



Summer Yoga Intensive

15th - 19th Jan 2018

6 - 7.30am

1 week early morning yoga to harmonise with Summer
Season of the Fire Element - heart and small intestine meridians.

Theme: Radiance

Daily yoga, breath practice + meditation to
begin the year fresh, clear and strong.
Harmonise body and mind with Summer
the yang season with expansive energy of Fire
Ayurveda: calming Pitta

Yoga for heart, core strength, greater joy,
connection + compassion.

This complete yoga program includes comprehensive Summer Ebook;
seasonal concepts + theories, lifestyle guidelines, whole foods nutrition,
seasonally inspired healthy recipes.

Everyone is welcome. Bookings essential.

m: 0414 579 446 e: gwynnejones@me.com

Investment \$150 (Herb tea daily + Macro breakfast on last day)

Booking only. BYO yoga mat, props are provided.

Venue: Ocean front room at Avalon Surf Club,
Barrenjoey Rd Avalon NSW 2107

