



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
m: 0414 579 446
e: gwynne@gwynnejonesyoga.com
www.gwynnejonesyoga.com
Investment \$150.
Autumn Ebook included