



# YIN YOGA WORKSHOP

spring to early summer  
easing into the fire element

27th november

1pm - 3.30pm

venue: avalon yoga coop or live on zoom

following the cycle of the seasons  
this workshop explores yoga, japanese self massage,  
breath and meditation practices  
specifically related to early summer.

yin yoga, pranayama and meditation  
to support integrated wholeness and wellbeing  
a gentle landing into early summer.

open chest for softness of heart  
relax tensions in shoulders and upper back  
release burden of stress upon the heart

lightness of heart and mind

gentle postures focus on stimulating energy  
flows in the fire meridians  
supporting the heart and nervous system

investment: \$50

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ॐ नमो भगवते वासुदेवाय