



# YIN MEDITATION IMMERSION

the phase of late summer  
stomach and spleen  
rest and digest  
stillness at the centre

18th february  
1pm - 3.30pm

following the cycle of the seasons  
this workshop explores the gentle process of yin yoga  
pranayama and meditation  
specifically related to the ongoing play of nature,  
the elements and seasons

the earth element (stomach/spleen) with us

gentle yoga practices to support wholistic integration  
supporting your natural health and wellbeing  
through the humid stage of late summer  
stimulation Ki flows to move stagnation and dampness  
from body and mind  
energy through the centre  
the centre body, cycles and rhythms  
feel grounded and nourished  
earth element yoga for digestion which often suffers in this season  
investment: \$50  
contact Gwynne  
0414 579 446  
gwynne@gwynnejonesyoga.com

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