



Spring Yoga Intensive

10 day yoga detox
cleanse, refresh and lighten body and mind

30 th September 2023
6am - 7.30am

the season of spring
is growth and renewal
the wood element is active
the prime time to cleanse and refresh body and mind

theme: detoxification
cleanse body of heaviness and toxins
release physical and mental tensions
improving mobility and flexibility
heal digestion
a lighter body and clearer mind

spring is a new beginning
renewal energy is here
detoxification for lightness
and growth
everyone is welcome, all levels of ability.
we meet on zoom

Teacher: Gwynne Jones

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Investment: \$200 (10 days)

Booking includes Spring Wellness Ebook

