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# SANGAM RETREAT



*Atha Yoga Anuśāsanam - Yoga Sutra 1.1*

**Now, we begin the practice of yoga.**

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**Hi Friends,**

We know it's been a while, but we are so excited to announce that we are revitalizing the offered programs at Sangam Retreat!

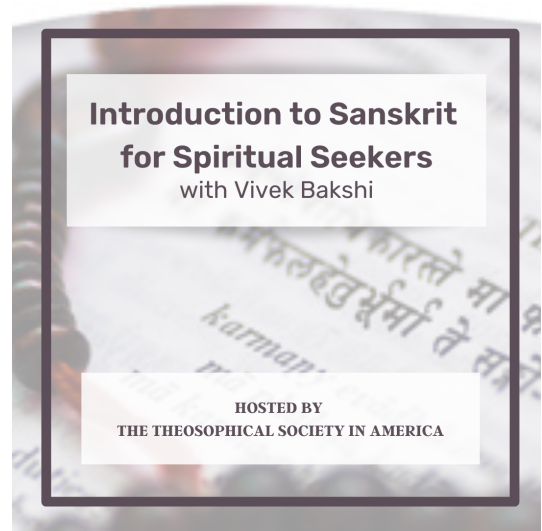
The pandemic has brought a lot of uncertain times, with a climate that is forever changing. However, we hope that offering a return to practice, study, and creativity will allow for a reconnection to one's own inner wisdom--and therefore help to provide a sense of support and connection to both Earth and Spirit.

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

- [Upcoming Events & Workshops](#)
  - [Meet The Team](#)
  - [Monthly Musings](#)
  - [Bring Your Event to Sangam Retreat](#)
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# UPCOMING

Events &  
Workshops



Dr. Vivek Bakshi discusses his upcoming educational series, "Introduction to Sanskrit for



### **Vivek Bakshi - Founder**



Vivek Bakshi, Ph.D., is the founder of the Sangam Retreat, the spiritual arm of The Writing Barn, a writing retreat and workshop space in Austin, Texas, that he owns and operates with his wife, Bethany Hegedus. Born in Lucknow, India and a graduate of the Indian Institute of Technology, he received his Ph.D. in Physics in the U.S.

A student of yoga for the past 15 years, coupled with his studies of Sanskrit at the University of Texas, has led Vivek to develop programming in an effort to serve yogis and yoga therapists, as well as other spiritual seekers, in reading, writing, and understanding the meaning of Sanskrit words, shlokas and scriptures. Scriptures such as Ramayana, the Yoga Sutras of Patanjali, the Upanishads, and the Bhagavad Gita are among his favorites.

### **Jessica Pelle - Director of Marketing, Programs, and Events**

Jessica was born and raised in California, USA and made the move to Austin in 2012. In addition to working with Sangam Retreat, she also assists Vivek with his Physics company.

Jessica has been a student of yoga for 10+ years and is currently pursuing Yoga Therapy certification. She is dedicated to serving populations that can benefit from the therapeutic tools of yoga and allows them to experience yoga in an inclusive, low stressor, judgement free environment. She hopes to bring events to Sangam Retreat that will nourish all parts of the Self: mind, body, and spirit.

Jessica has over 15 years of experience in customer service, marketing, management, sales, and administration. She looks forward to serving the Sangam Retreat community.

### **Phylicia Walker - Marketing Assistant**



Born and raised in the DMV area, Phylicia moved to the Austin area in 2018 to further her education.

As a Writing & Rhetoric major, she strives to create clear, concise, and compelling copy.



Yoga Sutra 1.1

अथ योगानुशासनं

atha yoga anuśāsanam

This Sutra can be translated to "Now, we begin the practice of Yoga." What a beautiful sentiment, especially at the beginning of a new year. A returning to Presence, to the Now, to the Pause that can be found before the start of anything new and at the end of something old.

To many, a Yoga practice is many things: physical activity, time to spend alone with the Self, spiritual connection--and at times, it's everything at once. But within those different meanings, the same opportunity is presented: the opportunity to lean into the sensation of

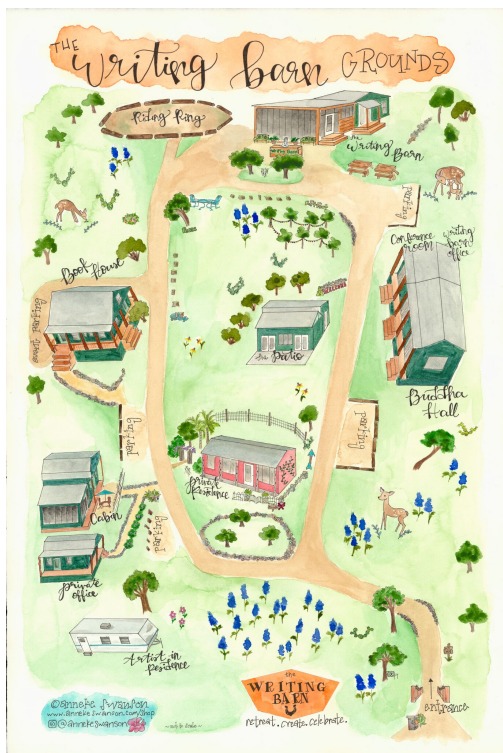
"right at this very moment, this is my experience (practice) and I will sit with the Now, and everything that currently is".

And that's how I choose to look at Yoga Sutra 1.1 : Atha Yoga Anushasanam. A remembering, a returning to the understanding that the practice of yoga begins any time we find ourselves fully present AND any time we pause with the intention of spending a moment with the Now, no matter how brief it may be.



Are you a yoga or spiritual practitioner?

Bring your event to Sangam Retreat! Email us at [events@sangamretreat.com](mailto: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 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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