

# Meditate Create Renew



## Satyam Yoga Workshops

Sue (Satya) Staziker B.A. P.G.C.E. B.W.Y. E.A.T.  
Awakening Arts Academy faculty member

at *Yoga Glow Studio* Beccles

meditation, movement, mantra, musings and mandalas  
*explore the infinite possibilities of your creativity*  
*release stress and anxiety and increase well being*



Sunday 5 May, 2 June, 30 June 10.00 – 1.00  
Friday 17 May, 14 June 12.30 – 3.30

£25.00 (all materials included)

(£22.00 each session if you book all 5)

Booking essential: limited spaces – contact Sue

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