



Spring Yoga Intensive

10 days of yoga
cleanse and detoxify
lighten body and mind

29th Sept - 8th Oct 2025
7am - 8.30am

spring is the season of the wood element
(liver/gallbladder)

time to cleanse and lighten up
our bodies and minds
with the growth and renewal energy

a new vision
theme: detoxification

cleansing toxins
releasing winter sheath
improve mobility and flexibility, support clearing digestion
enjoy a lighter body and clearer mind

spring is a new beginning
renewal energy is here
take up this potent opportunity
everyone is welcome, all levels of ability.

we meet on zoom
teacher: gwynne jones
m: 0414 579 446
investment: \$200
booking includes spring wellness Ebook

