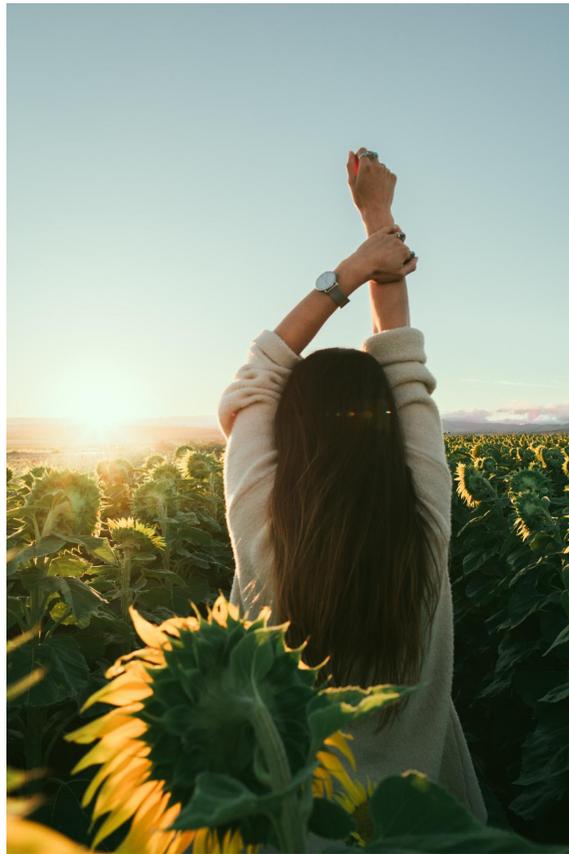


March 25th, 2022



Visit our Website



Dear Friends,

This is no ordinary Spring. It's Spring of March 2022. After a very long 2 years it feels refreshing to be able to step out and enjoy a break from the *you-know-what*.

How are you preparing for the season? *Making plans to clean your home? Tending to your garden? Tuning up your appliances?* I hope so! All of these practices work well to keep us in harmony with nature. **Now - if you aren't already in the process, here's a friendly reminder to include yourself in these seasonal rituals of cleansing, care & maintenance.**

As we make our way out into the world once again, it only makes sense to show up as our whole selves - energized & grounded with strong minds, capable bodies, and access to enjoy each and every

moment. In order to show up in this way - it's a good idea to assess, prepare and then conquer!

**Join me on 6 week journey of self-discovery, intentional action and realignment.** Let's make sure we've got everything we need for a re-emergence this Spring. - *Annelize*

**March 29th - May 10th (off 4/12)  
Weekly Zoom Meetings on Tuesdays 7-8pm**

**[Tell me more](#)**

*"The point of power is always in the present moment"*  
- Louise K. Hay

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## **April & May Class Schedule**

**TUE & THU | 9:30am**  
Gentle Yoga w/Annelize

**TUESDAYS | 6pm**  
Gentle & Restorative w/Ann McMinn

**WEDNESDAYS | 6pm**  
Vinyasa w/Kendall - *beginning in April 6th*  
\*Virtual w/Sushma through end of March

**SATURDAYS**  
8 - 9:15am Gentle Yoga - *begins April 9th*  
9:30am Mind Body Fit w/Vik

**SUNDAYS**  
9:30am Slow Flow Yoga w/Annelize  
11- 12pm Gentle/Beginner's w/Annelize

[Sign up for a class](#)

***Come on, let's hear it..***

**What's brings you joy,  
brings us joy!**

*Do you have some good news, or  
insights to share from your practice?*

*Art, photography, or a poem that*

*might resonate with your fellow  
yogis?*

We would love to feature it in our  
next newsletter.

**Send your story & any photos to  
us at [namaste@shaktiatx.com](mailto:namaste@shaktiatx.com)**

