



AUTUMN YIN YOGA WORKSHOP

the metal element

May 1st and 2nd

1pm - 3pm

Venue: avalon yoga coop or zoom in
\$60

According to Traditional Chinese Medicine,
each season brings its energetic quality.

Autumn identifies with the metal element,
which cultivates the movement of letting go and refining ourselves,
by pulling inward and finding meaning.

In this 2 day workshop, students mindfully explore a practices
specifically related to Autumn and the element of Metal.
Gentle postures will focus on stimulating energy flows in the lung
and large intestine meridians helping improve these flows, with
special focus on lungs, improving breathing, intestinal health
and overall immunity.

Yin Workshop for Autumn (metal element)
for nourishing and supporting the physical and energetic bodies, as
well as the mind, during the season of Autumn

A time to let go.

Bookings only

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