<!DOCTYPE html>

<html lang="en-GB" class="no-js">

<head>

<meta charset="utf-8" />

<meta name="viewport" content="width=device-width, initial-scale=1" />

<title>About Sattvalife Yoga</title>

<link href="https://fonts.googleapis.com/css2?family=Playfair+Display:wght@600;700&family=Work+Sans:wght@300;400;600;700&display=swap" rel="stylesheet">

<style>

.hero{

padding:16vh 0 10vh;

display:flex; flex-direction:column; align-items:center; justify-content:center;

text-align:center; gap:.6rem;

}

.hero h1{display:inline-block; position:relative; padding-bottom:.7rem;}

.hero h1::after{

content:""; position:absolute; left:50%; transform:translateX(-50%); bottom:0;

width:180px; height:6px; background:var(--accent); border-radius:8px;

}

.hero .tagline{

margin-top:.8rem; font-size:clamp(1rem, 2.5vw, 1.125rem); color:#b3b3b3;

font-weight:600; text-shadow:0 1px 0 rgba(0,0,0,.35);

}

.lotus-sep{ display:flex; align-items:center; justify-content:center; gap:16px; margin:0 auto 18px; width:100%; }

.lotus-sep .line{ flex:1 1 auto; height:1px; }

.lotus-sep img{ width:56px; height:56px; display:block; filter:drop-shadow(0 1px 0 rgba(0,0,0,.35)); }

.card{ border-radius:14px; }

.card .card-body{ padding:clamp(1.2rem, 3.2vw, 2.4rem); }

.bio-grid{ display:grid; grid-template-columns:1fr 1fr; gap:clamp(1rem,2.5vw,2rem); align-items:start; }

.bio-grid .pic{ border-radius:12px; overflow:hidden; background:#1f1f1f; border:1px solid rgba(255,255,255,.12); }

.bio-grid .pic img{ width:100%; height:auto; display:block; aspect-ratio:1/1; object-fit:cover; }

.bio-grid .text h3{ font-family:"Playfair Display",serif; margin:.1rem 0 .5rem; }

.bio-grid .text p{ margin:0 0 .85rem 0; color:#e9e9e9; line-height:1.75; }

@media (max-width:980px){ .bio-grid{ grid-template-columns:1fr; } .bio-grid .pic img{ aspect-ratio:16/10; } }

.about-icons{ display:grid; grid-template-columns:repeat(auto-fit, minmax(220px,1fr)); gap:1rem; margin-top:.8rem; }

.aboutbox{ text-align:center; padding:1rem .9rem; display:flex; flex-direction:column; align-items:center; gap:.5rem; }

.aboutbox img{ width:auto; max-width:120px; max-height:110px; height:auto; display:block; }

.aboutbox h3{ margin:.1rem 0 .2rem; }

.aboutbox p{ margin:0; }

.back-to-top{ position:fixed; left:16px; bottom:16px; z-index:60; }

.backtop-link{ display:flex; flex-direction:column; align-items:center; gap:.35rem; text-decoration:none; }

.review-avatar{ width:48px; height:48px; border-radius:50%; object-fit:cover; margin-bottom:.5rem; border:1px solid rgba(255,255,255,.12); }

.review-details{ text-align:left; }

.review-author{ display:block; font-weight:700; margin-bottom:.25rem; }

.review-stars{ margin-bottom:.5rem; }

.review-time{ display:block; font-size:.85rem; margin-bottom:.5rem; opacity:.85; }

.review-text{ line-height:1.5; white-space:pre-wrap; }

</style>

</head>

<body>

<nav class="side-nav" aria-label="About page navigation">

<a href="#bios">Bios</a>

<a href="#vinyasa">Vinyasa</a>

<a href="#reviews">Reviews</a>

</nav>

<div class="back-to-top" aria-label="Back to Top">

<a href="#hero" class="backtop-link">

<span class="btn-circle" aria-hidden="true">▲</span>

<span class="label">Back to Top</span>

</a>

</div>

<div id="sl-fabs" class="sl-fabs" aria-label="Quick actions">

<a class="sl-fab sl-fab-primary sl-link" href="/staging/our-programs-project/#get-in-touch">Get in Touch</a>

<a class="sl-fab sl-fab-map" href="https://www.google.com/maps/place/Sattvalife/@52.6003958,-1.0812611,17z/data=!4m8!3m7!1s0x48776544d09950b1:0x117dffe7318d5c6a!8m2!3d52.6003958!4d-1.0812611!9m1!1b1!16s%2Fg%2F11l5cb08j3?entry=ttu" target="\_blank" rel="noopener" aria-label="Open Google Maps">🗺️</a>

</div>

<main>

<section id="hero" class="hero container reveal">

<h1>About Sattvalife Yoga</h1>

<p class="tagline">Learn more about our practice, values, and teachers.</p>

</section>

<section id="bios" class="container reveal">

<div class="lotus-sep">

<span class="line"></span>

<img src="https://sattvalife.yoga/staging/wp-content/uploads/2024/11/Lotus-element.png" alt="Lotus" />

<span class="line"></span>

</div>

<div class="card">

<div class="card-body">

<div class="bio-grid">

<figure class="pic">

<img src="https://sattvalife.yoga/staging/wp-content/uploads/2024/11/1-1024x1024.jpg"

srcset="https://sattvalife.yoga/staging/wp-content/uploads/2024/11/1-1024x1024.jpg 1024w, https://sattvalife.yoga/staging/wp-content/uploads/2024/11/1-768x768.jpg 768w, https://sattvalife.yoga/staging/wp-content/uploads/2024/11/1-650x650.jpg 650w, https://sattvalife.yoga/staging/wp-content/uploads/2024/11/1-300x300.jpg 300w, https://sattvalife.yoga/staging/wp-content/uploads/2024/11/1-150x150.jpg 150w, https://sattvalife.yoga/staging/wp-content/uploads/2024/11/1.jpg 1080w"

sizes="(max-width: 1100px) 50vw, 550px"

alt="Amisha Soni">

</figure>

<div class="text">

<h3>Amisha Soni</h3>

<p>As a teenager I was already pondering upon the meaning of life. My curiosity towards life and a constant push from my father led me to learn yoga for my personal development. Little did I know that I will take it up as a full time profession immediately after completing my degree.</p>

<p>Yoga changed my life by helping me fall in love with my imperfect self, discover my inner strength and truly appreciate/ embrace everything in and around me. With a strong desire to share this knowledge and to help people discover their inner strength, I found/ created Sattvalife yoga where people can trek on a journey of self discovery like never before. Come and join me in this journey!</p>

</div>

<div class="text">

<h3>Nish Soni</h3>

<p>I discovered my inner self through yoga amidst the hush life of a metro city. Yoga did not only helped me overcome the everyday stress but also inspired me to continue spreading this great practice to help achieve solace with one’s own being. Yoga is a complete alignment of mind body and soul through a series of physical postures, breathing techniques and meditation. It sums up the existence of a being. I was inclined towards joining to teach Sattvalife yoga because it focuses on the emotional maturity that one can gain from practicing yoga which forms the basis of a healthy mind and body leading to overall wellbeing. Sattvalife inspires one for a lifestyle change leading into a positive and enlightened life ahead and this pretty much sums my belief.</p>

<p>‘’Surrender yourself completely and discover the complete you.’’</p>

</div>

<figure class="pic">

<img src="https://sattvalife.yoga/staging/wp-content/uploads/2024/11/2-1024x1024.jpg"

srcset="https://sattvalife.yoga/staging/wp-content/uploads/2024/11/2-1024x1024.jpg 1024w, https://sattvalife.yoga/staging/wp-content/uploads/2024/11/2-768x768.jpg 768w, https://sattvalife.yoga/staging/wp-content/uploads/2024/11/2-650x650.jpg 650w, https://sattvalife.yoga/staging/wp-content/uploads/2024/11/2-300x300.jpg 300w, https://sattvalife.yoga/staging/wp-content/uploads/2024/11/2-150x150.jpg 150w, https://sattvalife.yoga/staging/wp-content/uploads/2024/11/2.jpg 1080w"

sizes="(max-width: 1100px) 50vw, 550px"

alt="Nish Soni">

</figure>

</div>

</div>

</div>

</section>

<section id="vinyasa" class="container reveal">

<div class="lotus-sep">

<span class="line"></span>

<img src="https://sattvalife.yoga/staging/wp-content/uploads/2024/11/Lotus-element.png" alt="Lotus" />

<span class="line"></span>

</div>

<div class="card">

<div class="card-body">

<h2 style="text-align:center">About Vinyasa Yoga</h2>

<p style="text-align:center;max-width:980px;margin:0 auto 1.25rem auto">

Vinyasa, also called flow because of the smooth way that the poses run together, is one of the most popular contemporary styles of yoga. It's a broad classification that encompasses many different types, including Ashtanga and power yoga. Yoga is a great activity if you have diabetes, high blood pressure, high cholesterol, or heart disease. It gives you strength, flexibility, and mind–body awareness.

</p>

<div class="about-icons">

<article class="aboutbox">

<img src="https://sattvalife.yoga/staging/wp-content/uploads/2016/12/h5-img-1-1.png" alt="Discover" width="91" height="103">

<h3>Discover yourself</h3>

<p>Connect to your inner Self through Vinyasa (flow) and identify the part of you that is stronger than the outside world.</p>

</article>

<article class="aboutbox">

<img src="https://sattvalife.yoga/staging/wp-content/uploads/2016/12/h5-img-2.png" alt="Mindfulness" width="129" height="106">

<h3>Mindfulness</h3>

<p>Experience mind–body awareness, the quality of being in the now, a sense of freedom, of perspective, of being connected.</p>

</article>

<article class="aboutbox">

<img src="https://sattvalife.yoga/staging/wp-content/uploads/2016/12/h5-img-3.png" alt="Meditation" width="95" height="107">

<h3>Meditation</h3>

<p>Experience mind–body awareness, the quality of being in the now, a sense of freedom, of perspective, of being connected.</p>

</article>

</div>

</div>

</div>

</section>

<section id="reviews" class="container reveal">

<div class="lotus-sep">

<span class="line"></span>

<img src="https://sattvalife.yoga/staging/wp-content/uploads/2024/11/Lotus-element.png" alt="lotus">

<span class="line"></span>

</div>

<div class="card">

<div class="card-body" style="padding-top:0;">

<h2 style="margin-bottom:.4rem;text-align:center;">Google Reviews</h2>

<div class="reviews-wrap">

<button class="btn-circle btn-circle--left reviews-prev" aria-label="Previous reviews"><span class="tri">▲</span></button>

<div class="reviews-track" aria-label="reviews slider">

<article class="reviews-card card">

<div class="card-body">

<img src="https://lh3.googleusercontent.com/a/ACg8ocJE8m51CUV6oxa3YGFxJ0gKYLfGkMDET0VI-hnexj99J9rU\_Os=s128-c0x00000000-cc-rp-mo" alt="Avatar of Al-Ameen Hassan" class="review-avatar" onerror="this.style.display='none'">

<div class="review-details">

<strong class="review-author">Al-Ameen Hassan</strong>

<div class="review-stars">★★★★★</div>

<time class="review-time">2 weeks ago</time>

<p class="review-text">Lovely people to work with 5 stars overall</p>

</div>

</div>

</article>

<article class="reviews-card card">

<div class="card-body">

<img src="https://lh3.googleusercontent.com/a/ACg8ocLTG0-W6b\_B7YDKrsFrpBTGv9\_GWW-Fn4LmPiLV4rv2egIAVQ=s128-c0x00000000-cc-rp-mo-ba2" alt="Avatar of Harpreet Bhoot" class="review-avatar" onerror="this.style.display='none'">

<div class="review-details">

<strong class="review-author">Harpreet Bhoot</strong>

<div class="review-stars">★★★★★</div>

<time class="review-time">2 months ago</time>

<p class="review-text">A really good teacher and yoga class. It's helped me to be more flexible, and strengthen. I love these classes</p>

</div>

</div>

</article>

<article class="reviews-card card">

<div class="card-body">

<img src="https://lh3.googleusercontent.com/a/ACg8ocJx7Tg9bko3CALhIhXTNscxB37R55-JwmnJQQZw2idr3Bee=s128-c0x00000000-cc-rp-mo" alt="Avatar of Ariana A" class="review-avatar" onerror="this.style.display='none'">

<div class="review-details">

<strong class="review-author">Ariana A</strong>

<div class="review-stars">★★★★★</div>

<time class="review-time">3 months ago</time>

<p class="review-text"></p>

</div>

</div>

</article>

</div>

<button class="btn-circle btn-circle--right reviews-next" aria-label="Next reviews"><span class="tri">▲</span></button>

</div>

<div class="reviews-cta" style="text-align:center; margin-top:.75rem;">

<a class="btn" href="https://www.google.com/maps/place/Sattvalife/@52.6003958,-1.0812611,17z/data=!4m8!3m7!1s0x48776544d09950b1:0x117dffe7318d5c6a!8m2!3d52.6003958!4d-1.0812611!9m1!1b1!16s%2Fg%2F11l5cb08j3?entry=ttu" target="\_blank" rel="noopener">Find Us on Google Maps</a>

</div>

</div>

</div>

</section>

</main>

<script>

document.documentElement.classList.add('js');

(function(){

const els = document.querySelectorAll('.reveal');

if(!('IntersectionObserver' in window)){ els.forEach(e=>e.classList.add('in')); return; }

const io = new IntersectionObserver((entries,obs)=>{

entries.forEach(en=>{

if(en.isIntersecting){ en.target.classList.add('in'); obs.unobserve(en.target); }

});

},{threshold:0.1});

els.forEach(e=>io.observe(e));

})();

(function(){

const wrap = document.querySelector('.reviews-wrap'); if(!wrap) return;

const track = wrap.querySelector('.reviews-track');

const prev = wrap.querySelector('.reviews-prev');

const next = wrap.querySelector('.reviews-next');

function step(dir){ track.scrollBy({ left: dir \* track.clientWidth, behavior:'smooth' }); }

prev.addEventListener('click', ()=>step(-1));

next.addEventListener('click', ()=>step( 1));

})();

(function(){

const nav = document.querySelector('.side-nav'); if(!nav) return;

const links = nav.querySelectorAll('a');

const secs = Array.from(links).map(a=>document.querySelector(a.getAttribute('href'))).filter(Boolean);

if (!('IntersectionObserver' in window) || !secs.length) return;

const spy = new IntersectionObserver((entries)=>{

entries.forEach(entry=>{

const id = '#'+entry.target.id;

const link = nav.querySelector(`a[href="${id}"]`);

if(entry.isIntersecting){

links.forEach(l=>l.classList.remove('is-active'));

if(link) link.classList.add('is-active');

}

});

},{rootMargin:'-45% 0px -50% 0px',threshold:0});

secs.forEach(s=>spy.observe(s));

})();

</script>

</body>

</html>