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SANGAM RETREAT



Yogaś Chitta-Vṛitti-Nirodhaḥ ||1.2||

Yoga is the cessation of the tendencies of the mind.

Hi Friends,

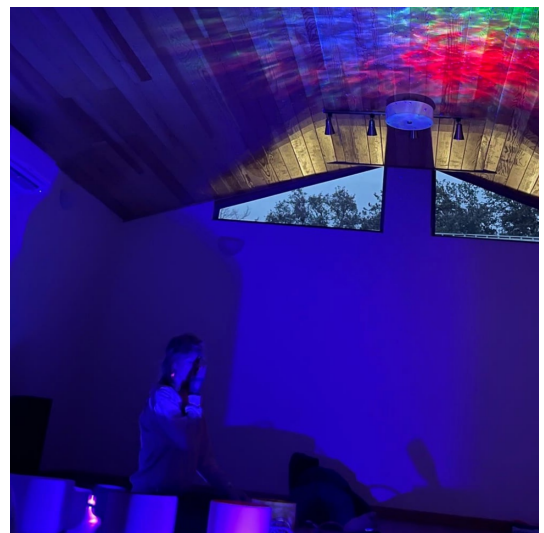
We can't believe it's already March! February brought us chilly weather, and it looks like we're in for some more. We don't know about you, but we are more than ready for Bluebonnet season! By the end of the month, the grounds will be filled with a sea of flowers adding to the already charming atmosphere of the property.

Last month, we were finally able to join together as a community and had our first event back on-site: a Sound Bath facilitated by Ellie of Crystal Voyager Vibes; it was wonderful to have people join together in community once again. Her guided meditation and crystal bowls were the perfect combination for the end of the week. Ellie will be back at Sangam Retreat this month for another Sound Bath experience, and we hope you'll join us!

Need to read this later? Here are a few highlights:

- [Upcoming Events & Workshops](#)
- [Celebrate : Holi](#)

- [Monthly Musings](#) - Yoga Sutra 1.2
- [YogaShala - New Studio Space](#)
- [Bring Your Event to Sangam Retreat](#)



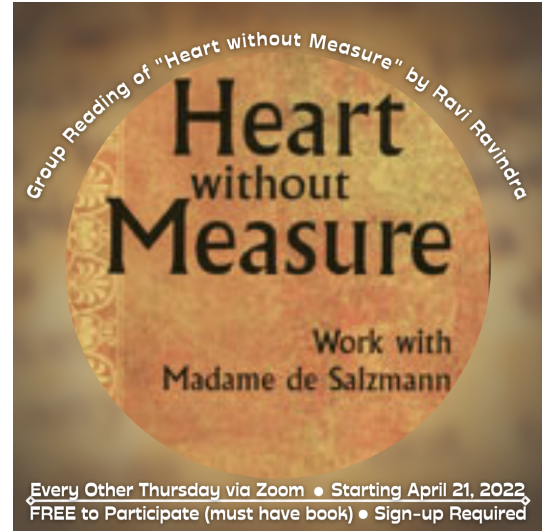
"It was cold outside, but in the yogashala it felt warm like a cocoon. Each sound bath experience is different, depending on the facilitator, space, etc. I had only been to virtual ones before, but attending a live one was...*wow*. I slept so soundly Friday night and my back and body have been devoid of all physical tension this weekend. I feel better than I have after a massage."

- **Bethany H. of The Writing Barn** sharing about her experience of the February Sound Bath gathering.

This month's Sound Bath (Friday, March 25th at 6:30pm) is all about exploring how to visualize what you want to manifest in your life.

The Sound Bath is Donation-Based!
Pre-register to reserve your spot, or pay at the door.

[Click Here to Pre-Register](#)



Holi, now a festival celebrated around the world, will be held this year on Friday, March 18th.

Just as the Winter Solstice, Holi celebrates the ending of Winter and the coming of Spring; when dark turns to light and new paths for growth are revealed. In many cases, the holiday also represents good prevailing over evil, and the honoring of lore and devas found within the Indian ancient texts. ([Click here to read one of the more commonly told legends associated with the festival](#)).

The observance of the Holi festival varies on location. However, the thread that links them all is the colorful daytime revelry that encourages the mending of what's broken, the forming of new friendships, the sharing of love, and the gathering of community to welcome in the opportunity for new beginnings.

Celebrated by throwing gulal (colorful powder) and dancing in the streets, the festival offers the chance for both young and old to put down their worries and enjoy the colorful nature of life, joy, and love.



Yoga Sutra 1.2



I remember the first time I actually felt like I was practicing capital “y” Yoga. It was after a rigorous class (I mostly practiced vinyasa in those days), and we had settled down onto the floor for the final asana of practice: savasana. As I began to focus and allowed the teacher’s cues to guide me into relaxation, it happened. Instead of falling asleep or trying to focus on “relaxing”, the floor beneath me seemed to melt away. My mind was aware but not thinking, time had stopped, and everything else fell away. I found a place that I hadn’t been before. A place, a feeling, that was both familiar and unknown; a place that existed deep within me that I had forgotten. There was no desire or floating thoughts, there was simply be-ing where everything else ceased to exist. I was watching the experience of being in savasana, but not with my eyes nor my mind, but from somewhere deeper—from a Knowing Self. I wasn’t in savasana, I *was* savasana.

And then...as is human, my thinking mind hopped back online and I returned to the experience of my physical form—aware of the floor beneath me, the students next to me, and the room around me.

Yoga Sutra 1.2 talks about the place I had found while resting in savasana. ... [\(Click here to read the rest of the Monthly Musing\)](#)



YOGASHALA

New Studio Space



Our new, 600 sq ft studio was completed in September 2021. With soft (yet sturdy) wooden floors, vaulted ceilings, and large open windows, the YogaShala is the perfect place to enjoy time on your mat.



We look forward to seeing the studio filled with a variety of classes, events, and workshops. We have a lot of things in store for you all, so stay tuned!



BRING

Your Event to Sangam Retreat



Are you a yoga or spiritual practitioner?

Bring your event to Sangam Retreat! Email us at events@sangamretreat.com to set up an appointment to discuss booking

an event.

Located in the heart of Austin, but tucked away from the bustling city, we offer several multi-purpose buildings--including our 1200 sq ft. Buddha Hall, and our new, 600 sq ft. YogaShala studio space--and outdoor spaces on a 7.5 acre property that provides a rustic atmosphere while being surrounded by local flora and fauna.



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