



SATTVA

A Weekend Yoga and Ayurveda Retreat for Every Body

Weekend at a Glance:

Each Sattva weekend is different. Yoga is rich with so many topics for us to explore and utilize to bring us to a greater sense of Sattva. So, what is Sattva? Sattva is the highest, inner quality of harmony, purity, and conscious living. It is the intelligence awakened within when we practice the simple, joyful, yogic life. There is something here for everyone, regardless of previous experience. If you seek to bring Yoga more fully into your life, wherever you are on the path, we hope you join us if you feel inspired.

THURSDAY

4 PM – 6 PM	Registration & Settling In
6:30 PM	Light Dinner
7:30 PM	Growing Community
8 PM	Bringing Yoga into Every Breath
9:30 PM	Yoga Nidra

FRIDAY

5 AM	Morning Ayurvedic Practice
6 AM	Meditation & Mantra
7 AM	Hatha Yoga Practice & Pranayama
9 AM	Breakfast
10:30 AM	The Biology of Belief
12:30 N	Lunch
2 PM	Deepening the Practice -- Pranayama
4 PM	Retreat & Rejuvenation – self-reflection
6 PM	Dinner
8 PM	Satsang – Teachings & Discussion
9 PM	Meditation

SATURDAY

5 AM	Morrning Ayurvedic Practice
6 AM	Meditation & Mantra
7 AM	Hatha Yoga Practice & Pranayama
9 AM	Breakfast
10:30 AM	Purification Practices & The Sacred OM
12:30 N	Lunch
2 PM	Deepening the Practice - Mudras & Bandha
4 PM	Retreat & Rejuvenation - self-reflection
6 PM	Dinner
8 PM	Satsang
9 PM	Puja Ceremony

SUNDAY

5 AM	Morrning Ayurvedic Practice
6 AM	Meditation & Mantra
7 AM	Hatha Yoga Practice & Pranayama
9 AM	Breakfast
10:30 AM	Kula Satsang
12:30 N	Lunch & Departure

We are so excited to have you join us for this evolutionary weekend!

For more information, email britt@yogawithbritt.com