



Winter Solstice Yin Immersion

June 20th

10am - 12md

Avalon Yoga Coop

The winter solstice marks the peak of winter;
the shortest day and longest night of the year

The most yin time of year.

Join Gwynne for a deep dive into winter yin, pranayama and meditation
to celebrate the Solstice

a perfect time to immerse in practice which is slow, gentle and nurturing
making time for inner balance, healing and support
Creating a little space to reside in stillness.

This special 2 Hr yin will focus on winter energies,
supporting our Kidney and Bladder meridians and organs,
improving warmth and circulation to support you through the winter months.
We also explore practices to encourage open heartedness and warmth.

Winter Yin aims to reduce anxiety, physical and mental tensions,
improve sleep, providing support for immunity and adrenal fatigue.

Yin fosters a sense of well-being and inter-being.

The Winter Solstice is a time to recognise the turning towards the light,
which holds the potential for regeneration and rebirth.

We also celebrate the seventh International Day of Yoga

