



# YIN YOGA WORKSHOP

late summer  
rest and digest  
26th february  
1pm - 3.30pm

following the cycle of the seasons  
this workshop explores the gentle art of yin yoga,  
breath and meditation practices  
specifically related to the dynamic play of  
the earth element (stomach/spleen)  
and the late summer season.

yin yoga, pranayama and meditation  
to support wellbeing  
through the humid phase of late summer.  
moving stagnation and dampness from body and mind  
circulating energy through the centre

energy at the centre  
cycles and rhythms  
grounded and calm  
support digestion

calm ~ whole ~ connected  
investment: \$50

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