



Late Summer + Earth Element Yoga Breath Meditation Immersion

daily yoga
feb 14th - 20th
6am - 7.30am

gentle earth element yoga ~ asana ~ pranayama ~ meditation

daily morning practices for harmony and wellbeing with late summer

(this program is supported with a gentle brown rice fast)

late summer yoga is nourishing, grounding and centering.

slow flowing

promoting energy flows for digestion wholeness and healing

focus and themes:

moving stagnation and dampness

promote harmony at the centre:

stomach/spleen

manipura chakra

samana vayu

contentment and satisfaction

