



Summer Yoga Breath Intensive

3rd - 7th Jan 2022

6am - 7.30am

summer focussed yoga practices and meditation

theme: Radiance
the fire element + pitta
(heart meridians, small intestine)

Begin the new year revitalised with calm inner balance and vitality
1 week of morning yoga to cleanse and renew your vitality.

summer yoga is all heart
- softness, strength and power -

Accessible yoga, everyone is welcome.

Bookings essential.

Investment \$150 at venue or \$130 Zoom

Summer Ebook included

Teacher: Gwynne Jones. m: 0414 579 446

Booking only

Venue: The Annex at Avalon Recreation Centre
Dunbar Park, Avalon NSW 2107.

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