



WINTER YIN MEDITATION WEEKEND IMMERSION

winter + the water element

24th june 4pm - 6pm

25th June 4pm - 6pm

26th june 7am - 9am

each season has its own unique qualities
reflected in our minds and bodies

winter is time of the water element
there kidney bladder organs and meridians are sensitive
time to conserve and contain our energy
support and balance the spine and nervous system

winters energy is downward
encouraging meditation and stillness
nourishing the inner life

in this workshop, students mindfully explore practices specifically
related to winter, the water element and vata
gentle postures will focus on the kidney and bladder meridians
targeting spine, low back, neck.

come along and explore the gentle meditative
side of yoga with practices informed by winter themes.
we meet on zoom (a recording is available if preferred)

\$100

booking via e: gwynne@gwynnejonesyoga.com

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