



Greetings, Sattva Friends and Yogis!



YIN YOGA & SINGING BOWLS

WORKSHOP — On Sunday, March 1 from 2:00 p.m. - 4:00 p.m. Sylvi Harwin will hold her first quarterly workshop, accompanied by Susan Marray on the Tibetan bowls and gongs. Workshop will focus on activating and learning about all the chakras. Cost: \$30 in advance, \$35 at the door. Due to necessary props and

limited space, pre-registration is required. Sign up at the studio or via email or Facebook Messenger.

SATURDAY SPECIAL ROTATING CLASSES —

Included with your regular Sattva pricing, these **Saturday afternoon** classes are from **4:00 p.m. - 5:30 p.m.** and are suitable for all levels.

March 7 - Restorative Yoga with Jan Spain

March 14 - Yin Yoga/Healthy Back with Sylvi Harwin

March 21 - TBA with Jill Weigt

March 28 - Essential Oils & Asanas for Sleep with Jill Fox





YOGA LISTENING PARTY - NO CHARGE! —

Come flow to the new album of Sattva student **Randy Renner on Sunday, March 8 from 2:00 p.m. -- 4:00 p.m.** Sign up in the studio or via email or Facebook Messenger. This will be the Hatha 3 Flow in a non-heated studio.

WOMEN'S CIRCLE WITH TERESA CAPESSO

— The second **Full Moon Women's Circle with Sattva teacher Teresa Capasso** will be held **Sunday, March 8 from 6:00 p.m. - 8:00 p.m.** As Teresa explains: "Women's circles can be many things. They are often centered around the phases of the moon, full moon or new moon circles and can include movement, guided meditation, activities, healing, sharing ... insights into the energies around that particular moon phase and how that affects us."

Cost: \$20; \$15 if paid in advance. Sign up in the studio or via email or Facebook Messenger.



YOGA FOR YOUTH — Beginning in March, the class formerly called Yoga for Boys will be expanding to include all youth ages 10-15! Now called **Yoga for Youth**, classes will be held **Tuesdays from 4:15 p.m. - 5:15 p.m.** Parents attending Hatha 1 upstairs at the same time (using any Sattva pass or drop-in pricing) **pay just \$10** for their child to attend yoga with Keila downstairs.



HATHA 1-HOUR CANCELLED — Going forward, there will be **no Hatha 1-Hour class on Wednesdays from 3:45 p.m. to 4:45 p.m.**

ATTENTION 10-CLASS PASS HOLDERS! — Please remember to **mark your own cards** when you attend

class in the studio, so there is an accurate record of how many classes you have used. Cards are stored in accordion files on the front desk, organized in alphabetical order by first name. Please ask a teacher for help as needed, or if you have any questions about updating your card after renewing your pass. Thank you!



“Practice meditation. You'll find that you are carrying in your heart a portable paradise.”

— Paramahansa Yogananda



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