



YIN YOGA WORKSHOP

the wood element

10th october

1pm - 3pm

live with me on zoom

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

Gwynne 0414 579 446

gwynne@gwynnejonesyoga.com

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