



## Summer Yin Immersion

16th and 17th January 2021  
1.00 pm-3.00 pm

Summer yin meditation and breath practice  
for cooling, calming and softening the heart.

Focus: the heart meridians  
reducing heat and burnout  
overwhelm and intensity  
through balancing and harmonising practices  
reduce tension, stress and anxiety  
enjoy greater calm and ease  
discover heart mind connection.

A gentle journey into the heart and meditative aspects of yoga.

The slow gentle nature of yin practice heals and restores at a deep level.

Everyone is welcome.  
Venue: avalon yoga co-op  
Bookings only \$80  
Gwynne m: 0414 579 446  
e: [gwynne@gwynnejonesyoga.com](mailto:gwynne@gwynnejonesyoga.com)

