



Autumn Yoga Intensive

The Metal Element

6 - 7.30am April 13th- 17th 2020

5 days of morning practice
yoga . pranayama . meditation
for balance and harmony with Autumn

Theme: Let go

Lung + Large Intestine time:

improve organ functioning, vitality, breathing, mental clarity.

Focus: Elimination, Respiration, Purification.

Balance 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

