



Dechmont seminars 2020

Prana, Pranayama and neuroscience (continued)

Seminars with Sannyasi Bijam (Dr. Jenni Connaughton)

Regular attenders will have noticed that we did not complete the series in 2019 so it will continue in 2020. The programme will include:

- **Discussions:** Overview / revision of the model of the triune brain and nervous system
- Functions of the forebrain: Yoga and meditation effects on the whole brain
- Chronic inflammation (including auto-immune disorders) and its impact on health
- **Practice:** Breath-centred asanas, pranayama, yoga nidra and meditation practices to balance the autonomic nervous system
- Tea/coffee and biscuits
- **Svadyaya:** *Hatha Yoga Pradipika* but please feel free to bring your own books and other sources to share
- Home practice schedules

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

Dates: Saturdays February 8th, March 14th, April 25th and June 20th

EXTRA SESSION SATURDAY 23 MAY YOGA WITH ESME:

Roll to Release for the whole body.

Learn to use Therapy balls to map your body and discover where you hold tightness in the body. This is a class for self-care and the best way to gain flexibility as well as release tension and aches and pains.

Time 10 am – 1pm

Cost £18 per session or £60 for the whole Pranayama and Neuroscience course.

To book – Phone /text to 07966 573804 or email jennic878@gmail.com

*"Yoga is a science of consciousness,
a science of personality, and a
science of creativity"*

