



**Life In Yoga**

BE IN THE MOMENT, WHERE LIFE EXISTS

# Life in Yoga 20th Anniversary Milestone Celebration

Sunday, May 3, 2026 | 9:00 AM - 4:00 PM

Sasta Temple  
6829 Maple Lane  
Tampa, FL 33610

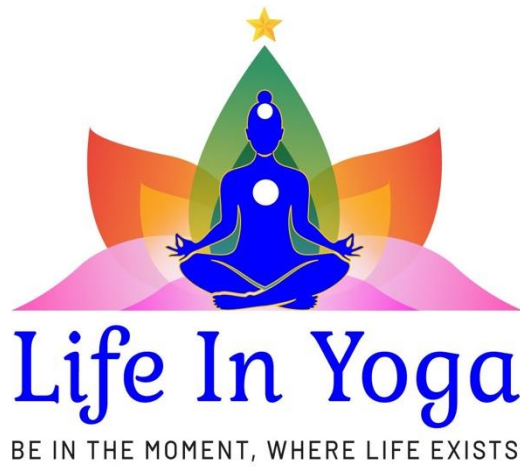
**One-Day Gathering**

## **Program Topics**

Practices - What, Why, and How  
Philosophy of Yoga - Patanjali Yoga Sutras  
Health Applications  
Karma Cleansing

*Lunch, Snacks, and Tea Included*

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## Agenda

<b>8:30 am -</b>	<b>Hall Opens</b>
<b>9:00 am - 10:30 am</b>	<b>Practices - What, Why, and How</b>
<b>10:30 am - 10:40 am</b>	<b>Short Break</b>
<b>10:40 am - 12:00 pm</b>	<b>Philosophy of Yoga - Patanjali Yoga Sutras</b>
<b>12:00 pm - 1:00 pm</b>	<b>Lunch</b>
<b>1:00 pm - 2:30 pm</b>	<b>Health Applications</b>
<b>2:30 pm - 2:40 pm</b>	<b>Short Break</b>
<b>2:30 pm - 4:00 pm</b>	<b>Karma Cleansing</b>

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