



Namaste dear friends,

We hope this finds you well & enjoying the cooler temperatures. It does feel like there's much to do and many events happening at this time of the year - all well & good, but we must ask - *are you finding moments to slow down, to sit, to stretch, to take a deep breath?*

It is so important to keep ourselves nourished both inside and out - especially during these next few months.

As today marks the first day of Winter - **Happy Winter Solstice!** We wish you and yours a joyous holiday season. May you move through peace, harmony and a with a sense of fulfillment as the year comes to a close. May your curiosity & *tejas* (thay-jass / desire to grow & learn) be ignited and stay strong as we make our way toward a new year.

*With love,
Your team at Shakti Yoga*



If you're familiar with Ayurveda, you may know that Winter through early spring brings an increase of the air & ether elements. This combination is known as Vata dosha. With more Vata energy in the environment we all (*to some degree*) will experience more dryness, roughness and/or coldness. To minimize the Vata's impact it's a good idea to bring in as much of the opposite qualities as we can. We do this through daily routines, our foods and how we spend our energy. Here are a few Ayurvedic tips for staying in balance this season :

Make sure you're moving everyday (walking, stretching, yoga)

Drink plenty of warm water or herbal teas

Favor cooked, warm foods over the uncooked or cold items /salads

Bigger lunches & small dinners support the digestive fire

For very dry skin, massage body with light sesame oil or coconut oil before your shower (keep on for 30 minutes)*

Keep ears & head covered on cold, windy days

Do light walking for 15-20 minutes after meals to support digestion & energy levels

Get a good rest at night & wake early

**For those with chronic digestive or skin imbalances, full body massage is not advised until after a nourishing cleanse when the body is free & clear of blockages/toxins.*

If you tend to have an increase in joint pain or back pain during this season and it's a chronic condition you might consider an Ayurvedic assessment to help get to the root of the issue. Ayurveda offers a holistic and well-rounded protocol for cleansing, nourishing and rejuvenating your musculoskeletal system. If you're interested in learning more, schedule a complimentary consultation with Annelize by emailing

be.well@shaktiatx.com

[Click here for our updated class schedule](#)

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