



soft heart
summer yin meditation workshop
sunday 1st december 2024
1 - 3.30 pm

summer yin workshop for harmony with summer
the fire element
yin practice meditation and pranayama

cooling and balancing the body
softening the heart
space and silence with heart mind centering

fire element and pitta themes
feel more connected
focus: anahata and pitta
release stress and pressure
address heat, burnout and anxiety

take a gentle journey into the heart and meditative aspects of yoga
a slow gentle yin practice to relax and restore you in harmony and
equanimity.
yoga is for everyone, come along enjoy the wonderful benefits to body heart
and mind

we meet live on zoom (recording is available on request)
bookings only \$50
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