

## It's that time of the year!



Dear friends,

**Spring is just around the corner, isn't it exciting?** Some of you might have mixed feeling if you suffer from allergies. I've meet a lot of people who monitor the pollen count as part of daily life. This type of ongoing battle with allergens that can leave one feeling fatigued, uncomfortable and just a little bit "off". It's not right. *How can we appreciate the beautiful flowers or go out for a nice, long hike if we're just going to keep sneezing all day?!*

If you're in that category then I'm happy you're here right now. Did you know that Ayurveda (yoga's sister science) is all supporting you in bringing your own system back to balance? All so that you're not so affected when spring does.. spring things, for example. An ayurvedic approach includes a gentle

cleanse followed by fortifying the immune system naturally. It's especially important when moving through seasonal transitions and going from winter into spring is a very important one. **If we know how to properly adjust our foods, exercise and daily habits during this time, we'll be aligned with what's happening around us, in nature.** Think about the snow melting after a long winter, uncovering what was hidden beneath or had been accumulating for months. Just like this, our bodies are naturally beginning to shift from "winter mode" where we needed to have and store heavier, sweeter foods for warmth. Going into March and April our bodies and minds are ready for a cleanse, ready to release what we didn't use, and prepare for something new!

**Sluggishness, indigestion, difficulty waking in the morning, a foggy mind and being susceptible to sinus congestions are some of the signs that your body could use a reset.**

This year I'm looking forward to leading a six-week reset for those interested in experiencing a new way of enjoying Spring. I'll be right there with you, doing all of it. **We'll talk about how to set or reintroduce healthy habits around sleep, food, exercise, mind care and daily routines.** You'll learn about Ayurveda's core principles but the best part is putting them into practice and seeing the shifts.

You must know by now that I'm a fan of options, so I've set up a few types of reset packages. See the link below for more info. Registrations are open now through 3/21/22!

*Yours in wellness,  
Annelize*

[\*\*Click to learn more about Spring Reset 2022\*\*](#)

## **March & April at the Studio**

We recently opened up for **in-person practice\*** and it's been surreal, heartwarming and so very sweet to see everyone!

No worries virtual yogis, many of our classes have the option to attend via livestream.

## ***Upcoming Group Classes :***

Full Moon Restorative Yoga & Guided Meditation 3/20 - 3/21

Saturday Gentle Yoga 8 - 9:15am, begins 4/2

Weeknight Vinyasa 6 - 7pm(dates TBC)

**NOTE : We love you & we want to see you, however, YOU MUST sign up ahead of time because we are allowing a maximum of 5 or 6 students per class.**

*\*Please see our vaccination requirements prior to attending in-person.*

## **Class Schedule**

Shakti Yoga-Holistic Wellness | 9313 Anderson Mill Road, Austin, TX 78759 [www.shaktiatx.com](http://www.shaktiatx.com)

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