



late summer yin yoga immersion

breath meditation + yoga nidra

13th Feb 2022

1pm-3.30pm

nurturing nourishing grounding
earth element practice

regulating the centre

create some much needed space in your life

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

that balances, heals and restores on all levels.

everyone is welcome

live with me on zoom

Bookings \$50

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