



YIN YOGA WORKSHOP

the wood element

9th October

1pm - 3.30pm live on zoom

spring is the beginning of a new cycle
a time of growth and renewal

yin yoga, pranayama and meditation
to support your integrative wellness and wellbeing in spring.

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

open tight bodies
promote mobility and smooth flowing Ki
lightness in body and mind

gentle postures focus on stimulating energy flows in the
wood meridians helping improve these energy flows
promotes mobility flexibility and ease
giving support to the liver the nervous system

embrace new beginnings
investment: \$50

Gwynne 0414 579 446

gwynne@gwynnejonesyoga.com

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