

Satya Sarah

Yoga & Healing



Connect, Nourish and Find Bliss



Wednesdays 10 - 11 am
(4 classes June 1 - 22, 2022)

Live guided Yoga classes on **Zoom** including; meditation, mantra, movement, pranayama, yoga nidra and long distance Reiki.

Please e-transfer \$60.00 to satya.sarah@gmail.com to register. You will receive an email receipt confirming your registration. The Zoom Link will be sent to your

email address 30 minutes prior to the start of class every week.

For more information please email: satya.sarah@gmail.com
www.studiosatya.ca

Disclaimer: you are responsible for your body do not practice anything that does not feel right to you.

\$60.00