



Autumn Yoga Intensive

The Metal Element

6 - 7.30am April 16h- 20th 2018

Early morning's of yoga

Autumn asana, pranayama + meditation

Theme: Let go

Harmonise with Autumn's contractive energy

improve your breathing + life force

tone body + healthy organ functioning

release toxins + negativity,

strengthen lungs

gain motivation + clarity.

Balance Vata.

Focus: Elimination, Respiration, Purification.

All welcome. Bookings only.

Call Gwynne m: 0414 579 446, e:gwynnejones@me.com

www.gwynnejonesyoga.com

Investment \$150. Autumn Ebook included

Ocean Front Venue: Avalon Beach Surf Club

