

summer yoga intensive

2026
7am - 8.30am
warmth expansion radiance
the fire element
11th, 12th, 13th dec

daily yoga pranayama and meditation

relaxing and softening the heart
bringing down the pressure
disperse heat
calming cooling
for greater harmony balance with summer
more joy

a mini retreat to connect with your heart
less stress fatigue and burnout

fire element and pitta yoga practices
for harmony with summer

the most expansive yang season
more connection and joyful connection

investment $70 (zoom)
summer Ebook included
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