



**ANJANEYA YOGA**  
for Mindfulness, Health & Wellbeing



## **'Birth Matters' - Hypnobirthing for a positive birth story**

### **Course dates 2018**

3 February Yogarise Peckham SE15 – 1 day intensive

3 & 4 March Sunflower Centre Brockley SE4 – 2 day course

21 & 22 April Studio One SE23 – 2 day course

19 May Yogarise Peckham SE15 – 1 day intensive

23 June Sunflower Centre Brockley SE4 – 1 day intensive

1 day intensives £198 per couple

2 day courses £297 per couple

Private courses and refreshers available

To book onto a course go to [www.anjaneyayoga.co.uk](http://www.anjaneyayoga.co.uk)

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