



# Four Steps to Your Well Being

4 Thursdays, July 6, 13, 20, 27th  
6:45 – 8:00 pm

With Satya Shulman, RYT

Awareness • Acceptance • Adjustment • Assurance

Four classes to learn about our unlimited potentials while accepting temporary limitations. We will search and find internal wisdom for a personal attunement and appropriate modifications. We will discover the resources to maintain continuous process of self-healing.

Each class includes breath coordinated yoga stretches, self-awareness meditation and deep relaxation with yoga Nidra. Call to reserve your spot!

Drop in \$15.00; \$99/8 class pass; (Students, Seniors, Vets \$10)  
All are welcome!



25901 Emery Rd. Suite 112, Warrensville Hts., OH 44128  
[www.insight-wellness.com](http://www.insight-wellness.com); **Contact: 216-765-4470**

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