



YIN MEDITATION WORKSHOP

winter + the water element

June 30th

1pm - 3.30pm

each season has its own unique qualities
reflected in our minds and bodies

the winter is time to conserve and contain our energy
heal and balance the spine and nervous system.
turning inward to nourish the inner aspect
restoring and conserving our body and deep energy
dropping into the warm winter Ki flow.

the movement of water element is downward,
our deep energy
the spine posture and breath
settling into stillness.

in this workshop, students mindfully explore practices specifically
related to winter, the water element and vata
gentle postures will focus on the kidney and bladder meridians
targeting spine, low back, neck.

come along and explore the gentle meditative
side of yoga with practices informed by winter themes.

join gwynne at avalon yoga coop, zoom in or recording

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