



Yoga Meditation Immersion
a transformational week of daily practice
18th August 2021
6am - 7.30am

Live on Zoom

Season themed yoga practices for physical and mental wellbeing
transition from winter to spring

supporting physical and mental stability
through uncertainty and change
and the cultivation of better habits

Take a mini retreat with 5 days of practice
exploring the elements of yoga
asana, pranayama, chanting and meditation.

Suitable for all levels of experience

Everyone is welcome

\$150

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