



Winter Yin Yoga Immersion

The Water Element

kidney and bladder meridians

1pm - 3pm on June 24th - 25th, July 1st -2nd 2017

Yin yoga involves long, luxurious holds
in restoring poses to affect chi flow + healing,
relieve the effects of stress, tension and deep fatigue.

A quiet practice, calming the mind + relaxing and conserving energy is the
focus.

Practice includes calming pranayama, and stillness meditation.

The yoga focus is the neck,
spine and lower back, nervous and hormonal system.

Pranayama, Meditation and Yoga Nidra.

All welcome. Bookings only.

Teacher: Gwynne Jones

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Investment: both weekends \$150. 1 weekend \$80

Includes Winter Ebook

Venue: Avalon Yoga Co-op

