

# A Satsang Gathering to Celebrate the Winter Solstice

**Thursday, December 21<sup>st</sup> 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.

THE CENTERED PLACE YOGA STUDIO  
286 BRIDGE ST. WARREN MA  
413 436-7374

[WWW.THECENTEREDPLACE.COM](http://WWW.THECENTEREDPLACE.COM)