



AUTUMN YIN MEDITATION

ZEN SESSION

the metal element

sunday 26th april

1pm - 3.30pm

venue: the yoga room waverley

according to traditional chinese medicine
each season brings its own unique energetic quality

autumn identifies with the Metal element:

the movement of letting go
a time of refinement

the qualities of moving inward are embodied now
revealing what is valued and most precious

in this session students mindfully explore practices specifically related to their autumn, exploring the element of metal and vata energy

gentle postures will focus on stimulating energy flows in the lung and large intestine meridians helping improve these flows,
with special focus on lungs, improving breathing
intestinal health and immunity
we explore the gentle meditative side of yoga
through autumn themes

bookings m: 0414 579 446

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