



Summer Yoga Intensive

2nd - 8th december 2024

6am - 7.30am

radiance and the fire element

a week of daily yoga pranayama and meditation
soft heart and fire in the belly

1 week of morning yoga
healing the heart
disperse heat
maintain equilibrium
avoid burnout

at the end of year a week of morning yoga is like a refuge retreat
maintaining inner stability amidst end of year intensity and pressure

fire element and pitta themed yoga practices
inner balance and harmony with summer
in the most expansive season
~ connection and joyful communication ~

Investment \$150

Summer Ebook included

teacher: Gwynne Jones

m: 0414 579 446

e: gwynne@gwynnejonesyoga.com

www.gwynnejonesyoga.com