



autumn yoga intensive

the metal element

7am - 8.30am
13th - 19th april 2026
asana, pranayama and meditation

season theme: let go
purification
exhale

daily yoga practice for health, harmony and balance with nature
autumn ~ lungs + large intestine
open the lungs, improve breathing and prana life force

release blocked stuck energy and negativity
make space for inspiration and motivation

focus: elimination, purification, respiration and refinement
establishing balance to the season energies of metal and vata.

this course is live on zoom
(option of daily session recording)
call Gwynne

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Investment \$150.

Autumn Ebook included

