



Online
Workshop
Event

An online event
hosted through



The Role of Inflammation in Physical and Mental Health.

How Yoga Can Help.

with
Jenni Connaughton (Bijam)

Sat 14th October 9am - 1pm

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.

How to Book

You can book and pay online in advance for your place on this workshop through www.iya.ie/iyamdb/public/events.php. You can also email Alison Kirwan at alisonkirwan018@gmail.com, or call on 087 617 5898.

More info can also be found at www.iya.ie or through our social media channels.

Early Booking Discounts!

If you book before October 2nd you can save 30%, with the early offer of €35. Bookings made after this date will be charged at the standard rate fee of €50 for IYA members and €60 for non IYA members.

[Click Here to Book Your Place Now](#)

www.iya.ie