



Yoga Meditation Immersion
a transformational week of daily practice
23rd - 29th August 2021
6am - 7.30am

Live on Zoom

Season themed yoga practices for the
transition from winter to spring

supporting physical and mental stability
through change
growth
cultivating positive habits

Take a mini retreat with 7 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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