



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

yin practices for harmony with summer and the fire element  
soft heart postures, pranayama meditation and chanting

cooling and balancing the body  
softening the heart  
spaciousness quiet 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

investment: \$50

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