



# YIN YOGA WORKSHOP

the wood element

11th September

1pm - 3pm live on zoom

investment: \$50

yin yoga, breath practice and meditation  
to support your opening into growth phase of spring.

coming out of winter  
it's time to shed our winter layers,  
release physical mental heaviness,  
promote mobility  
open tight bodies

uncover lightness ease and spaciousness

spring is a new phase  
one of growth and embracing new beginnings

this workshop explores yoga, japanese self massage,  
breath and meditation practices specifically related to Spring.

gentle postures focus on stimulating energy flows in the  
wood meridians helping improve the energy flows,  
releasing side body tensions,  
while supporting the nervous system.

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