

Fourth Friday every month in 2025

# MYSTIC MOON



CIRCLES ARE BACK!

with Mandy McGaugh

Beginning 1/24 6pm

- Guided meditation
- Breathwork
- Soundbath
- Somatic practices
- New Moon intentions



**Sattva**  
Yoga Center

**Register today at**  
**[www.sattvayogacenter.com](http://www.sattvayogacenter.com)**  
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