



## 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

releasing stress, heat and intensity

a mini retreat to counter effects end of year intensity

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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