



# Sattva

---

## Yoga Center

Greetings, Friends!

As the holidays approach, treat yourself or your loved ones to the gift of yoga!  
Here are a few ideas.

---

### REJUVENATE WITH YOGA & SOUND

**SUNDAY, DECEMBER 4, 2:00 - 4:00 p.m.**

Treat yourself or a friend to one hour 50 minutes of Yin Yoga and 10 minutes of Restorative/Savasana.

**Sylvi Harwin** (ERYT, YACEP) will give you an overview of the chakra system along with poses to enhance each chakra, with an in depth explanation of each one. She will ease you into floor postures designed to gently stretch the soft tissue. You will relax and hold these postures for up to five minutes with a special breathing technique, creating a sense of peaceful inner joy.

**Susan Murray** (Certified Tibetan Bowls Healer) will accompany the practice, playing the ancient singing bowls and gongs whose powerful therapeutic sounds heal and transform consciousness.

**Cost:** \$30 pre-registration at <https://sattva.karmasoft.io/member/workshops/11850/book>, or \$35 the day of. Payable in person or online via your Karmasoft account.

For more details, see **Events** section of the website.





## CELEBRATE THE WINTER SOLSTICE WITH RESTORATIVE YOGA, SOUND HEALING, AND MEDITATION

**WEDNESDAY, DECEMBER 21, 6:45 - 7:45 p.m.**

Celebrate this auspicious night with deep relaxing and restorative poses, guided by Ani Eustice. De-stress and release with sound healing and a special winter solstice meditation.

**Cost:** \$10 pre-registration or \$15 the day of. Payable in person or online via your Karmasoft account.



### BUY A GIFT CERTIFICATE

Treat someone special to the gift of yoga. There are three ways you can purchase Sattva gift certificates:

1. Buy a certificate in the studio before or after class.
2. Buy an e-gift certificate via your Karmasoft account in the Store.
3. Email [info@sattvayogacenter.com](mailto:info@sattvayogacenter.com) to buy

without a Karmasoft account.

---

**"The attitude of gratitude is the highest yoga."**

**- Yogi Bhajan**



©2022 Sattva Yoga Center | 433 W. Grand Ave Escondido, CA 92025

Web Version

Forward

Unsubscribe

