



Winter Yoga Breath Meditation Immersion

The Water Element (kidney bladder meridians)

June 1st - 6th 2020
6am - 7.30am

Integration of body, movement and breath for harmony with winter.
5 days of morning yoga to refine and develop practice
with seasonal harmony.

Focus: spine and nervous system
Stress relief and immunity.
Theme: flowing to stillness

Heart warming practice addressing the spine, neck and low back,
hormonal balance, stability, longevity and conservation of energy
with heart warming practices to relieve the effects of stress,
fears, insomnia and adrenal exhaustion.

Guided live practice from the safety and comfort of your home
with live practice in Zoom Classroom

yoga pranayama metta bhavana meditation

Everyone is welcome.

Bookings only.

Call Gwynne m: 0414 579 446, e:gwynnejones@me.com

Investment: \$120, includes the winter wellness Ebook

