



Autumn Yoga Intensive

metal element + vata energy

6 - 7.30am

April 18th- 24th 2022

morning practice: asana, pranayama and meditation

breathe in . breathe out
season theme = let go
releasing out and taking in

open your lungs, improve your breathing

increase pranic vitality

the work of autumn is release
old energy and negativity
contracting energy
be motivated and inspired
uncover clarity pristine mind.

in focus: elimination, respiration and purification.
bring harmony and balance to vata.

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Investment \$150. Autumn Ebook included

we meet and practice live on zoom

