



YIN YOGA WORKSHOP

the wood element

8th September

1pm - 3.30pm

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

the spring season is a time growth and renewal
the wood element is active

the time to support our liver and gall bladder
open our body and refresh our mind
through supportive yin and breath practices and meditation
supporting our lightness growth and wellness

feels good to release winters heaviness
improve flexibility and digestion
chi flow through joints ligaments and tendons
unravelling knots and tensions
embracing the fresh vibe of spring
the phase of growth and change

this workshop explores practices specifically related to spring

live on zoom \$50

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