



Autumn Yoga Intensive

metal element (lung/large intestine)

and vata energy

6 - 7.30am

April 11th- 17th 2023

morning practice: posture, pranayama and meditation

season theme: let go

release exhale

be in harmony with nature and autumn's energy

open your lungs and improve your breathing

release blocked stuck energy and negativity

discover clarity, inspiration and motivation

focus: elimination, respiration, purification and refinement

bring balance to the sensitive energies of metal and vata.

call Gwynne

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Investment \$150.

Autumn Ebook included

live on zoom

