



YIN MEDITATION SESSION

EARTH ELEMENT

harmony with late summer

nurturing grounding
centeredness
earth element practice

energies of stomach and spleen
regulating rest and digest
cycles and rhythms
the centre

1st february 2026
1pm - 3.30pm

come along for a nourishing supportive journey
with slow gentle meditative yoga
balance and restore yourself on all levels.

everyone is welcome
venue: the yoga room waverley
live on zoom or recording
bookings \$50
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