



Yoga Anubhava UK

www.anubhava.org.uk

Yogacharya Dr. M.V. Bhole, PhD

presents

Seminars for 2012

To promote understanding of the techniques and science
of Yoga.

Exploring pranayama, hatha and tantra practices for self-
knowledge, therapy or transcendence through his unique
experiential approach

April 20-22 - £220 (weekend)

April 20-27 - £525 (whole week)

September 28-30 - £220 (weekend)

September 28 - October 5 - £525 (whole week)

Venue: Domus Mariae, Woodford Bridge, Chigwell, Essex
IG8 8AU

Details: tracygent@me.com Tel: 01366 385181

This approach to yoga is suitable for all – yoga teachers, students,
practitioners, yoga therapists and their patients – join us in our
explorations!