



YIN YOGA WORKSHOP

the wood element

27th August

1pm - 3.30pm

yin yoga, breath practice and meditation
to support your opening into growth phase of spring.

as winter ends its time to
embrace the freshness of the next phase
~ spring and the wood element ~
release heaviness
improve digestion and flexibility
chi flow through joints ligaments and tendons
knots and tensions in body and mind

uncovering lightness and spaciousness
and a new vision
in the phase of growth and change

this workshop explores practices specifically related to spring.

live on zoom \$50

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