



Kay was pleased to be invited for an interview on BBC London and to meet the wonderful Jo Good. Discussing the book and Jo's own thoughts and experience of therapies, in particular her love of Yoga and how it's an essential part of her life. An excellent production team made the whole experience a joy.
<https://youtu.be/dQxKO0ltBQM>

For other BBC Radio Interviews on 37 Therapies – see:
<https://www.youtube.com/channel/UCzvql4FXQ4BQY7QF2o1FDHw>

