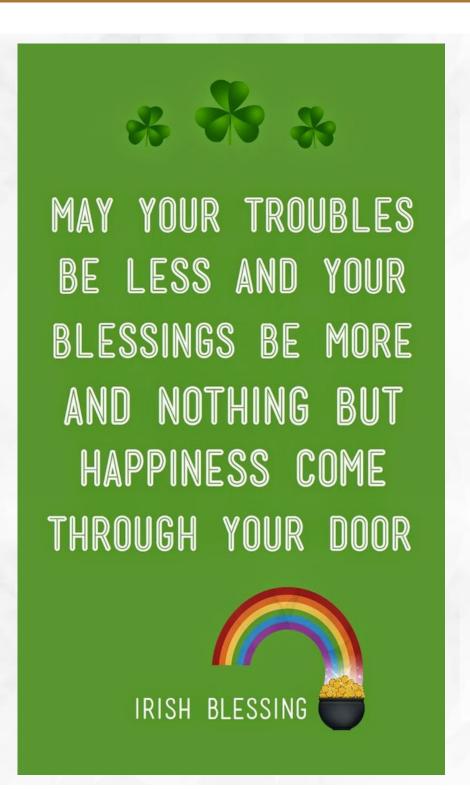


Happy St.Patrick's Day!



Free

Moved to Sunday, March 20th, 5pm

Join Annelize for her "Zoominar" on what make Ayurveda & Yoga such powerful practices. Learn more about what it looks like to approach disease / imbalance through a holistic lens.

Discover *or remember* how these ancient sciences work on sustaining health at the mental, physical and emotional levels & see why they're so relevant today.

Bring your tea, your notebooks and your questions. *Teens* welcome!

Easy sign up here

March & April Classes & Workshops

Special Full Moon & Spring Solstice Practice Monday | March 21st

4:30 5:30pm

Full Moon Yoga Flow & Meditation

(includes a more active flow, moon salutation)

6 - 7pm Restorative / Yin

by Candlelight + Yoga Nidra

(Will include more holding of postures with props)

Please sign up by March 20th at the latest.

Use your regular class pass or membership to attend.

<u>Unsubscribe namaste@shaktiatx.com</u>

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