

# ABOUT SATYAVANI



Dr. Satyavani Gayatri (aka Sat) is an Author, Ayurvedic Health Practitioner, Acharya, and Spiritual Coach who trains in Krav Maga and is committed to helping women light their lives on fire! She leads [The Woman Warrior Academy](#) and is the Co-Founder of the [ZenSpot Institute for Vedic & Taoist Studies](#). She lives in Boise, Idaho with her husband Dr. Michael Bittner and their cat Marrakech.



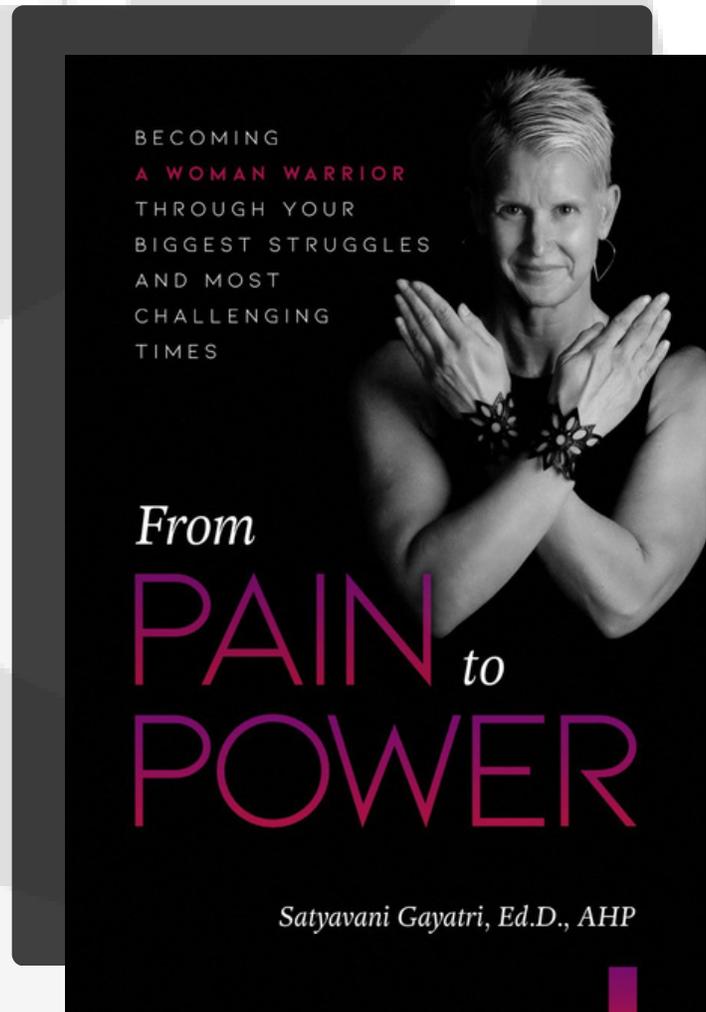
**“I believe women can and should live a life of determination, keen focus, and unquestionable purpose. They can transform their pain into power by diligently committing their energies physically, mentally, emotionally, and spiritually so that goals become vision and that vision becomes a reality.”**



“

**You CAN  
have the life  
that you want,  
you just have  
to work for it.**

From Pain to Power  
(page 83)



Do you ever feel your hardest life experiences have a higher purpose or meaning? Want to move from a place of fear, sadness, or shame into true personal power? Want to set your life on fire at all levels- physically, energetically, mentally, emotionally, and spiritually - and become a woman warrior? Read *From Pain to Power* and get started.

[Purchase From Pain to Power Here](#)



## SPECIAL EVENTS/ENGAGEMENT OPPORTUNITIES

Satyavani is available for readings, podcasts, interviews, speaking engagements, and workshops.

All topics are approached from a Vedic perspective with practical, real life application as the primary goal.



## SPEAKING / INTERVIEW TOPICS

The Gift of Anxiety

The Anatomy of Confidence

The Dis-ease of Doubt

The Greatness of Being A Bitch

How To Turn Pain Into Power

## WORKSHOP OPPORTUNITIES

***The Ayurveda 108: How to successfully change your life with small daily practices***

3-hour workshop

***Yoga, Ayurveda + Sex***

2-hour workshop

***The Ayurveda of Money***

2-hour workshop



***Who Am I? What Is My Purpose?  
How Do I Activate That Purpose?***

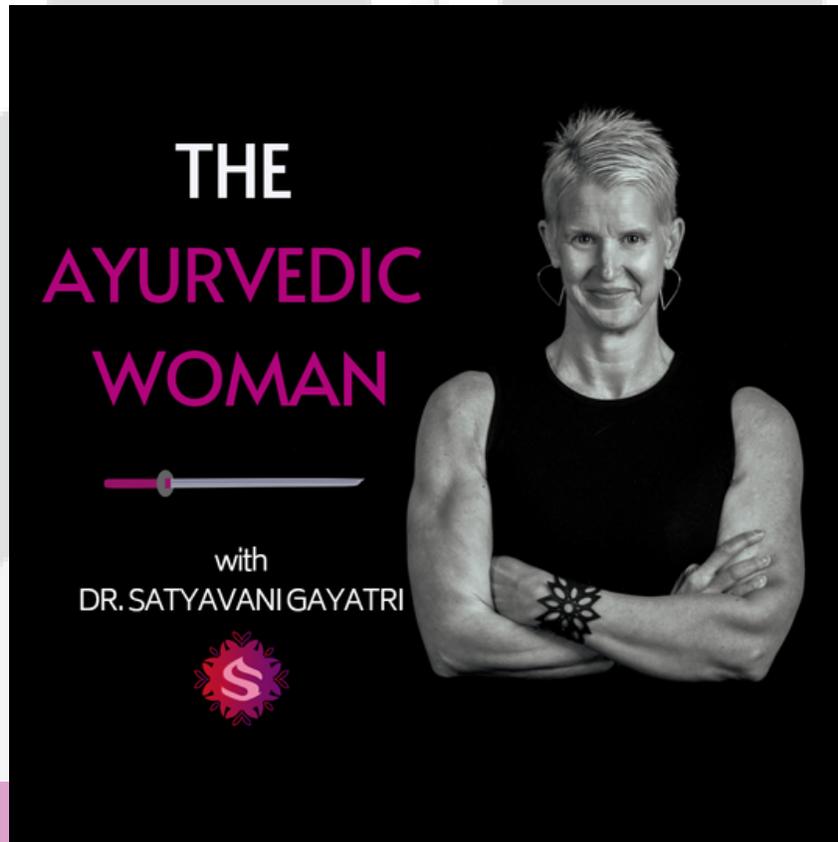
3-Day Mini Workshop

***The Ring of Fire: How To  
Become A Woman Warrior***

3-hour Workshop



To inquire or book an event, please contact  
[support@satyavanirising.com](mailto:support@satyavanirising.com)



## Be a guest on The Ayurvedic Woman Podcast!

contact

[support@satyavanirising.com](mailto:support@satyavanirising.com)





Find  
Dr. Satyavani  
in the  
digital space:

WOMAN WARRIOR  
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<https://www.thewomanwarrioracademy.com>



**The Ayurvedic Woman**

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**Satyavani Gayatri**

<https://www.amazon.com/author/satyavanigayatri>