserves you a place, but please let us have the balance by **May 31, 2010:**

**£115.00** (for Lotus seminar) or **£385.00** (for Tantra seminar) or **£415** (for both).

Failure to do so will result in your place being offered to someone on the waiting list. We also reserve the right to decline the booking or return the deposit of any student or prospective student whose needs we feel unable to meet, or who we feel will spoil the enjoyment or hinder the learning of other participants.

Tear off this page of the brochure and return it with your balance.

Name

Address

I enclose the balance of £\_\_\_\_\_ (Please make your cheque payable to Yoga Anubhava UK)

Signature \_\_\_\_\_

**PLEASE LET US KNOW IF YOU ARE VEGETARIAN OR VEGAN?**

## PAYMENT OF DEPOSIT FOR THE LOTUS/TANTRA SEMINARS

Please tear off this page of the brochure and return it to the address below with your non-returnable deposit of £75 by **March 31, 2010.**

Please circle which dates you would like to reserve a place for:

Lotus: **17:00 hrs 11 July – 17:00 hrs 13 July** or

Tantra: **17.30 hrs 13 July – ca 11:00 hrs 18 July** or

Lotus/Tantra **17 hrs 11 July – ca 11:00 hrs 18 July**

Name

Address

I enclose a cheque for **£75.000** (made payable to Yoga Anubhava UK).

Signature \_\_\_\_\_:

Send to: Sara Delamore

Peartree Cottage, Chestnut Bank

Borrowby, Nr. Thirsk YO7 4QP

Phone 01845-537483

Email: saradelamore@aol.com