



WINTER YIN MEDITATION WORKSHOP

a gentle drop into stillness
with the water element

31st July
1pm - 3.30pm

the season asks us to slow down
draw inwards and tend to ourselves.

practices to nourish, heal and balance ourselves at the deepest level
(spine, bones and nervous system)
calming and settling
discovering 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.

\$50

live with Gwynne on zoom

come and explore through gentle meditative
yoga with practices informed by winter themes.

bookings m: 0414 579 446

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