



New Year Yoga Intensive Summer Yoga and Fire Element

4th - 8th Jan 2021

6am - 7.30am

Yoga breath practice and meditation to open the heart

Season: summer + the fire element

(heart, small intestine)

Theme: radiance

The new year marks a new beginning
the opportunity to begin refreshed and cleansed
enhance your vibrancy and vitality.

1 week of early morning yoga to balance and harmonise with Summer.
(practices to harmonise with the fire element + balance pitta)

Yoga for heart, joy and core strength.

Everyone is welcome.

Bookings are essential.

Investment \$150 at venue or \$120 Zoom (Summer Ebook included).

Teacher: Gwynne Jones

m: 0414 579 446

Venue: Ocean front room Avalon Beach Surf Club

Avalon Beach NSW 2107.

ॐ