



Yoga Breath Meditation
a transformational week of daily practice
9th August 2021
6am - 7.30am

Venue: the Annex at Avalon Community Centre
or Zoom in live

season themed yoga practices for easeful
transition from winter to spring:
the energies of water and wood element,
inner balance and greater harmony with the seasons.
daily practice is like a mini retreat
suitable for anyone wanting to learn
or deepen their practice
exploring the essence of yoga:
asana, pranayama, chanting and meditation.
Suitable for all levels of experience
Everyone is welcome

\$150

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