



AUTUMN YIN MEDITATION WORKSHOP

the metal element

April 10th

1pm - 3.30pm

according to Traditional Chinese Medicine
each season brings its energetic quality.

Autumn identifies with the Metal element:
the movement of letting go,
a time of refinement.
embodying the qualities of moving inward
and finding meaning.

In this workshop, students mindfully explore practices specifically
related to autumn, the element of Metal and Vata.

Gentle postures will focus on stimulating energy flows in the lung
and large intestine meridians helping improve these flows,
with special focus on lungs, improving breathing,
intestinal health and immunity.

this workshop explores the gentle meditative
side of yoga with autumn themes

bookings m: 0414 579 446

e: gwynne@gwynnejonesyoga.com

