



Yoga Anubhava UK

www.anubhava.org.uk

Yogacharya Dr. M.V. Bhole, PhD

presents

Self-Help Yoga Methods in Health and Stress

Seminars for 2010 exploring various aspects of his unique experiential approach in yoga practice:

July 11-13 Lotus in Practice - 2 days - £190

July 13-18 – Tantra Yoga as Foundation for Hatha - £400

Both seminars - £490

Venue: Cober Hill, Cloughton, Scarborough, North Yorks

Details: saradelamore@aol.com Tel: 01845-537483

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October 15-17 weekend - £190

or October 15-21 for 6 days - £430

Pranayama

(there is a possibility of some silent retreat during the week)

Venue: Domus Mariae, Woodford Bridge, Chigwell, Essex

Details: roslynmadden@gmail.com Tel: 01582-755453