



Dechmont seminars Autumn 2019

Pranayama and neuroscience

4 linked seminars with Sannyasi Bijam (Dr. Jenni Connaughton) including:

- Overview / revision of the brain and nervous system
- Stress and the autonomic nervous system
- Chronic inflammation (including auto-immune disorders) and its impact on health
- Breath-centred asanas, pranayama, yoga nidra and meditation practices to balance the autonomic nervous system
- Tea/coffee and biscuits with discussion – please feel free to bring your own books and other sources to share
- Home practice schedules

About Bijam: *I qualified as a teacher with Yoga Scotland in 2001 and studied in the tradition of the Bihar School of Yoga from 2004 onwards. I've loved pranayama practice since training with Philip Xerri in 2001-2 as well as in the Bihar tradition.*

As a retired psychiatrist, I love the power of the breath to help clarify and settle the mind. More recently there is increasing evidence of the power of coherent breathing ratios in helping to heal and maintain health in the body too.

Venue: Dechmont Community Memorial Hall, 71 Main Street Dechmont West Lothian EH52 6LJ

Dates: Saturdays September 14th, October 5th, November 9th, December 7th

Time 10 am – 1pm

Cost £15 per session or £50 for the whole course.

Further information – Phone 07966 573804
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