



Weekend Winter Yoga Immersion

Friday 14th June 6am - 7.30am Asana + Pranayama

Saturday 15th June 6am - 8am Asana Pranayama Meditation

Saturday 15th June 4.30pm - 6pm Restorative Pranayama Yoga Nidra

Sunday 16th June 9.30am - 11.30am Asana Pranayama Meditation

Yoga practices to nourish the inner aspect

Harmony with the water element

Balancing vata + kapha

Foundation . Stability . Posture . Soothing the Nervous System

Reduce the effects of stress, fear, fatigue from body and mind.

All welcome.

Bookings Only.

Senior Teacher: Gwynne Jones

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Investment \$150. Winter Ebook included

Venue: Avalon Yoga Co-Op, Avalon Parade, Avalon NSW

