

A Satsang Gathering to Celebrate the Winter Solstice

Thursday, December 21st 6:30 to 8:00

A Celebration of Light and the Wisdom of the Sages

Satsang: **Sat** means “truth.” **Sang** means “the company of.”

Join us at the studio and online via Zoom to immerse in and share the wisdom given to us by yoga’s sages. We also gather to celebrate the Winter Solstice: the turning from darkness (the longest night) to light (the hours of daylight gradually begin increasing).

Listen to a short discourse about the significance of light in yoga’s teachings.

Chant to allow the light of your heart to shine.

Meditate to experience your inherent nature as Light and Joy.

Share what you experienced from your meditation.

Light refreshments to follow.

Bring a meditation journal. This event is free. Optional donations welcome. Current Yoga + Meditation students: You can choose to use your class card as usual, attend free or donate whatever you like.

If you plan to attend via Zoom, RSVP so that we can send you join info.

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