



The Spring Yoga Intensive

5 days of Detox Yoga

28th September - 2nd October 2020

6am - 7.30am

Spring + the Wood Element (liver + gall bladder)

Theme: Detox

Refresh and Renew

with 5 days of Spring focussed practice:

asana pranayama and meditation

Cleanse body of toxins and heaviness,
tightness, headaches, aches and stiffness

Spring is the season of renewal
Time to improve flexibility, range of movement, cleanse digestion
refresh your energy and enjoy more lightness.

Everyone is welcome, all levels of ability.

Bookings Only

Teacher: Gwynne Jones

m: 0414 579 446

Investment: \$150

Booking includes Spring Wellness Ebook

WOOD is the energy of spring;
It gives us the power of renewal, enabling us to move
forward with clear vision and determination.

