

# Workshop on Neuroscience, Yoga & Mindfulness. How & Why Yoga Works with **M. Mala Cunningham, Ph.D.**

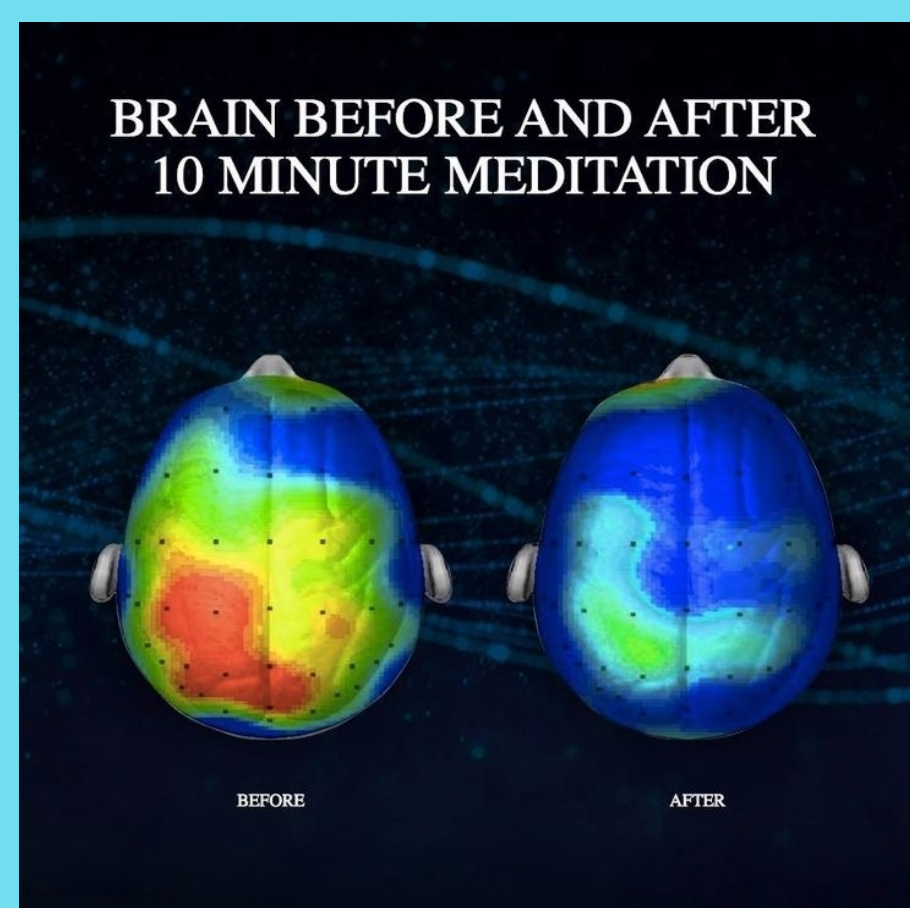


**23-27 April 2018  
9.30am-5pm at  
the Yoga Centre,  
33, Town Range,  
Gibraltar.**

**Price - £200  
(£50 Deposit)**

M. Mala Cunningham, Ph.D. has been practicing and teaching Yoga and psychology for over 35 years. She is the Assistant Professor in the School of Nursing at the Univ. of Virginia. Also the president of the Positive Health Solutions and Founder and Director of Cardiac Medical Yoga. She is also the Co-Director of the Medical Yoga Initiatives of Univ. of Virginia and has featured in many TV and Radio Interviews.

[www.cardiacyoga.com](http://www.cardiacyoga.com)



To book a place please  
send an email to:-

**[integralyogagib@gmail.com](mailto:integralyogagib@gmail.com)**