



Yoga Immersion

a 5 day master class of
asana pranayama and meditation
with Gwynne Jones

July 12th - 16th 2021
6am - 7.30am

The Annex at Avalon Community Centre

A progressive course with each day building for the next,
for anyone wanting to deepen their practice
and explore the true essence of yoga:
Asana, Pranayama and Meditation.

Suitable for all levels of experience
Everyone is welcome

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all enquiries and bookings

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