



Summer Yoga Intensive

6th - 10th Jan 2020

6am - 7.30am

Yoga and meditation to open the heart

Season: summer + the fire element

(heart, small intestine)

Theme: radiance

A new year marks a new beginning, the opportunity to begin afresh with healthy life balance to support the year ahead.

1 week of early morning yoga to balance and harmonise with Summer.

Yoga for heart, joy and core strength.

Fearless backbends and cooling summer harmonising practices.

All welcome. Bookings essential.

Investment \$150, Summer Ebook included

Teacher: Gwynne Jones.

Booking only, call m: 0414 579 446

Venue: Ocean front room Avalon Beach Surf Club

Avalon Beach NSW 2107.

