



Spring Yoga Intensive

7 days of yoga
for lightness in body and mind

28th Sept - 4th Oct 2026

7am - 8.30am

spring is the season of the wood element
(liver/gallbladder)
renewal and new beginnings

yoga practices for lightness
cleansing toxins
improve mobility and flexibility
clear digestion
vision

theme: detoxification

everyone is welcome, all levels of ability

we meet on zoom

teacher: gwynne jones

m: 0414 579 446

investment: \$150

contact gwynne to book your place
(includes spring wellness Ebook)

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