



YIN MEDITATION WORKSHOP

Autumn

May 7th

1pm - 3.30pm

each season brings its special energetic quality

autumn is a transformational period
a time of releasing the old
purifying and storing vital resources for winter.

its time to let go, make space and be clear in the present.

autumn draws us in
refinement and discernment are fine tuned now

discovering purity, essence and quietude

in this workshop, students mindfully explore yin practices
specifically related to autumn, restoring inner harmony through
metal element and Vata dosha practices:
lungs, breathing, prana flows, calming nervous system
and improving immunity.

come explore the gentle meditative side of yoga
with autumn themes

\$50 live on zoom

bookings m: 0414 579 446

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