



summer yoga intensive

24th - 30th nov 2025

7am - 8.30am

radiance and the fire element

a week of daily yoga pranayama and meditation
fire element

heart, small intestine, heart protector, triple burner,
relaxing and softening the heart
cooling and dispersing heat
calm inner stress

for harmonious balance with summer amidst the intensity as the year ends
enjoy summer without burnout

a week of morning yoga is like a refuge retreat
maintain your inner balance with
fire element and pitta yoga practices
for harmony with summer
the most expansive yang season
connection and joyful connection

investment \$150 (zoom)

summer Ebook included

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