



winter yoga meditation weekend immersion

deepening into the practice of stillness

the water element/ kidney bladder meridians

winter is for us, and all of nature

a time for internal work:

meditation, containment, concentration, and the storing of our energy

yoga for the nervous system, spine,

hormones and sleep quality

rejuvenation and longevity

a weekend of winter yoga practice

settling within

12th - 14th july

dates and times:

friday 12th July yin meditation at 6pm - 8pm

saturday 13th July 4pm - 6pm seasonal hatha

sunday 14th 7am - 9am morning yin water element class

sunday 14th 4pm - 6pm seasonal hatha

\$150 (includes winter Ebook)

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