

# Ayurveda Yin Yoga & Sound Immersion Workshop

Sunday, Oct. 8th, 2-4pm

\$30 pre-sale, \$35 day of event

Join Ani, Keila and David for an all-level experience to balance mind, body, spirit and doshas throughout your daily (and yearly) life using Ayurvedic principles.

Get more details and pre-register via KarmaSoft at  
[sattvayogacenter.com](http://sattvayogacenter.com)



Sattva  
Yoga Center

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