

Online Workshop Event

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Workshop  
Event

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hosted through



# Yoga Practices to Improve Nervous System Resilience

with  
**Jenni Connaughton (Bijam)**

## Yoga Practices to Improve Nervous System Resilience with Jenni Connaughton Bijam Yoga

Saturday 26/11/2022 9am to 1pm online Zoom seminar.

Cost €35 if booking before 18th November, €50 after 18th November 2022.

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## About the Workshop

The 4 hour on-line workshop is hosted through the Zoom platform and is hosted by **Bijam Jenni Connaughton** who is an experienced practitioner and teacher of yoga since the 90's. Bijam, a Fellow of the Royal College of Psychiatrists of Scotland is a retired consultant psychiatrist, and has an abiding interest and fascination with matters of mental health, and with her background is also interested in the benefits of yoga for physical health problems.

