



## Winter Yoga Breath Immersion

The Water Element (kidney bladder meridians)

July 18th - 24th 2022

6am - 7.30am

5 mornings of flowing breath focussed yoga

diving into the deepest aspects to refine and settle in  
with comfort and warmth, strength and stability  
for harmony with winter.

Focus: spine and nervous system  
stress relief and immunity.

Theme: flowing to stillness

gentle warming daily practice addressing the spine, neck and low back,  
hormonal balance, longevity and conservation of energy.

live practice from the comfort of your home  
meet with me live on Zoom.

asana pranayama and meditation

Everyone is welcome.

Bookings only.

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investment: \$150, includes the winter wellness Ebook

