



*"I'm singing in the rain, just singing in the rain;
What a wonderful feeling..."
Arthur Freed*

The Mind's path..



Repetitive thoughts, stacks of to-do lists, thoughts of past and future unnecessarily trampling on the beautiful, present moment...oh, our senses oversaturated with news, media and let's face it - other people's thoughts. **No wonder there are so many who suffer from anxiety and depression despite all of our "advancements" as a society.** Now please take a deep breath, just reading this alone can cause deviations from our own peace of mind!

Dear friends, we hope this letter finds you well - however, if it doesn't, that's okay too. As a wellness space dedicated to supporting the health of our community members, I feel it's important to be really clear about this.

Yoga & Ayurveda regard the mind as a very subtle system. Just like air, the mind can move quickly and without any warning. This makes the mind both delicate and also resilient in some ways. As evidenced from my personal relationships as well as clinical work I see how common it is for the mind to become de-stabilized and for extremely high levels of stress to set in and make itself at home. *Why? How?* Some are dealing with traumatic past events; others transitioning into a new phase of life and feeling crippled by the fear of the unknown. For many, it's physical aches and pains that get to be so unbearable that the mind becomes affected.

So what are we to do? For starters, if you're going through something like this - give yourself some grace. Slow down and know that this will pass. If a regular yoga practice or an Ayurvedic consultation aren't feeling accessible right now - not to worry, there are so many other things you can do in the meantime.

- **Be aware of the feelings coming up, but just as an observer**
- Remind yourself that what you're experiencing doesn't define you
- **Release any notion of judgement on yourself**
- Take baby steps to move away from a pattern or cycle that doesn't serve you
- **Trust in nature, go for walks, swim, soak in the sunshine & remember what it's like to be part of something larger / greater**
- Get your bloodwork done
- **Take note of what you're consuming/digesting - food, beverages, thoughts, news, etc.**

Whether you're feeling well or could be doing better, we hope you'll stay in touch with us, especially if we aren't seeing you regularly at the studio. Life has a funny way of carrying on and as it does, we move right along with time. So if you need a chat, someone to listen, or just a moment of connection, please reach out.

You are surrounded by so much goodness. If it's challenging to tap into that right now, reach out to someone who will help you remember that.

*With love,
Annelize & the Team at Shakti*

Getting Ready?

Sound Sessions + Community Gathering

11th Sept–Sunday

Sunday, 11th Sept
at Shakti Studio
3pm & 3:30pm

Treat yourself to a soothing
Sound Session
w/ Andrea Cortez
of Mind Body Music Center
(Austin, TX)

Enjoy Refreshments &
Community Gathering

Monthly Members
receive a complimentary
pass, *reserve by email*

General Admission \$10

[Click here to save](#)
[your spot!](#)



Schedule Updates for September 2022

***Please note a few changes + updates
to our schedule:***

Candlelight Yin Yoga w/ Jennie is now on Fridays at 6:15pm
(mask required please)

SATURDAYS

9:30am MB Fit w/Annelize(30 Mins)

10:30am Kids Jaya Strong - Ages 5+, In studio

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with



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