



## autumn yoga intensive

yoga practice with autumn themes

metal element + vata energy

7 - 8.30am

11th - 17th april 2025

morning practice: asana, pranayama and meditation

season theme: let go

refinement

exhale

promote healthful harmony with nature with autumn theme yoga practices

opening lungs, improving breathing, clarity and vitality

release blocked stuck energy and negativity

make space for inspiration and motivation

focus: elimination, respiration, purification and refinement  
establishing balance to the sensitive energies of metal and vata.

this course is live on zoom (option of daily session recording)

call Gwynne

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Investment \$150.

Autumn Ebook included

