

Autumn Yin & Sound Immersion.



We invite you to take a moment of rest & restore for a yin yoga practice, and a sound Immersion opening up our senses. As nature becomes more and more bare, there is an opportunity for us as strip off what is false, toxic and stale. The autumn energy supports our letting go, revealing what is true and of most value, clearing out old negativity.

Let's come together for a grounding, more cooling and slower paced practice to stimulate the flow of the body's energy. Mona and Stephanie will guide you through this deep experience with care and compassion. Stephanie will guide you through an autumn yin sequence around the Large intestine and Lung Meridians system while Mona creates a live soundscape. Following yoga we will sink into the wonderful world of the sound bath. The joy of a sound bath is the opportunity for you to lay, listen deeply with your whole body and go inwards, as you may access a consciousness that lies between sleeping and waking. Here you may be transported to states of stillness, meditation, bliss, altered states of awareness, and self-healing.

No yoga or sound experience is necessary, just an open mind & heart. Please bring a blanket, cushion and eye pillow to create your nest for the sound bath. Yoga mats, blocks and bolsters will be provided.

Sunday 10th March

6.30 to 8.30pm

Main Shala

\$35 Member \$40 Non-Member

UpDog
YOGA