



YIN YOGA WORKSHOP

mid summer

radiance

15th january

1pm - 3.30pm

live on zoom

following the cycle of the seasons

this workshop explores the gentle art of yin yoga,
breath and meditation practices
specifically related to the fire element, pitta and summer season.

yin yoga, pranayama and meditation
to support integrated wholeness and being
through the phase of midsummer.

cooling inner body
temperature regulation
inner communication
relax tensions in shoulders and upper back
release burden of stress upon the heart

lightness of heart mind

investment: \$50

Gwynne 0414 579 446

gwynne@gwynnejonesyoga.com

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