

Namaste



Dear Friends,

I've been thinking of our sweet studio as the wellness "speakeasy"-- and only in the sense that it's hidden in plain sight.

No signs, no decals, you just have to look for the bells to know you're in the right spot. :)

And now for the stuff that makes headlines in the small business world! We have our

pylon signs happily installed in their new home.

Sign or no sign, I always trust that those who need to find us will do so. Feeling blessed to have our physical location filled with good folks, positive energy & the joy of community that each of you bring.

With gratitude,
Annelize & the team at Shakti Yoga

NEW Classes on the Schedule for April

*You must sign up in advance before attending class. We love you & want to see you, but **no drop-ins** due to limited class sizes & updated studio community & health safety policy.*

Gentle Yoga w/Ann
Saturdays | 8-9:15am

Mind Body Fit* w/Vik
Saturdays | 9:30-10:30am

Mind Body Fit* w/Annelize
Sundays | 9:30-10:30am

Vinyasa* w/Kendall
Wednesdays | 6 - 7pm

**Zoom option available - must sign up 24 hours in advance for livestream*

Dates to Save :

Plant Music Concert w/Andrea Cortez
& Cuttings/Plant Exchange
at the Studio | April 24th *(afternoon, time TBC)*

April Full Moon Restorative Practice & Yoga Nidra
April 17th & 18th - *details tbc*

Our Class Schedule

Your Ultimate Spring Reset awaits...

I have 1 Ultimate Package
available & yes, you
still have time to sign up
- by 4/1/22

\$745

This package includes :



6 Weekly Zoom Sessions | Guidance for the reset, Tuesdays, 7pm CT
(3/29 complete, you'll get the recording)

a Holistic Wellness Assessment via Zoom
(90 Minutes)

an in-person Therapeutic Yoga Assessment + Movement Session
(90 Minutes)

3 x 60 Minute Private Wellness Sessions

(All Yoga sessions OR 1 Yoga & 2 Flex : cooking class, Skin Care routine or a combo movement class)

a Follow Up Session via Zoom
(after 8 Weeks)

Spring-friendly Digestive Teas & cooking spices - *sent by mail or pick up at Studio*



And!

A complimentary 8 Class pass to use for in-person or virtual classes, if you already have classes or you're a member, you may share this with a family member or we'll add on an extra private sessions.

Ready, set, go!



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