

Sattva Connect Launches Comprehensive Online Yoga Platform with Live Classes, Retreats, and Meditation Courses



Los Angeles, California May 2, 2023 ([Issuewire.com](https://www.issuewire.com)) - [Sattva Connect](https://www.sattvaconnect.com), the premier online platform for yoga and meditation, has announced the launch of its new website and mobile app, offering a range of courses and live classes led by world-renowned teachers and experts in the field of yoga and meditation.

The Sattva Connect platform brings together the wisdom of Himalayan Kundalini Yoga with the latest technology, providing users with a seamless online experience to deepen their yoga practice, explore guided meditation, and connect with like-minded individuals from around the world.

Founded by Anand Mehrotra, a Himalayan Master and the founder of Sattva Yoga Academy, Sattva Connect offers a diverse range of [courses](#) and retreats, from online yoga classes for beginners to advanced teacher training programs.

"Our mission at Sattva Connect is to create a global community of conscious individuals who seek to live a life of balance and harmony," said Anand Mehrotra, founder of Sattva Connect. "Our platform provides students with access to authentic teachings and practices of yoga, meditation, and Ayurveda, all rooted in the wisdom of the Himalayas."

With Sattva Connect, users can access live-streaming yoga and meditation classes, participate in online satsangs and wisdom talks, and join virtual yoga retreats from the comfort of their own homes. The platform also offers on-demand yoga courses and meditation courses that allow users to learn at their own pace.

"Our goal is to make yoga and meditation accessible to everyone, regardless of their location or experience level," said Mehrotra. "Whether you're a beginner or an experienced practitioner, our platform provides the tools and support you need to deepen your practice and transform your life."

To learn more about Sattva Connect and to [sign up](#) for online yoga classes, retreats, and meditation courses, visit <https://sattvaconnect.com>.



Sattva Connect

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