



Autumn Yoga Intensive

The Metal Element

6 - 7.30am

April 15th- 19th 2019

Early morning yoga pranayama + meditation

Theme is Let go

A time to harmonise with Autumn's contractive energy.

Opening lungs, improving your breathing.

Enhancing vitality of life force throughout body and mind.

Toned body + improved organ functioning.

Releasing toxins + negativity, for greater clarity and motivation.

Focus: Elimination, Respiration, Purification.

Balancing Vata

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

