



# YIN YOGA WORKSHOP

water and wood element

1st August

1pm - 3pm

Venue: avalon yoga coop or zoom in

Investment: \$50

Water to Wood element yin, breath and meditation practice draws on the stability of winter to support opening into the potential and growth of spring.

Transitioning from winter to spring feels like shedding our winter coats, releasing heaviness, tight bodies and minds learn to relax discovering more lightness in this phase of growth and change

This workshop explores practices specifically related to Winter and Spring.

Gentle postures focus on stimulating energy flows in the water and wood meridians helping improve the energy flows, releasing side body tensions, while supporting the nervous system. breath and energetic bodies, as well as the mind, during the transition winter to spring

Bookings only

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