



the soft heart
summer yin meditation workshop

sunday 7th Jan 2024
1 - 3.30 pm

a seasonal yin workshop for your elemental harmony
yin postures meditation and breath practice

cooling and balancing the body
softening the heart
space stillness and silence
with heart mind centering

fire element and pitta themes
connection and communication
focus: anahata

relax and take the pressure off
address anxiety, stress and burnout
through balancing and harmonising practices

take a gentle journey into the heart and meditative aspects of yoga
with a slow nourishing yin practice to heal and restore you at a deep level.

everyone is welcome.

venue: avalon yoga co-op or zoom in live (recording is available on request)

bookings only \$50

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