



# The Spring Yoga Intensive

26th September - 2nd October 2022

6am - 7.30am

7 days of morning practice with spring theme

the wood element  
(liver + gall bladder)  
Theme: Detox

asana pranayama and meditation  
cleanse body of toxins  
release tensions  
release tightness  
lighten heaviness

spring is the season to renew and refresh  
yoga practice to improve flexibility and movement,  
heal digestion and refresh your energy  
enjoy lightness in mind and body

teacher: Gwynne Jones

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Investment: \$150

Booking includes Spring Wellness Ebook

Wood is the energy of spring;  
It gives the power of renewal, enabling us to move  
forward with clear vision and determination.

