



# YIN YOGA WORKSHOP

the wood element

10th october

1pm - 3pm

Venue: avalon yoga coop or zoom in

Investment: \$50

spring yin, breath practice and meditation  
to support liver and heart.

reduce qi stagnation  
promote organ health and overall wellbeing.

lightness

space

direction

in the cycle of growth and change

This workshop explores practices specifically related to Spring.  
. Gentle postures focus on stimulating energy  
flows in the wood meridians  
releasing side body tensions and supporting the nervous system.

Bookings

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