

# Sattva Yoga Center

## REJUVENATION

## DAY RETREAT

SUNDAY, MARCH 9th

12:00-4:00 PM

YIN & HATHA YOGA | LIVE MUSIC  
SNACKS/BEVERAGES PROVIDED  
SEASONAL NUTRITION TIPS  
BHAKTI/KIRTAN BREAK  
GUIDED MEDITATION



scan  
to  
book

