



YIN YOGA WORKSHOP

the fire element

7th december

1pm - 3.30pm

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

the summer season is a time of expansion
radiance and joy

the fire element is active

heart, small intestine, heart protector and triple burner

restorative yoga practices specifically related to summer
for more harmonious balance in heat
supporting the heart which holds the stress and end of year chaos
slowing down and cooling
calming the temperance of pitta and the spirit of shen

soft heart connection and joy
are qualities of healthy balanced fire energy

season theme: radiance

venue: the yoga room waverly

investment: \$50

call or message gwynne 0414 579 446 to book

