



## 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 of water element practice  
spine, bones, nervous system, hormone system, sound sleep  
lengthening and relaxing the back body  
restore and conserve 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

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investment: \$50

