



Healing the Heart
summer yin immersion
breath meditation + yoga nidra
16th January 2022
1pm-3.30pm

cooling and balancing body mind and heart
through calm centering
summer yin breath practice.

join me for this gentle journey into the heart and meditative aspects of yoga

the slow gentle nature of yin practice heals and restores at a deep level.

everyone everywhere welcome

live with me on zoom
Bookings \$50
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