



## yin breath workshop winter the water element

1pm - 3.30pm  
sunday 25th June 2023

gentle water element yin practices promoting energy flows  
comfortable spine  
lengthening and relaxing the back body  
calm nervous system  
restore and conserve deep energy

relieving effects of stress, fear and deep fatigue.  
a quiet gentle practice into the meditative side of yoga

for harmony with this phase of nature and the winter element  
theme is stillness  
calming pranayama and stillness meditation.

Pranayama, Meditation and Yoga Nidra.

All welcome. Bookings only.

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Investment: \$50

