



YIN MEDITATION WORKSHOP

fire element / pitta

Nov 21st

1pm - 3pm

live on zoom

investment: \$50

yin meditation and breath practices
with summer focus
softening into the heart.

a gentle journey into the heart and meditative aspects of yoga

as the days get longer, brighter and busier
practices to support you with cool, calm balance
reducing stress, heat, fatigue and overwhelm

Everyone welcome.

Gentle postures will focus on stimulating energy flows in the fire
meridians helping improve these flows
with focus on the heart, nervous system and digestion
providing nourishing support for the physical and energetic bodies,
developing heart-mind connection for calm centering as the busy
time of the year approaches

bookings

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