



Summer Yin Immersion

13th and 14th February 2021

1.00 pm-3.00 pm

Summer yin meditation and breath practice
for cooling and calming body and mind
centering in the heart.

Focus: the heart meridians
reducing stress, fatigue and burnout
through balancing and harmonising practices
reduce tensions and anxiety

returning the greater calm
of 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

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