



## Winter Yoga Breath Immersion

The Water Element (kidney bladder meridians)

3rd July - 9th 2023

6am - 7.30am

7 mornings of gentle slow breath focussed yoga

winter invites us into the deeper quiet  
aligning with nature we settle in with the most yin time of year

winter yoga addresses  
the spine and nervous system, stress relief and immunity.  
season theme is moving to stillness  
gentle warming daily practice addressing the physical mental and spiritual  
aspects of the water element:  
spine, low back, endocrine system, longevity and sleep  
conservation of energy,  
courage, inner strength, calmness and confidence  
inner peacefulness

live practice from the comfort of your home  
we meet daily on Zoom.  
asana pranayama and meditation

Everyone is welcome.

Bookings only.

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investment: \$150, includes the winter wellbeing Ebook

