<!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>Sattvalife Yoga — Stop Worrying, Start Living!</title>

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

<style>

:root{

--accent:#f7838d;

--text:#f2f2f2;

--muted:#d9d9d9;

--dark-1:#161616;

--dark-2:#272727;

--surface:#1f1f1f;

--surface-2:#232323;

--surface-3:#2d2d2d;

--surface-4:#343434;

--line:rgba(255,255,255,.12);

--shadow:0 8px 28px rgba(0,0,0,.35);

--shadow-lg:0 12px 40px rgba(0,0,0,.35);

--container:1160px;

--f1:clamp(2rem, 4vw, 3.25rem);

--f2:clamp(1.35rem, 2.4vw, 1.75rem);

--f3:clamp(1.1rem, 1.9vw, 1.35rem);

--f4:clamp(.95rem, 1.4vw, 1.05rem);

--r:16px;

--r-lg:24px;

--gap:clamp(12px, 2.2vw, 20px);

--panel-w:340px;

--panel-h:240px;

--gx:50%;

--gy:50%;

--blurR:1400px;

}

html,body{height:100%;}

html{scroll-behavior:smooth;}

body{

margin:0;

color:var(--text);

background:linear-gradient(135deg,var(--dark-1) 0%, var(--dark-2) 100%);

font-family:"Work Sans", system-ui, -apple-system, Segoe UI, Roboto, Arial, sans-serif;

line-height:1.65

}

.container{max-width:var(--container); margin:0 auto; padding:0 16px;}

.btn{display:inline-flex; align-items:center; gap:.5rem; padding:.72rem 1.05rem; border-radius:999px; text-decoration:none; font-weight:700; letter-spacing:.2px; background:var(--accent); color:#111; box-shadow:var(--shadow);}

.btn:hover{transform:translateY(-1px);}

.btn:active{transform:translateY(0);}

.btn-outline{background:transparent; border:1px solid var(--line); color:var(--text);}

.btn-outline:hover{background:rgba(255,255,255,.06);}

.hero{

position:relative;

display:grid;

grid-template-columns:1.2fr .8fr;

align-items:center;

gap:clamp(16px, 3vw, 36px);

padding:clamp(22vh, 26vh, 28vh) 0 clamp(12vh, 16vh, 18vh);

}

@media (max-width:980px){ .hero{grid-template-columns:1fr; padding:18vh 0 12vh;} }

.hero .copy h1{

margin:0 0 .6rem 0;

font-family:"Playfair Display", serif;

font-weight:700;

font-size:var(--f1);

line-height:1.15;

}

.hero .copy p{ font-size:var(--f3); margin:0 0 1.1rem 0; color:#e6e6e6; }

.cta-row{ display:flex; flex-wrap:wrap; gap:.75rem; }

.hero .visual{

position:relative; min-height:420px; border-radius:var(--r-lg);

overflow:hidden; background:radial-gradient(800px 600px at var(--gx) var(--gy), rgba(247,131,141,.22), rgba(0,0,0,0) 60%);

border:1px solid var(--line); box-shadow:var(--shadow-lg);

}

.hero .visual img{position:absolute; inset:0; width:100%; height:100%; object-fit:cover; opacity:.9;}

.hero .visual .blur{

position:absolute; width:65vmax; height:65vmax; left:calc(var(--gx) - 32vmax); top:calc(var(--gy) - 32vmax);

filter:blur(var(--blurR)); background:radial-gradient(closest-side at 50% 50%, rgba(247,131,141,.22), rgba(0,0,0,0));

pointer-events:none; opacity:.7;

}

.badges{display:flex; gap:1rem; align-items:center; margin-top:.75rem;}

.badge{display:flex; align-items:center; gap:.5rem; padding:.5rem .75rem; border:1px solid var(--line); border-radius:999px; background:rgba(255,255,255,.04);}

.badge img{width:22px; height:22px;}

.grid-3{ display:grid; grid-template-columns:repeat(3,1fr); gap:var(--gap);}

@media (max-width:980px){ .grid-3{grid-template-columns:1fr;} }

.card{ background:linear-gradient(180deg, var(--surface) 0%, var(--surface-2) 100%); border:1px solid var(--line); border-radius:var(--r); box-shadow:var(--shadow); }

.card .card-body{ padding:clamp(1.2rem, 2.5vw, 1.8rem); }

.tile{

position:relative; overflow:hidden; display:flex; flex-direction:column; gap:.6rem;

padding:clamp(1rem, 2.2vw, 1.4rem); min-height:210px;

}

.tile h3{ margin:.2rem 0 .35rem; font-family:"Playfair Display", serif; font-weight:700; font-size:var(--f2); }

.tile p{ margin:0; color:#e9e9e9; font-size:var(--f4); }

.tile .cta{ margin-top:auto; display:flex; gap:.6rem; align-items:center; }

.tile .cta .arrow{font-size:1.15rem;}

.section{ padding:clamp(3rem, 8vw, 5rem) 0; }

.section h2{

font-family:"Playfair Display", serif; font-size:var(--f2); text-align:center; margin:0 0 1.1rem 0;

}

.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; background:var(--line); }

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

.programs .item{ display:grid; grid-template-columns:1fr 1fr; gap:var(--gap); align-items:center;}

.programs .item:nth-child(even){ direction:rtl; }

.programs .item:nth-child(even) .copy{ direction:ltr; }

.programs .image{ border-radius:var(--r); overflow:hidden; min-height:300px; border:1px solid var(--line); background:#111; }

.programs .image img{ width:100%; height:100%; object-fit:cover; display:block;}

.programs .copy h3{ margin:.2rem 0 .35rem; font-family:"Playfair Display", serif; font-weight:700; font-size:var(--f2); }

.programs .copy p{ margin:0 0 .8rem 0; color:#e9e9e9; font-size:var(--f4); }

.programs .copy .cta-row{ margin-top:.6rem; }

@media (max-width:980px){

.programs .item{ grid-template-columns:1fr; }

.programs .item:nth-child(even){ direction:ltr; }

}

.features{ display:grid; grid-template-columns:repeat(3,1fr); gap:var(--gap); }

.feature{ text-align:center; padding:1rem .9rem; display:flex; flex-direction:column; align-items:center; gap:.5rem; border:1px solid var(--line); border-radius:var(--r); background:linear-gradient(180deg, var(--surface-2), var(--surface-3)); }

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

.feature h3{ margin:.1rem 0 .2rem; font-size:1.15rem; }

.feature p{ margin:0; color:#e9e9e9; font-size:var(--f4); }

@media (max-width:980px){ .features{ grid-template-columns:1fr; } }

.reviews{ position:relative; }

.reviews .track{ display:grid; grid-template-columns:repeat(3, 1fr); gap:var(--gap); }

.review{ border:1px solid var(--line); border-radius:var(--r); padding:1rem; background:linear-gradient(180deg, var(--surface-2), var(--surface-4)); display:flex; flex-direction:column; gap:.5rem;}

.review .top{ display:flex; align-items:center; gap:.75rem; }

.review img{ width:44px; height:44px; border-radius:50%; object-fit:cover; border:1px solid var(--line); }

.review .name{ font-weight:700; }

.review .stars{ letter-spacing:.05em; }

.review .time{ opacity:.85; font-size:.85rem; }

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

.reviews .nav{

display:flex; justify-content:center; gap:.6rem; margin-top:1rem;

}

.btn-circle{ width:42px; height:42px; border-radius:999px; display:grid; place-items:center; border:1px solid var(--line); background:rgba(255,255,255,.06); cursor:pointer; }

.btn-circle:hover{ transform:translateY(-1px); }

.btn-circle:active{ transform:translateY(0); }

.faq .qa{ border:1px solid var(--line); border-radius:var(--r); overflow:hidden; }

.faq .qa + .qa{ margin-top:.75rem; }

.faq summary{

list-style:none; cursor:pointer; padding:1rem 1.15rem; font-weight:700; background:linear-gradient(180deg, var(--surface-2), var(--surface-3));

}

.faq summary::-webkit-details-marker{ display:none; }

.faq .a{ padding:0 1.15rem 1rem; color:#e9e9e9; }

.cta-band{

margin-top:2rem; border-radius:var(--r-lg); border:1px solid var(--line);

background:linear-gradient(135deg, rgba(247,131,141,.18), rgba(255,255,255,.04));

display:grid; grid-template-columns:1fr auto; gap:var(--gap); align-items:center;

padding:clamp(1.1rem, 2.5vw, 1.6rem);

}

.cta-band h3{ margin:0; font-family:"Playfair Display", serif; font-size:var(--f2); }

.cta-band p{ margin:.2rem 0 0 0; color:#e9e9e9; font-size:var(--f4); }

.cta-band .actions{ display:flex; gap:.6rem; flex-wrap:wrap; }

@media (max-width:980px){ .cta-band{ grid-template-columns:1fr; } }

.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; }

.side-nav{ position:fixed; right:12px; top:50%; transform:translateY(-50%); display:flex; flex-direction:column; gap:.35rem;}

.side-nav a{ display:block; width:10px; height:10px; border-radius:50%; background:rgba(255,255,255,.3); border:1px solid var(--line); text-indent:-9999px; }

.side-nav a.is-active{ background:var(--accent); }

header .bar{

position:fixed; top:0; left:0; right:0; z-index:90;

display:flex; align-items:center; justify-content:space-between; gap:1rem;

padding:.6rem .95rem; border-bottom:1px solid var(--line);

background:rgba(22,22,22,.75); backdrop-filter:saturate(120%) blur(10px);

}

header .brand{ display:flex; gap:.6rem; align-items:center; text-decoration:none; color:inherit; }

header .brand img{ width:36px; height:36px; }

header nav{ display:flex; align-items:center; gap:.6rem; }

header nav a{ text-decoration:none; color:var(--text); padding:.45rem .7rem; border-radius:999px; border:1px solid transparent;}

header nav a:hover{ border-color:var(--line); background:rgba(255,255,255,.06); }

</style>

</head>

<body>

<header>

<div class="bar container">

<a class="brand" href="/">

<img src="https://sattvalife.yoga/wp-content/uploads/2016/12/logo.png" alt="Sattvalife logo">

<strong>Sattvalife Yoga</strong>

</a>

<nav aria-label="Primary">

<a href="/">Home</a>

<a href="/staging/about-us/">About</a>

<a href="/staging/our-programs-project/">Programs</a>

<a href="/staging/our-programs-project/#get-in-touch" class="btn">Get in Touch</a>

</nav>

</div>

</header>

<div class="side-nav" aria-label="Page sections">

<a href="#hero">Hero</a>

<a href="#programs">Programs</a>

<a href="#features">Features</a>

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

<a href="#faq">FAQ</a>

</div>

<main>

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

<div class="copy">

<h1>Stop Worrying, Start Living!</h1>

<p>Yoga that meets you where you are—gentle, welcoming, and designed for real life. Build strength, breathe deeper, and feel lighter—one class at a time.</p>

<div class="cta-row">

<a class="btn" href="/staging/our-programs-project/#get-in-touch">Try a Class</a>

<a class="btn btn-outline" href="/staging/about-us/">About Us</a>

</div>

<div class="badges">

<span class="badge"><img src="https://sattvalife.yoga/staging/wp-content/uploads/2016/12/h5-img-3.png" alt="">Teacher-led</span>

<span class="badge"><img src="https://sattvalife.yoga/staging/wp-content/uploads/2016/12/h5-img-1-1.png" alt="">Mindful Flow</span>

<span class="badge"><img src="https://sattvalife.yoga/staging/wp-content/uploads/2016/12/h5-img-2.png" alt="">Beginner Friendly</span>

</div>

</div>

<div class="visual">

<img src="https://sattvalife.yoga/staging/wp-content/uploads/2024/11/hero-yoga.jpg" alt="Yoga practice">

<div class="blur" aria-hidden="true"></div>

</div>

</section>

<section id="programs" class="section programs container">

<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="item">

<div class="image card">

<img src="https://sattvalife.yoga/wp-content/uploads/2024/07/1659074827237.jpeg" alt="Group classes">

</div>

<div class="copy">

<h3>Group Classes</h3>

<p>Build consistency and confidence in a friendly, supportive space. Move, breathe, and reconnect—with options for all levels.</p>

<div class="cta-row">

<a class="btn" href="/staging/our-programs-project/#get-in-touch">Book Now</a>

<a class="btn btn-outline" href="/staging/about-us/">Learn More</a>

</div>

</div>

</div>

<div class="item">

<div class="image card">

<img src="https://sattvalife.yoga/staging/wp-content/uploads/2025/09/WhatsApp-Image-2024-07-03-at-3.07.23-PM.webp" alt="Corporate wellness">

</div>

<div class="copy">

<h3>Corporate Wellness</h3>

<p>Reduce stress and improve team wellbeing with tailored corporate yoga sessions that fit your schedule and goals.</p>

<div class="cta-row">

<a class="btn" href="/staging/our-programs-project/#get-in-touch">Enquire</a>

<a class="btn btn-outline" href="/staging/about-us/">Program details</a>

</div>

</div>

</div>

<div class="item">

<div class="image card">

<img src="https://sattvalife.yoga/wp-content/uploads/2024/07/WhatsApp-Image-2024-07-03-at-3.07.21-PM.jpeg" alt="Online sessions">

</div>

<div class="copy">

<h3>Online Sessions</h3>

<p>Practice from home with live, interactive classes—perfect for busy schedules or if you’re outside Leicester.</p>

<div class="cta-row">

<a class="btn" href="/staging/our-programs-project/#get-in-touch">Try Online</a>

<a class="btn btn-outline" href="/staging/about-us/">What to expect</a>

</div>

</div>

</div>

</section>

<section id="features" class="section container">

<h2>What You’ll Enjoy</h2>

<div class="features">

<article class="feature card">

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

<h3>Mind–Body Connection</h3>

<p>Gentle flows, breathwork, and mini meditations that build peace of mind and ease in the body.</p>

</article>

<article class="feature card">

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

<h3>Beginner Friendly</h3>

<p>Clear guidance and options for all levels. No pressure—just progress.</p>

</article>

<article class="feature card">

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

<h3>Supportive Community</h3>

<p>Practice with welcoming teachers who care about your wellbeing, not just your technique.</p>

</article>

</div>

</section>

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

<h2>Recent Google Reviews</h2>

<div class="track">

<article class="review">

<div class="top">

<img src="https://lh3.googleusercontent.com/a/ACg8ocJE8m51CUV6oxa3YGFxJ0gKYLfGkMDET0VI-hnexj99J9rU\_Os=s128-c0x00000000-cc-rp-mo" alt="">

<div>

<div class="name">Al-Ameen Hassan</div>

<div class="stars">★★★★★</div>

<div class="time">2 weeks ago</div>

</div>

</div>

<div class="text">Lovely people to work with 5 stars overall</div>

</article>

<article class="review">

<div class="top">

<img src="https://lh3.googleusercontent.com/a/ACg8ocLTG0-W6b\_B7YDKrsFrpBTGv9\_GWW-Fn4LmPiLV4rv2egIAVQ=s128-c0x00000000-cc-rp-mo-ba2" alt="">

<div>

<div class="name">Harpreet Bhoot</div>

<div class="stars">★★★★★</div>

<div class="time">2 months ago</div>

</div>

</div>

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

</article>

<article class="review">

<div class="top">

<img src="https://lh3.googleusercontent.com/a/ACg8ocJx7Tg9bko3CALhIhXTNscxB37R55-JwmnJQQZw2idr3Bee=s128-c0x00000000-cc-rp-mo" alt="">

<div>

<div class="name">Ariana A</div>

<div class="stars">★★★★★</div>

<div class="time">3 months ago</div>

</div>

</div>

<div class="text"></div>

</article>

</div>

<div class="nav">

<button class="btn-circle" id="rv-prev" aria-label="Previous">‹</button>

<button class="btn-circle" id="rv-next" aria-label="Next">›</button>

</div>

</section>

<section id="faq" class="section container faq">

<h2>Questions, Answered</h2>

<div class="qa">

<details>

<summary>Is this suitable for beginners?</summary>

<div class="a">Yes. We offer clear guidance and options for all levels so you can move at your pace.</div>

</details>

</div>

<div class="qa">

<details>

<summary>Do I need any equipment?</summary>

<div class="a">A mat is helpful; we can advise on simple props you can use at home.</div>

</details>

</div>

<div class="qa">

<details>

<summary>Where do classes take place?</summary>

<div class="a">Leicester and online. Corporate programs can be delivered onsite.</div>

</details>

</div>

<div class="cta-band card">

<div>

<h3>Ready to feel lighter?</h3>

<p>Send us a quick message and we’ll help you choose the best starting point.</p>

</div>

<div class="actions">

<a class="btn" href="/staging/our-programs-project/#get-in-touch">Get in Touch</a>

<a class="btn btn-outline" href="/staging/about-us/">Learn more</a>

</div>

</div>

</section>

</main>

<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>

<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 side = document.querySelector('.side-nav');

if(!side) return;

const links = side.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 = side.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));

})();

(function(){

const prev = document.getElementById('rv-prev');

const next = document.getElementById('rv-next');

const track = document.querySelector('.reviews .track');

if(!prev || !next || !track) return;

function step(dir){

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

}

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

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

})();

</script>

</body>

</html>