



## AUTUMN YIN MEDITATION

### ZEN SESSION

the metal element

sunday 4th may

1pm - 3.30pm

avalon yoga coop

zoom in or recording

according to traditional chinese medicine  
each season brings its own unique energetic quality

autumn identifies with the Metal element:  
the movement of letting go  
a time of refinement

the qualities of moving inward are embodied now  
revealing what is valued and most precious

in this session students mindfully explore practices specifically related  
to their autumn, exploring the element of metal and vata energy

gentle postures will focus on stimulating energy flows in the lung and  
large intestine meridians helping improve these flows,  
with special focus on lungs, improving breathing, intestinal health and  
immunity, we explore the gentle meditative side of yoga through  
autumn themes

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