



# YIN MEDITATION WORKSHOP

fire element

nov 21st

1pm - 3pm

live on zoom

yin meditation and breath

summer / fire element

relaxing the heart.

nourishing and supporting the physical and energetic bodies,  
as well as the mind with Summer.

gentle postures stimulating energy flows in the fire meridians

softening the heart

balancing nervous system and digestion

a gentle journey into the heart and meditative aspects of yoga.

\$50

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