



# Sattva

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## Yoga Center

Greetings to All!

Summer is here and the longer days are a perfect time to strengthen your practice. Whether it's morning meditation, afternoon Hatha yoga, or evening Yin yoga, Sattva is here for you!



### **SCHEDULE CHANGES EFFECTIVE IN JULY**

- \* Tues 5:30 p.m. Hatha 2 is off the schedule
- \* Saturday 11:00 a.m. Hatha 1 is off the schedule
- \* No Thursday 5:30 p.m. Shakti Flow from July 21 - Aug. 11

### **Keep Your Eye on the Website**

We strive to keep everyone informed of schedule cancellations and changes, which are sometimes unavoidable! Always check the Karmasoft in-studio schedule via your phone app or online at <https://sattvayogacenter.com/in-studio-schedule>.

### **ZOOM RECORDINGS ARE ENDING, MOST LIVE STREAMS CONTINUING**

There will be no more Zoom recordings effective July 26th.

We will continue to live stream most classes but again, always check the Karmasoft in-studio schedule at <https://sattvayogacenter.com/in-studio-schedule>.



### **WOMEN'S SELF DEFENSE WORKSHOP**

Sunday August 21, 2022, 1:00 p.m. - 3:00 p.m.

Early registration price through July 25 of \$30!

Presented by Allen Kung Fu Academy, taught by Sifu John Allen. For further information, check out the flyer:

<https://sattvayogacenter.com/event-flyer>

or email the instructor directly at:

[info@allenkungfuacademy.com](mailto:info@allenkungfuacademy.com)

### **WE ARE LOOKING FOR AN AMATEUR PHOTOGRAPHER!**

\* We need fun photos of the studio to inform students of the daily schedule on social media!

\* Gig is for two months, compensation is a monthly unlimited pass for two months.

\* Want to build your portfolio, be involved with the yoga community, and get some free yoga to build your practice?

Duties of the job include:

\* Getting verbal consent of the students in the class to take their photo (or avoid photos of those students)

\* Forwarding at least 15-20 good quality photos to us weekly of two or three (or more if possible!) different classes, students gathering at the studio, etc.



If you're interested and want to have your work considered, please forward **by July 30** at least three favorite photos you have taken to

info@sattvayogacenter.com.

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**"May the summer sun shine upon you, all love surround you, and the pure light within you guide you on."**



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