

Yoga for Mental Health

Anxiety & Depression

Sunday 20th May 9.30am – 4.00pm

Wigginton Recreation Hall, York YO32 2JP

Dr. Jenni Connaughton (Bijam)

A day considering Western and Yogic models for understanding anxiety and depression. Demystifying the jargon, brain biochemistry, stress vulnerability, relation to gunas, chakras and co-existence of the two conditions will be covered together with medication issues in yoga practice and relating how you feel to how you think.

Useful and not useful practices of asanas, breathwork, relaxation and meditation will be experienced and discussed. An introductory handout including a list of useful resources will be sent prior to the day.



Tutor

Bijam is a retired consultant psychiatrist and yoga teacher who qualified with Yoga Scotland in 2001 and as a Satyananda teacher in 2007. She teaches yoga to inpatients in a medium secure forensic mental health unit and has delivered programmes about mental health issues, and yoga practices at BWY Congress 2010 and various IST days.

Enquiries and Booking

For further information, please contact Jayadhara or to secure your place, return the completed form with a cheque for £30 (payable to J. Cluley)

Orchard Cottage, Low St, Husthwaite, York YO61 4Q

Tel: 07906 652669

e-mail: janecluley@tiscali.co.uk

www.yogandshiatsu.org.uk

Please bring a contribution to a shared vegetarian lunch. Drinks will be provided.



Booking Form – Yoga for Mental Health

Name _____

Address _____

Postcode _____

Tel: _____ e mail _____

Confirmation will be sent by e mail, unless an SAE is enclosed

Yoga for Mental Health

Anxiety & Depression

Sunday 20th May 9.30am – 4.00pm

Wigginton Recreation Hall, York YO32 2JP

Dr. Jenni Connaughton (Bijam)

A day considering Western and Yogic models for understanding anxiety and depression. Demystifying the jargon, brain biochemistry, stress vulnerability, relation to gunas, chakras and co-existence of the two conditions will be covered together with medication issues in yoga practice and relating how you feel to how you think.

Useful and not useful practices of asanas, breathwork, relaxation and meditation will be experienced and discussed. An introductory handout including a list of useful resources will be sent prior to the day.



Tutor

Bijam is a retired consultant psychiatrist and yoga teacher who qualified with Yoga Scotland in 2001 and as a Satyananda teacher in 2007. She teaches yoga to inpatients in a medium secure forensic mental health unit and has delivered programmes about mental health issues, and yoga practices at BWY Congress 2010 and various IST days.

Enquiries and Booking

For further information, please contact Jayadhara or to secure your place, return the completed form with a cheque for £30 (payable to J. Cluley)

Orchard Cottage, Low St, Husthwaite, York YO61 4Q

Tel: 07906 652669

e-mail: janecluley@tiscali.co.uk

www.yogandshiatsu.org.uk

Please bring a contribution to a shared vegetarian lunch. Drinks will be provided.



Booking Form – Yoga for Mental Health

Name _____

Address _____

Postcode _____

Tel: _____ e mail _____

Confirmation will be sent by e mail, unless an SAE is enclosed