



Namaste Dear Friends,

We hope this finds you well. Some days it's hot.. other days not so much. The yogic way to stay balanced is to have a frequent practice of grounding oneself. So - we are happy to share that we have some more opportunities on the schedule for you to come in and do just that. New class info below.

*With Love,
Annelize & the team
at Shakti Yoga*

The sweet gift of relaxation



I recently became a licensed massage therapist (*exciting!*) with the intention of slowly introducing massage therapy along with the Therapeutic Yoga & Ayurvedic services I offer. As you may know, **healing bodywork** not only benefits the physical body, it also supports healthy functioning of our parasympathetic nervous systems. If we're looking through the Ayurvedic lens (*of course!*) - *the proper type of massage can **effectively balance all 5 elements in our mind-body systems.***

From what I have observed, many - (*women, especially*) who spend most of their days nurturing and caring for others very rarely will take time out to care for themselves. I see it with the women in my family, close friends, my clients and even fellow wellness practitioners. We all know we need it, but somehow there's a lag when it comes to taking action. "*Me time*" seems to

be a foreign concept or at least one that doesn't see a lot of follow through. So how do we support these amazing women in our lives?

*I've been thinking - **May is just a few days away.**
It is the month where we celebrate mothers.
I believe there is room to celebrate the other women whom we love & cherish as well. I bet you know a few!*

So if your mom, sister, daughter, wife, partner, or friend lives here & would enjoy a healing bodywork session - you know what to do :)

-Annelize

Shakti Relax | 60 Min Massage w/Annelize

50 min Swedish/Relaxation massage
w/10 minutes of guided meditation

Each session includes hot towels, choice of essential oils & warm, herbal tea. She will also receive a home-spa gift including an Ayurvedic foot mask, herbal face scrub & tea blend crafted with care by Shakti Wellness.

\$125

(Purchase Shakti Relax Gift Card [here.](#))

We'll email the recipient with instructions for setting up an appointment.

**Bookings available between
May 9th - June 31st, 2022.**

Location : Pond Springs Road, very close to our yoga studio.

Please note that tips are not be accepted.

Thank you!

NEW!

Gentle & Restorative Yoga w/Annelize
Wednesdays | 3-4pm
(Inspired by nap time, aligned with yogic principles)

NEW!

Candlelight Yin Yoga w/Jennie
Fridays | 6 - 7pm
May 6th, 13th & 20th
(surrender, release & go within)

As always, please sign up at least 24 hours ahead of the class you wish to attend so we know how many to expect.

[Click here to see our updated May 2022 Class Schedule](#)

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