<!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 — Our Programs</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>

#programs-page \*{box-sizing:border-box;}

#programs-page .card,#programs-page .feature-card,#programs-page .image-box,#programs-page .schedule-panel,#programs-page .scroll-block,#programs-page .price-card,#programs-page .cta,#programs-page .panel-shell{border-radius:var(--btn-radius,12px);overflow:hidden;}

#programs-page .card{background:var(--surface,#2b2b2b);border:1px solid rgba(255,255,255,.12);}

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

#programs-page section.container{margin:12vh 0;}

#programs-page .hero{padding:16vh 0 10vh;text-align:center;}

#programs-page .hero h1{display:inline-block;position:relative;padding-bottom:.75rem;font-family:"Playfair Display",serif;}

#programs-page .hero h1::after{content:"";position:absolute;left:50%;transform:translateX(-50%);bottom:0;width:200px;height:6px;background:var(--accent);border-radius:8px;}

#programs-page .hero p{margin-top:.8rem;color:#b3b3b3;font-weight:600;text-shadow:0 1px 0 rgba(0,0,0,.35);}

#programs-page .lotus-sep{display:flex;align-items:center;justify-content:center;gap:16px;opacity:.95;margin:0 auto 18px;width:100%;}

#programs-page .lotus-sep .line{flex:1;height:1px;max-width:none;}

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

#programs-page .side-nav a.is-active{background:var(--accent);color:#111;}

#programs-page .panel-shell{width:100%;margin:0 auto;}

#programs-page .prog-panel{display:none;width:100%;}

#programs-page .prog-panel.is-visible{display:block;}

#programs-page .prog-panel,#programs-page .prog-panel :where(h1,h2,h3,h4,h5,p,li,small,strong,em,figcaption,article,section,div){text-align:center;}

#programs-page .prog-panel ul{list-style:disc;list-style-position:inside;padding:0;margin:0 0 1rem;}

#programs-page .no-bullets{list-style:none !important;padding:0;margin:0;}

#programs-page .no-bullets li{margin:.35rem 0;}

#programs-page .features-grid{display:grid;grid-template-columns:repeat(auto-fit,minmax(220px,1fr));gap:clamp(.9rem,2vw,1.2rem);justify-items:center;align-items:stretch;}

#programs-page .feature-card{width:100%;background:var(--surface,#2b2b2b);border:1px solid rgba(255,255,255,.12);padding:clamp(1rem,2vw,1.4rem);display:flex;flex-direction:column;align-items:center;gap:.5rem;}

#programs-page .icon-ring{width:84px;height:84px;border-radius:999px;border:2px solid var(--accent);display:grid;place-items:center;background:#2a2a2a;font-size:2rem;margin:0 0 .6rem;transition:box-shadow .3s ease,transform .3s ease;}

#programs-page .feature-card:hover .icon-ring{box-shadow:0 0 22px 2px rgba(247,131,141,.35);transform:scale(1.03);}

#programs-page .cols-2{display:grid;grid-template-columns:var(--col-left,1.1fr) var(--col-right,.9fr);gap:var(--pair-gap,clamp(1rem,2.2vw,1.6rem));align-items:start;}

#programs-page .cols-2>\*{width:min(100%,var(--col-max,640px));justify-self:center;}

#programs-page .image-box{width:100%;border:1px solid rgba(255,255,255,.12);background:#222;}

#programs-page .image-box.tall{height:var(--scroll-h,320px);aspect-ratio:auto;margin-top:var(--image-offset,0px);}

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

#programs-page .right-col{width:min(100%,var(--col-max,640px));justify-self:center;}

#programs-page .subhead-right{margin:var(--title-offset,0px) 0 8px;font-weight:700;}

#programs-page .right-col .scroll-block{margin-top:var(--scroll-offset,0px);}

@media (max-width:900px){

#programs-page .cols-2{grid-template-columns:1fr;}

#programs-page .image-box.tall{height:auto;aspect-ratio:16/10;margin-top:0;}

#programs-page .right-col .scroll-block{margin-top:0;}

}

#programs-page .scroll-block{position:relative;max-height:var(--scroll-h,320px);border:1px solid rgba(255,255,255,.12);background:rgba(255,255,255,.03);}

#programs-page .scroll-block .scroll-body{max-height:var(--scroll-h,320px);overflow:auto;padding:16px 64px 64px 16px;scrollbar-width:none;-ms-overflow-style:none;}

#programs-page .scroll-block .scroll-body::-webkit-scrollbar{display:none;}

#programs-page .steps{display:flex;flex-direction:column;gap:.6rem;align-items:center;}

#programs-page .step{display:grid;grid-template-columns:auto minmax(0,560px);gap:.6rem;align-items:flex-start;justify-content:center;word-break:break-word;}

#programs-page .step .num{width:34px;height:34px;border-radius:999px;display:grid;place-items:center;background:var(--accent);color:#111;font-weight:800;line-height:1;margin-top:.1rem;}

#programs-page .step .txt{color:#e9e9e9;}

#programs-page .scroll-block .scroll-btn{position:absolute;right:8px;width:34px;height:34px;border-radius:999px;background:var(--accent);color:#111;border:none;display:grid;place-items:center;cursor:pointer;transition:transform .2s ease,filter .2s ease,box-shadow .2s ease;box-shadow:none;z-index:2;}

#programs-page .scroll-block .scroll-btn:hover{transform:translateY(-1px);filter:brightness(1.05);box-shadow:0 8px 18px rgba(247,131,141,.35);}

#programs-page .scroll-block .scroll-up{top:8px;}

#programs-page .scroll-block .scroll-down{bottom:8px;}

#programs-page .pricing-grid{display:grid;grid-template-columns:repeat(auto-fit,minmax(280px,1fr));gap:1.2rem;align-items:stretch;}

#programs-page .price-card{position:relative;overflow:hidden;padding:1.4rem;border:1px solid rgba(255,255,255,.12);display:flex;flex-direction:column;align-items:center;gap:.55rem;transform-style:preserve-3d;will-change:transform;transition:transform .15s ease,box-shadow .15s ease;box-shadow:0 10px 24px rgba(0,0,0,.25);}

#programs-page .price-card .tag{display:inline-block;font-size:.8rem;background:rgba(255,255,255,.08);padding:.35rem .55rem;border-radius:999px;border:1px solid rgba(255,255,255,.18);}

#programs-page .price-card h3{margin:.2rem 0 .35rem;}

#programs-page .price-card .price{font-size:2rem;font-weight:700;color:var(--accent);margin:.3rem 0 1rem;}

#programs-page .tilt-card:hover{box-shadow:0 16px 36px rgba(0,0,0,.35);}

#programs-page .metal.black{background:repeating-linear-gradient(-12deg,rgba(255,255,255,.08) 0px,rgba(255,255,255,.08) 1px,rgba(255,255,255,0) 3px,rgba(255,255,255,0) 6px),radial-gradient(900px 520px at 12% -20%,rgba(255,255,255,.12),transparent 55%),linear-gradient(135deg,#000000,#0b0b0b 45%,#111111 60%,#000000 100%);border-color:rgba(255,255,255,.22);}

#programs-page .metal.silver{background:repeating-linear-gradient(-14deg,rgba(255,255,255,.22) 0px,rgba(255,255,255,.22) 1px,rgba(255,255,255,0) 3px,rgba(255,255,255,0) 6px),radial-gradient(900px 520px at 70% -25%,rgba(255,255,255,.30),transparent 62%),linear-gradient(135deg,#d4d7dc 0%,#b9bec6 35%,#a6acb4 55%,#8e939b 85%,#7d828a 100%);border-color:rgba(255,255,255,.28);color:#0f1113;}

#programs-page .price-card::after{content:"";position:absolute;inset:-40% -10%;background:linear-gradient(120deg,transparent 35%,rgba(255,255,255,.18) 50%,transparent 65%);transform:translateX(-60%) rotate(8deg);pointer-events:none;transition:transform .4s ease;}

#programs-page .price-card:hover::after{transform:translateX(0%) rotate(8deg);}

#programs-page .schedule-board{display:grid;grid-template-columns:repeat(3,1fr);gap:1rem;align-items:start;}

#programs-page .schedule-col{display:flex;flex-direction:column;gap:.75rem;}

#programs-page .schedule-tab{background:var(--surface,#262626);border:1px solid rgba(255,255,255,.18);color:#eee;border-radius:var(--btn-radius,12px);padding:.6rem 1rem;font-weight:700;cursor:pointer;text-align:center;transition:background .2s ease,transform .2s ease,border-color .2s ease,color .2s ease;}

#programs-page .schedule-tab:hover{transform:translateY(-1px);}

#programs-page .schedule-tab.is-active{background:var(--accent);color:#111;border-color:var(--accent);}

#programs-page .schedule-panel{display:none;background:var(--surface-dark,#1e1e1e);}

#programs-page .schedule-panel.is-visible{display:block;}

#programs-page .panel-body{padding:20px 28px;text-align:center;}

#programs-page .time-row{display:grid;gap:.35rem;padding:.6rem 0;border-bottom:1px solid rgba(255,255,255,.08);justify-items:center;}

#programs-page .time-row:last-child{border-bottom:none;}

@media (max-width:860px){#programs-page .schedule-board{grid-template-columns:1fr;}}

#programs-page .form{--field-bg:#1f1f1f;--field-bd:rgba(255,255,255,.18);--field-bd-focus:var(--accent);--field-txt:#eee;--field-ph:#9a9a9a;--radius:var(--btn-radius,12px);}

#programs-page .form-grid{display:grid;grid-template-columns:repeat(2,minmax(0,340px));justify-content:center;gap:1rem;}

#programs-page .form-grid .full{grid-column:1/-1;}

#programs-page .form label{display:block;font-size:.9rem;color:#d8d8d8;margin:0 0 .35rem;text-align:left;}

#programs-page .form .input,#programs-page .form textarea{width:100%;background:var(--field-bg);color:var(--field-txt);border:1px solid var(--field-bd);border-radius:var(--radius);padding:.75rem .9rem;outline:none;transition:border-color .2s ease,box-shadow .2s ease;}

#programs-page .form textarea{min-height:120px;resize:vertical;}

#programs-page .form .input::placeholder,#programs-page .form textarea::placeholder{color:var(--field-ph);}

#programs-page .form .input:focus,#programs-page .form textarea:focus{border-color:var(--field-bd-focus);box-shadow:0 0 0 3px color-mix(in srgb,var(--accent) 32%,transparent);}

#programs-page .form .actions{grid-column:1/-1;display:flex;justify-content:center;gap:.6rem;margin-top:.4rem;}

@media (max-width:760px){#programs-page .form-grid{grid-template-columns:1fr;}}

#programs-page .cta-black{background:#000;border:1px solid rgba(255,255,255,.12);transition:border-color .25s ease,box-shadow .25s ease;}

#programs-page .cta-black:hover{border-color:var(--accent);box-shadow:0 0 0 3px color-mix(in srgb,var(--accent) 26%,transparent);}

#programs-page .btn-ghost-invert{background:#000;border:1px solid transparent;color:var(--accent);font-weight:700;transition:background .2s ease,color .2s ease,border-color .2s ease;}

#programs-page .btn-ghost-invert:hover{background:var(--accent);color:#111;border-color:var(--accent);}

.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;}

</style>

</head>

<body id="programs-page">

<nav class="side-nav" aria-label="Section navigation">

<a href="#groups">Groups</a>

<a href="#online">Online</a>

<a href="#corporate">Corporate</a>

<a href="#retreats">Retreats</a>

<a href="#get-in-touch">Contact</a>

</nav>

<main class="container">

<section class="hero">

<h1>Our Programs</h1>

<p>Choose what fits your life right now — groups, online, corporate and retreats.</p>

</section>

<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>

<section id="programs" class="panel-shell">

<nav class="tabs" aria-label="Programs tabs">

<button class="schedule-tab is-active" data-panel="groups">Group Sessions</button>

<button class="schedule-tab" data-panel="online">Online Sessions</button>

<button class="schedule-tab" data-panel="corporate">Corporate</button>

<button class="schedule-tab" data-panel="retreats">Retreats</button>

</nav>

<div id="panel-groups" class="prog-panel is-visible" role="tabpanel">

<article>

<h2>Group Sessions</h2>

<p class="muted">Friendly, supportive classes to build confidence and consistency.</p>

</article>

<div class="cols-2">

<div class="image-box tall" aria-label="Group class">

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

</div>

<div class="right-col">

<h3 class="subhead-right">How it works</h3>

<section class="scroll-block has-arrows" aria-label="Getting started steps">

<button class="scroll-btn scroll-up" aria-label="Scroll up" data-scroll="-170">▲</button>

<div class="scroll-body">

<div class="steps">

<div class="step"><div class="num">1</div><div class="txt">Choose a class that suits your time.</div></div>

<div class="step"><div class="num">2</div><div class="txt">Tell us any injuries or considerations.</div></div>

<div class="step"><div class="num">3</div><div class="txt">Arrive 5–10 minutes early for setup.</div></div>

<div class="step"><div class="num">4</div><div class="txt">Move at your pace with clear options.</div></div>

<div class="step"><div class="num">5</div><div class="txt">Build a routine that feels good.</div></div>

</div>

</div>

<button class="scroll-btn scroll-down" aria-label="Scroll down" data-scroll="170">▼</button>

</section>

</div>

</div>

</div>

<div id="panel-online" class="prog-panel" role="tabpanel" hidden>

<article>

<h2>Online Sessions</h2>

<p class="muted">Practice from home with live, interactive classes.</p>

</article>

<div class="cols-2">

<div class="image-box tall" aria-label="Online session">

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

</div>

<div class="right-col">

<h3 class="subhead-right">How to start</h3>

<section class="scroll-block has-arrows" aria-label="Getting started steps">

<button class="scroll-btn scroll-up" aria-label="Scroll up" data-scroll="-170">▲</button>

<div class="scroll-body">

<div class="steps">

<div class="step"><div class="num">1</div><div class="txt">Tell us your goals and any considerations.</div></div>

<div class="step"><div class="num">2</div><div class="txt">We’ll send a short setup guide and your class link.</div></div>

<div class="step"><div class="num">3</div><div class="txt">Join 5 minutes early for tech check and props.</div></div>

<div class="step"><div class="num">4</div><div class="txt">Keep your camera on for tailored feedback (optional).</div></div>

<div class="step"><div class="num">5</div><div class="txt">Get a recording when available to revisit the class.</div></div>

</div>

</div>

<button class="scroll-btn scroll-down" aria-label="Scroll down" data-scroll="170">▼</button>

</section>

</div>

</div>

</div> :contentReference[oaicite:1]{index=1}

<div id="panel-corporate" class="prog-panel" role="tabpanel" hidden>

<article>

<h2>Sattvalife @Work</h2>

<p class="muted">Get traditional with yoga. It works at the workplace too.</p>

<p>At Sattvalife we take great pride in helping companies embrace a fitness culture amongst their employees with the help of regular yoga sessions within the company premises. We empanel some of the most experienced and motivated fitness instructors...</p>

<p>Amisha’s office yoga sessions are not just routine stretches and backbends. She always keeps the sessions entertaining, fun and humorous...</p>

</article>

<div class="cols-2">

<article>

<h3>What we offer</h3>

<ul class="no-bullets">

<li>Specialised online programs for employees</li>

<li>Workshops and webinars with expert teachers from India</li>

<li>Well-tailored programmes</li>

<li>Regular &amp; traditional yoga practice</li>

<li>Attention to physical, mental &amp; emotional well-being</li>

<li>Focus on long-term habit-building, not short-term promises</li>

<li>Consistent, tangible results in workforce happiness and productivity</li>

</ul>

</article>

<div class="image-box" role="img" aria-label="Corporate yoga session">

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

</div>

</div>

<section class="card">

<div class="card-body">

<h3>Leave your details and we’ll be in touch.</h3>

<form class="form form-grid" onsubmit="event.preventDefault(); alert('Thanks! We’ll get back to you shortly.');">

<label><span>Name</span><input class="input" type="text" placeholder="Your name" required></label>

<label><span>Email</span><input class="input" type="email" placeholder="you@example.com" required></label>

<label><span>Company</span><input class="input" type="text" placeholder="Company name"></label>

<label><span>Phone</span><input class="input" type="tel" placeholder="+44 ..."></label>

<label class="full"><span>Message</span><textarea placeholder="Tell us a little about your workplace needs"></textarea></label>

<div class="actions">

<button class="btn-ghost-invert" type="submit">Send</button>

</div>

</form>

</div>

</section>

</div> :contentReference[oaicite:2]{index=2}

<div id="panel-retreats" class="prog-panel" role="tabpanel" hidden>

<article>

<h2>Retreats</h2>

<p class="muted">Deepen your practice with immersive experiences.</p>

</article>

<div class="pricing-grid">

<article class="price-card metal black tilt-card">

<span class="tag">Standard</span>

<h3>Shared Room Package</h3>

<div class="price">£499</div>

<p class="desc">Accommodation, daily classes, breakfasts.</p>

<a class="btn-ghost-invert" href="#get-in-touch">Enquire</a>

</article>

<article class="price-card metal silver tilt-card">

<span class="tag">Premium</span>

<h3>Private Room Package</h3>

<div class="price">£749</div>

<p class="desc">Private room, daily classes, all meals.</p>

<a class="btn-ghost-invert" href="#get-in-touch">Enquire</a>

</article>

</div>

</div>

</section>

<section class="container" aria-label="Weekly timetable">

<h2>Weekly Timetable</h2>

<div class="schedule-board">

<div class="schedule-col">

<button class="schedule-tab is-active" data-tab="thu">Thursday</button>

<div id="sch-thu" class="schedule-panel is-visible">

<div class="panel-body">

<div class="time-row"><strong>7:00–8:00 PM</strong><small>Thurnby Memorial Hall (LE7 9PN)</small></div>

</div>

</div>

</div>

<div class="schedule-col">

<button class="schedule-tab" data-tab="tue">Tuesday</button>

<div id="sch-tue" class="schedule-panel">

<div class="panel-body">

<div class="time-row"><strong>6:30–7:30 PM</strong><small>Trinity Methodist Church, Oadby (LE2 5AB)</small></div>

</div>

</div>

</div>

<div class="schedule-col">

<button class="schedule-tab" data-tab="online">Online</button>

<div id="sch-online" class="schedule-panel">

<div class="panel-body">

<div class="time-row"><strong>Flexible</strong><small>Live via Zoom</small></div>

</div>

</div>

</div>

</div>

</section>

<section id="get-in-touch" class="container cta cta-black card">

<div class="card-body">

<h2>Get in Touch</h2>

<p class="muted">Send us a quick note and we’ll help you pick the best starting point.</p>

<div style="margin-top:.8rem;">

<a class="btn-ghost-invert" href="mailto:hello@sattvalife.yoga">Email Us</a>

</div>

</div>

</section>

</main>

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

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

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

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

</a>

</div>

<script>

(function(){

const tabs = document.querySelectorAll('.tabs .schedule-tab');

const panels = {

groups: document.getElementById('panel-groups'),

online: document.getElementById('panel-online'),

corporate: document.getElementById('panel-corporate'),

retreats: document.getElementById('panel-retreats')

};

function show(which){

tabs.forEach(t=>t.classList.toggle('is-active', t.dataset.panel===which));

Object.entries(panels).forEach(([k,el])=>{

if(!el) return;

const on = k===which;

el.classList.toggle('is-visible', on);

el.toggleAttribute('hidden', !on);

});

}

tabs.forEach(t=>t.addEventListener('click',()=>show(t.dataset.panel)));

window.SL\_showProgram = show;

const url = new URL(location.href);

const q = url.searchParams.get('panel');

if(q && panels[q]) show(q);

})();

(function(){

document.querySelectorAll('.scroll-block.has-arrows').forEach(block=>{

const body = block.querySelector('.scroll-body');

const up = block.querySelector('.scroll-up');

const down = block.querySelector('.scroll-down');

function step(px){ body.scrollBy({top:px,behavior:'smooth'}); }

up && up.addEventListener('click',()=>step(parseInt(up.dataset.scroll||"-170",10)));

down && down.addEventListener('click',()=>step(parseInt(down.dataset.scroll||"170",10)));

});

})();

(function(){

const btns = document.querySelectorAll('.schedule-col .schedule-tab');

const panels = {

thu: document.getElementById('sch-thu'),

tue: document.getElementById('sch-tue'),

online: document.getElementById('sch-online')

};

btns.forEach(b=>{

b.addEventListener('click',()=>{

btns.forEach(x=>x.classList.remove('is-active'));

b.classList.add('is-active');

Object.values(panels).forEach(p=>p.classList.remove('is-visible'));

const el = panels[b.dataset.tab];

if(el) el.classList.add('is-visible');

});

});

})();

</script>

</body>

</html>