

Sattva Yoga & Healing Center

Sattva Yoga & Healing Center is an educational facility dedicated to fostering the classic Vedic arts of Yoga and Ayurveda.

Yoga offers a methodical, comprehensive technology for self-discovery and personal development.

Ayurveda teaches a natural system of healing through individual alignment with the universal laws of nature.

Knowledge and application of both sciences promotes a life of fulfillment and harmony.

The Center offers daily **Sattva Yoga** classes, workshops and lectures on aspects of Yoga and Ayurveda, one-on-one sessions, and private consultations.



Beverley Segel
Yoga & Ayurvedic Health
Educator
Registered Yoga
Teacher
Certified Massage
Therapist

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Bright, spacious studio!

Sattva Yoga & Healing Center
1620 La Vista Rd, Atlanta GA 30329
(404) 218-3273

For class schedule & directions
www.sattvahealing.com

Ayurveda

This ancient healing system developed in conjunction with Yoga as a means to increase health and longevity. Adherence to Ayurvedic guidance allows one to practice yoga unhindered by disease and dysfunction, thus enjoying a long and fruitful life.

Sattva Yoga & Healing is committed to educating students in the theory and application of Ayurvedic health practices through seminars and individual consultations.

Familiarity with **Ayurveda** greatly enriches one's study of yoga through increased self-knowledge, allowing for individualized refinement of the **Sattva Yoga** working principles.