



Summer Yoga Breath Intensive

3rd - 9th 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 and enjoyable - everyone is welcome.

Bookings are essential.

Investment \$150 at venue or \$130 zoom

Summer Ebook included

teacher: Gwynne Jones

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www.gwynnejonesyoga.com

venue: Avalon Yoga Coop

Avalon Parade. Avalon NSW 2107.

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