



YIN YOGA WORKSHOP

metal and water element

June 5th and 6th

1pm - 3pm

Venue: avalon yoga coop or zoom in

Investment: \$60

In the cooler seasons the metal and water elements are vulnerable

Yin cultivates the movement of autumn winter energy
towards refinement, reflection and turning inward

In this 2 day workshop, students mindfully explore a practices
specifically related to Autumn and Winter

Gentle postures will focus on stimulating energy flows in the metal
and water meridians helping improve these flows, with special
focus on lungs and breathing, immunity, spine and nervous system.

A Yin Workshop

to nourish and support the physical and energetic bodies, as well as
the mind, during the cooler seasons

Bookings only

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