



## AUTUMN YIN MEDITATION ZEN SESSION

the metal element

April 27th

1pm - 3.30pm

avalon yoga coop

zoom in or recording

according to Traditional Chinese Medicine  
each season brings its own unique energetic quality

Autumn identifies with the Metal element:

the movement of letting go

a time of refinement.

embodying the qualities of moving inward

uncovering the precious and valued inner treasure

in this class students mindfully explore practices specifically related to  
autumn, the element of Metal and Vata

gentle postures will focus on stimulating energy flows in the lung and large  
intestine meridians helping improve these flows,  
with special focus on lungs, improving breathing, intestinal health and  
immunity

explore the gentle meditative side of yoga through autumn themes

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