



## 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  
Booking includes Spring Wellness Ebook

