



AUTUMN YIN MEDITATION  
ZEN SESSION  
the metal element  
sunday 3rd may  
1pm - 3.30pm  
venue: the yoga room waverley

according to oriental theory of the dao and 5 elements  
each season brings its own unique energetic quality

autumn identifies with the Metal element:  
a time of refinement  
the gentle power of letting go

the energetic qualities of moving inward are embodied now  
release in all aspects  
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.

in this session we explore the gentle meditative side of yoga  
through autumn themes

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