



Yin Yoga + Meditation Immersion

Winter + The Water Element
(kidney and bladder meridians)

1pm - 3pm

June 30th + 1st July, 7th + 8th July

Yin yoga involves a series of long-held, passive floor poses with long holds to affect chi flow + healing.

A stillness practice that calms and balances the mind and body, reducing effects of stress and anxiety.

Enjoy settling into calmness with fascial release, deeper relaxation, increased circulation, improved Qi flow and joint mobility.

Yin asana pranayama and stillness meditation.

Bookings only, call Gwynne

m: 0414 579 446,

gwynnejones@me.com

www.gwynnejonesyoga.com

Venue: Avalon Yoga Co-op

