



# Burn Bright

## Summer Ayurvedic yoga workshop

*Reconnect to your strength, clarity & inner fire*



**Join Zenia to cool the fiery  
Pitta energy of summer.**

Restore and rebalance through  
calming **yoga, breathwork,**  
empowering **visualisation &**  
reflective **journalling.**



**Sunday 9th August 2:30-4:30pm**  
**The Yoga Life Studio, Eastbourne**

**Scan to book**



*Small group,  
limited spaces.*

*Scan to book or  
contact Zenia on*

[elementalswellbeing@gmail.com](mailto:elementalswellbeing@gmail.com)

