



Summer Yoga Intensive

7th - 11th Jan 2019

6am - 7.30am

Yoga . Pranayama . Meditation
for Summer + The Fire Element
(heart, small intestine)

The new year marks a new beginning, the opportunity to begin afresh with healthy life enhancing choices that support you in the year ahead.

1 week of early morning yoga to cleanse, refresh + harmonise with Summer's expansive yang energy.

Yoga for heart, joy and core strength.

All welcome. Bookings essential.

Investment \$150, Summer Ebook included

Teacher: Gwynne Jones. m: 0414 579 446

Bookings only BYO yoga mat, props are provided.

Venue: Ocean front room Avalon Beach Surf Club
Avalon Beach NSW 2107.

