

# The Art of Happiness



A Yoga Workshop  
with  
**Janet Evans and Geoff Farrer**

**On Saturday 19th May 2018**  
From 10am – 4.30pm

At: The Goose Green Clinic, 57/9 East Dulwich Road London  
SE22 9AP

The day will be lighthearted and informative with plenty of  
uplifting practice to help us move forward positively.

We will focus on teaching from the Yogasutras of Patanjali: The  
Art of Loving Kindness (YS 1:33) as a remedy for *duhkha*  
(sorrow)

There will be asana, pranayama and sound to help you put into  
practice ancient techniques for happiness and heartfelt  
wellbeing.

Cost: £50 Including refreshments and handouts.

To book a place, please contact Janet: [jevans238@hotmail.co.uk](mailto:jevans238@hotmail.co.uk)  
[www.yogajanam](http://www.yogajanam) or Geoff: [maxine.geoff@gmail.com](mailto:maxine.geoff@gmail.com) [www.yogageofffarrer.com](http://www.yogageofffarrer.com)