



Yin Yoga 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.

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

Benefits: Fascial release, deeper relaxation, greater joint mobility and flexibility, increased circulation and improved chi flow.

Practice includes pranayama and stillness meditation.

Focus: the neck, spine, lower back and adrenals,
nervous + hormonal system

Bookings only.

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Investment: both weekends \$200. 1 weekend \$100

Booking includes Winter Ebook

Venue: Avalon Yoga Co-op

