



New Year Summer Yoga Breath Intensive

2nd - 8th Jan 2023

6am - 7.30am

summer fire element theme yoga pranyama and meditation

relaxing the heart

balance and harmony with summer, the fire element and pitta
(heart meridians, small intestine)

Begin the new year revitalised with calm inner balance and vitality
1 week of morning yoga to cleanse and renew your vitality.

healing the heart
releasing heat and stress
core strength and power

yoga that is accessible, beneficial and enjoyable for all
bookings only

Investment \$150
Summer Ebook included

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