



easter yoga intensive

autumn themes ~ metal element + vata energy

6 - 7.30am

29th march - 5th april 2024

morning practice: posture, pranayama and meditation

season theme: let go

release and exhale

make harmony with nature in the autumn

opening lungs, improving breathing, clarity and vitality

release blocked stuck energy and negativity

make space for inspiration and motivation

focus: elimination, respiration, purification and refinement

bring balance to the sensitive energies of metal and vata.

call Gwynne

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Investment \$150.

Autumn Ebook included

live on zoom

