



YIN MEDITATION CLASS

EARTH ELEMENT

harmony with Late Summer

nurturing nourishing grounding earth element practice

energies of stomach and spleen
regulating rest and digest
cycles and rhythms
the centre

18th february
1pm - 3.30pm

come along for a nourishing supportive journey
with slow gentle meditative yoga

balance and restore yourself on all levels.

everyone is welcome

venue: avalon yoga coop
live on zoom or recording
bookings \$50
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