



Spring Yoga Intensive

7 - 10 day yoga detox
to cleanse, refresh and lighten body and mind

11th September 2023
6am - 7.30am

spring and the wood element (liver + gall bladder)
theme: detoxification
cleanse body of heaviness and toxins
softening physical and mental tensions
chi flow for mobility, flexibility and digestion
removing body stiffness, aches and headaches.

spring is a new beginning
time to refresh your body and mind
discover more lightness in the season of growth and rebirth
everyone is welcome, all levels of ability.

Teacher: Gwynne Jones
m: 0414 579 446
Investment: \$150 (7 days) \$200 (10 days)
Booking includes Spring Wellness Ebook

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