

Sattva

Yoga and Ayurveda Retreat for Every Body

with Britt Bensen Steele

Return to your Sacred Center. Return to Sattva.

Awaken your spirit.
Balance your body.
Nourish your soul.
Realize your wholeness.
Play. Laugh.
Take in nature.
Share soulful food.
Purify. Meditate.
Breathe.

Awaken your
true essence.
Strengthen your body.
Open your heart.
Align with divinity.
Return to the source.
Let yourself shine.

Hatha. Pranayama. Ayurveda.
Yoga Nidra. Svadhyaha. Mantra.
The Vedas. Kirtan. Bhakti.

June 11-14, 2009

\$195* early registration
*plus Dana Offering

\$215* after May 20
*plus Dana Offering

For details and registration
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www.YogaWithBritt.com