



Spring Yoga Intensive

7 - 10 day yoga lifestyle program
to cleanse and refresh body and mind
and embrace more lightness

26th September 2022

6am - 7.30am

Spring + the Wood Element (liver + gall bladder)

Theme: Detox

cleanse body of heaviness and toxins
release physical mental tensions, improve mobility
open into flexibility
remove body aches, stiffness and headaches.

Spring is a new beginning
time to refresh your energy and enjoy more lightness.
Everyone is welcome, all levels of ability.

Teacher: Gwynne Jones

m: 0414 579 446

Investment: \$150

Booking includes Spring Wellness Ebook

ॐ