



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

Venue: The Annex in Dunbar Park, Avalon or Zoom in live

