



YIN YOGA WORKSHOP

the wood element

5th September

1pm - 3pm

Venue: avalon yoga coop or zoom in

Investment: \$50

Yin yoga, breath practice and meditation
to support your opening into growth phase of spring.

Coming out of winter
it's time to shed our winter layers,
release heaviness,
open tight bodies and
relax minds into spaciousness
discovering more lightness
and a new vision
in the phase of growth and change

This workshop explores practices specifically related to Spring.

Gentle postures focus on stimulating energy flows in the
wood meridians helping improve the energy flows,
releasing side body tensions,
while supporting the nervous system.

Bookings only

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