



Spring Yoga Intensive
5 days of Spring Detox Yoga
25th- 29th Sept 2017
6am - 7.30am

Season: Wood Element (liver + gall bladder)

Theme: Detox

Daily 90 min - spring postures, breathing and meditation

Eliminate: toxins, heaviness, headaches, aches and stiffness

Gain: greater freedom and range of movement, improved flexibility, uplifted energy + vitality.

Lightness in body and mind, refreshed energy, improved sleep, greater calm + life balance.

Everyone is Welcome, all levels of ability

Bookings: \$150

Includes comprehensive Ebook (spring concepts, theories, spring wholefoods nutrition, healthy clean recipes and lifestyle guidelines) to align you with Spring.

Macro breakfast on last day

Book now m: 0414 579 446, e:gwynne@gwynnejonesyoga.com

Senior Teacher: Gwynne Jones

Venue: Avalon Surf Lifesaving Club, Barrenjoey Rd

Avalon Beach NSW 2107

BYO Yoga Mat

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