



Namaste dear friends,

I hope you have been enjoying your November so far.
This newsletter is long overdue, isn't it?

Now, I am quite certain that I say this every year, but still - I'll go ahead and repeat it :) I know (*and may be you do, too*) that every day offers so much for which we can be appreciative, regardless of all the stuff that seems to be "going wrong". I often wonder why we don't have more frequent "*Gratitude gatherings*" throughout the year. It would be an excellent reason to get together with our friends and families to share a meal and celebrate just being.

I imagine it would be good medicine for the soul.
What do you think?

Look closely and you'll notice that the day-to-day is so packed we may forget how blessed we are to have so many conveniences. More importantly, the "inconveniences"! Call me crazy but a sink full of dishes means we ate well. Dirty laundry means we have clothes we

love to wear. My dog's fur all over the floor means he's still with us.
You get the idea...

As I think about all this, here's my proposal - while we move towards those frequent gatherings - why not have a personal practice? If you don't already have one, it's simple to start. Each day take note of 3 things you appreciate. You could keep a small journal or write on post-it notes and place around your home / office as reminders. Once in a while it's nice to do this as an exercise with others, over a meal.

If you had to pause right now and ask yourself ...

"What do I appreciate? What makes my days better?

What brings me comfort?" What would surface for you?

Might it be a cozy chair, your favorite mug; time spent with a loved one or a new friend; a wholesome meal; seeing your fellow yogis; a walk in nature; technology to stay connected over distance; being with your cat or dog?

Active appreciation & gratitude is a ongoing practice. Just like stretching those hamstrings, right? :) It need not be anything profound. The more frequent, the better. Be it for the small or big things, the habit of appreciation rewires our brains and fine tunes our senses to look for what's good.

If you're still here and reading, thank you. I want you to know that I am so appreciative to have this connection with you. To see you in class, to hear your stories, to meet your families, to have our check-ins, and for so much more. This is what adds joy, this is what makes the days better and brighter. Our community is a constant reminder that we are growing something good in the world. And for that, I offer my deepest appreciation 365 days of the year.

Wishing you & yours a safe and happy Thanksgiving.
For those traveling, happy landings!

*-With love,
Annelize & the team at Shakti Yoga*

Class Schedule for the Week 11/22 - 11/26

Want to bring a guest to class this week? Email us!

11/22 Tuesday

6pm Gentle & Restorative Yoga

11/23 Wednesday

6:15pm Virtual Vinyasa Flow

11/25 - Saturday

10:30am Kids Class (Jaya Strong)

11/26 - Sunday

11am Gentle Yoga

Please sign up online at least 24 hours prior to the class.

Thank you!

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