

CONNECT
MOVE
EMBRACE

सह

YOGA ■ AFTERNOON TEA ■ MASSAGE

MAPLE LODGE
THE HAMPTONS
WORCESTER PARK
KT4 8DL

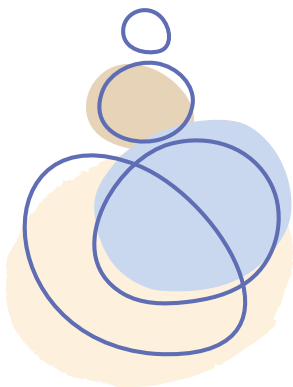
*interested in
supporting?*

info@yogafaine.com

DRURY
TEA & COFFEE

Sophie's Bakes

VEGAN TREATS
refreshments



SAHA
WELLNESS

SATURDAY
10TH MAY
3-7 PM

SOS SEN

www.sossen.org.uk
supporting local charity



taste kombucha

www.sahayogawellness.com

JOIN US for an afternoon of WELLNESS!



We are excited to invite you to a rejuvenating wellness event designed to refresh both your body and mind. Enjoy an afternoon of connection, relaxation, and self-care.

- Move and stretch in a user-friendly yoga class with **YOGA FAINE** followed by meditation and breathwork to centre your mind
- *Savoir Fayre*, learn how your genetics can influence health and well-being
- Enjoy afternoon tea with delicious and wholesome food (GF & VG)
- Join **Manuella** for group Gua SHA facial to relieve stress and brighten skin
- Optional sports massage with **CC Massage** to release tension and heal
- **Saha Wellness** gift bag with essential oil to take home

Whether you are looking to relax, learn about health and well-being, or meet new people in your community, this event is the perfect way to nourish yourself.

TICKET £40: YOGA, NUTRITION ADVICE, TEA & REFRESHMENTS, MASSAGE AND GIFT BAG

for booking info 07930 301037
www.sahayogawellness.com

 [saha_yoga_wellness](https://www.instagram.com/saha_yoga_wellness)

सह SAHA: Sanskrit word meaning; together, enduring, patient and able.
It can also be used to express similarity, connection, or relationship.