



spring yin meditation workshop

the wood element

18th october

1pm - 3.30pm

spring is a time growth and renewal
the wood element is active in all of nature

embrace the fresh renewal of spring
in this yin yoga session for healthful harmony in this season

supporting:

liver and gallbladder qi flow

digestion and detoxification

releasing winter heaviness, aches and pains

improve flexibility and mobility

for more ease of movement and relaxation

through yin postures, pranayama and meditation

season theme: change

promote clear vision and direction

this workshop explores practices specifically related to spring

we meet on zoom (recording available upon request)

investment: \$50

call or message gwynne 0414 579 446

