



# 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 momentum of autumn winter energy  
towards refinement, reflection and turning inward

A 2 day workshop to 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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