



## Summer Yoga Intensive

4th - 10th december 2023

6am - 7.30am

the fire element

a week of daily yoga pranyama and meditation

soft heart and fire in the belly

1 week of morning yoga

healing the heart

release stress, excess heat, regain equilibrium

end of year mini retreat to counter pressures and intensity  
with inner stability and stillness

fire element and pitta themed yoga practices

inner balance and harmony with summer

in the most expansive season

~ connection and joyful communication ~

Investment \$150

Summer Ebook included

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