



YIN MEDITATION WORKSHOP

winter + the water element

June 19th

1pm - 3.30pm

each season has its own unique energy, qualities and message.

Winter is a time of conserving and storing,
ceasing excessive outward ways

in-order to restore the body and nervous system
conserving inner resources for winter with warmth.

the movement of water element is downward,
deep within
discovering settling and stillness.

In this workshop, students mindfully explore practices specifically
related to winter, the water element and Vata.

Gentle postures will focus on the kidney and bladder meridians
targeting spine, low back, neck.

Come and enjoy exploring the gentle meditative
side of yoga with practices informed by winter themes.

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