



# Winter Yin Yoga Meditation Immersion

The Water Element

1pm - 3pm on June 11th and 12th

A deep dive into winter Yin and stillness.

Theme is stillness.

Heart warming winter yoga restores, calms and conserves your energy. Practices for back and spine, soothing nervous system, improving sleep.

Life balance with greater calm.

Yoga in winter addresses the spine, neck and low back, hormonal balance, longevity and conservation of energy.

Calming winter focus practices postures, breathwork, iRest yoga nidra and meditation.

Relieve the effects of stress, fear, insomnia and adrenal exhaustion from body and mind.

Everyone welcome.

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Investment: Zoom Classroom 2 day workshop \$80

Includes Winter Ebook

