



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
nature, the earth element (stomach/spleen)
late summer season within us.

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 and nourishment

calm ~ whole ~ connected
investment: \$50

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