



## Spring Yoga Intensive

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

16th - 25th September 2024  
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

m: 0414 579 446

Investment: \$200 (10 days)

Booking includes Spring Wellness Ebook

