



Peaceful heart:

Yin yoga, Breath work, Meditation + Yoga Nidra Workshop
30th November 2019
1pm-3.30pm

Postures and breath practice for cooling and calming the heart.

Heart meridian focus:

reducing heat, overwhelm and intensity with
balancing harmonising yin practices to reduce stress and anxiety,
promote greater heart mind connection.

Exploring breath body and mind, a journey into the heart and meditative
aspects of yoga.

All yoga benefits physically, emotionally, and mentally.

The slow gentle nature of Yin practice works at the deeper level; one of
body/heart/mind

Venue: avalon yoga co-op
Bookings only \$45