



Yoga Breath Meditation Immersion

July 12th - 16th 2021

6am - 7.30am

5 days practice with Gwynne

Venue: the Annex at Avalon Community Centre or Zoom in

A progressive course with each day building for the next
for anyone wanting to learn or deepen their practice.

Explore the true essence of yoga:
asana, pranayama and meditation.

Suitable for all levels of experience

Everyone is welcome

\$150

m: 0414 579 446

e: gwynne@gwynnejonesyoga.com

www.gwynnejonesyoga.com

