

soft heart
summer yin meditation
sunday 27th december 2026
1 - 3.30 pm

yin practices for summer
fire element season
gentle heart postures, pranayama meditation and chants

cooling and balancing the body
softening the heart
spaciousness quiet with heart mind centering

fire element and pitta themes
more joy creativity and connection
less fatigue stress and pressure
address heat, burnout and anxiety

a gentle journey into the heart and meditative aspects of yoga
gentle yin practice to relax the heart
restoring harmony and equanimity.

we meet live on zoom (recording is available on request)
bookings only
investment: $50
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