



yin breath workshop winter the water element

1pm - 3.30pm

sunday 25th June 2023

gentle water element yin practices promoting energy flows
into the depths ~ water element practices
energy healing flows for spine, bones, nervous system, hormone system,
promote sound sleep
lengthening and relaxing the back body
restoring and conserving deep energy

winter yin practices relieve effects of stress, fear and deep fatigue

immerse yourself in quiet gentle practice into the meditative side of yoga
for harmony with winter and the winter element

theme is stillness

calming pranayama, stillness meditation and yogic sleep

everyone, everywhere is welcome

join gwynne at avalon yoga coop studio,

zoom in live or request recording

m: 0414 579 446,

gwynnejones@me.com

www.gwynnejonesyoga.com

investment: \$50

