



YIN YOGA WORKSHOP

the wood element

12th october

1pm - 3.30pm

each season has its own unique qualities
reflected in our minds and bodies

the spring season is a time growth and renewal
the wood element is active

yoga practices to support our harmony with spring
open our body, promote Ki flow and freshen our mind
through slow yin breath practices and meditation
supporting lightness
season theme: change

liver, gallbladder, tendons, digestion, relaxation, chi flow,
detoxification, Hun (soul), fatty acids

embrace the freshness of spring
the phase of growth and change
with vision and direction

this workshop explores practices specifically related to spring

venue: the yoga room waverly or zoom

investment: \$50

call or message gwynne 0414 579 446

