



## Autumn Yoga Intensive

The Metal Element

6 - 7.30am April 5th- 9th 2021

morning practice: asana, pranayama and meditation

Theme: Let go  
Breathe Out

Harmony with Autumn energy  
Open the lungs, improve your breathing,  
vitality of prana flows

Release blocked stuck stale energy and negativity  
Feel inspired open motivated with clarity.

Focus: Elimination, Respiration, Purification.  
Balance Vata.

Everyone is welcome.  
Bookings only.

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Investment \$150. Autumn Ebook included

Attend via zoom or ocean front room at Avalon Beach Surf Club

