

Satyam Yoga and Wellbeing centre

Satyam is a yoga and wellbeing centre that is dedicated to supporting people to bring about positive change. We offer yoga and meditation classes, fitness and Pilates, in a beautiful studio on Hawthorn Way in Chesterton. Our classes are aimed at people from birth (Parent & Baby Yoga), through childhood (Yoga & Mindfulness for Children & Teens), through adult years to senior years (Gentle Hatha / Exercise for Seniors), with levels that suit varying abilities and experience.

We have a Wellbeing Room where you can receive a selection of massage treatments and healing modalities (such as Craniosacral Therapy, Breathwork, Shiatsu) and we also have a Floatation Studio where you can float effortlessly in an Epsom salt pool of water, especially designed to facilitate a restful, healing and meditative experience.

We have a comfortable lounge area where you can sit and have a drink or read a book or chat with friends and we often hold events where you can do a workshop or a course or enjoy good food, music and dancing. At the heart of what we do is to ensure people feel welcome and included as they arrive and connected and whole as they leave.