

ABOUT THE SEMINAR

Dr Bhole brings his own unique approach to pranayama which he has researched and used therapeutically for over 30 years in Europe, India, South America and Japan.

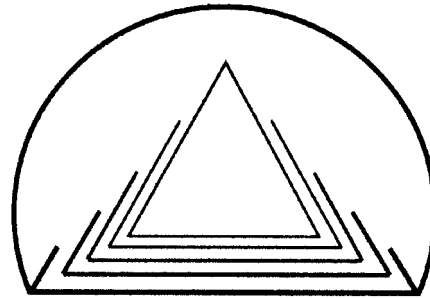
Expect to be challenged and moved by his insights and your experiences whilst working experientially to open the pranic channels

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!

WHO IS THE SEMINAR FOR?

Anyone wishing to explore how a deeper understanding of pranayama can enhance the way they approach their own yoga and the potential of yoga methods as therapeutic tools.

All levels of experience and ability are welcome. This self-help approach may be of particular benefit to people with disabilities or chronic conditions. *Domus Mariae is suitable for a limited number of individuals with particular mobility problems – please ask to ensure your needs can be met*



YOGA ANUBHAVA

Yoga Self- Help Methods in Health and Stress

DR M.V. BHOLE

SEMINARS 2010

Pranayama

Weekend

Friday 15 - Sunday 17

October (£190)

or

Week

Friday 15 - Thursday 21

October (£430)

**Domus Mariae, Chigwell
Essex**



Bookings Contact:

Roslyn Madden
181 Cutenhoe Road
Luton LU1 3NQ

Phone 01582 755453

Email: roslynmadden@gmail.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 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.

PAYMENT OF BALANCE FOR PRANAYAMA SEMINAR

Please let us have the balance by

Aug 31, 2010

£115.00 for the weekend only)

£355 for weekend and week

Failure to do so will result in your place being offered to someone on the waiting list.

Weekend 17:00 hrs 15Oct to
ca. 14:30 hrs 17Oct

Week 17:00 hrs 15Oct to
ca. 17:00 hrs 21Oct

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 VEGAN OR HAVE ANY OTHER DIETARY REQUIREMENTS AND IF YOU HAVE MOBILITY RESTRICTIONS

PAYMENT OF DEPOSIT FOR THE PRANAYAMA SEMINAR

Please tear off this page of the brochure and return it to the bookings contact (on the front page) with your non-returnable deposit of **£75** by **July 31, 2010**.

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

Weekend 17:00 hrs 15 Oct to
ca. 14:30 hrs 17 Oct

Week 17:00 hrs 15 Oct to
ca. 17:00 hrs 21 Oct

Name _____

Address _____

I enclose a cheque for **£75.00** (made payable to Yoga Anubhava UK).

Signature _____

_____ :