



I am/we are in search of peace  
*(still in search of peace)*

for those who struggle silently until the silence gets too  
loud...

for those who believe that darkness is the reality of their  
world...

for those who are too young to know whose paths they  
have crossed...

for those who have walked the earth for decades,  
have witnessed this same story over and over...

for those who cannot believe...

for those who feel helpless...

for those whose hearts are grieving...

for them, for us, for all...

We are in search of peace, a way to share the light.  
The peace that comes from within and has a way to hold  
all...

Om Shanti Shanti Shanti  
a.m.

## Modified Class Schedule 5/28 - 6/3/22

Dear Friends, Please see the updated Yoga class schedule for this week. It may not be a class you regularly attend, but we hope you drop by to practice. Remember to sign up ahead of time.

**Tuesday 6pm Gentle & Restorative** (*In-person only*)  
**Wednesday 6:15pm Vinyasa** (*In-Person & Virtual*)

Have a safe and restful Memorial Day Weekend,

*With Love,  
Annelize & the team at Shakti Yoga*

[Click here to see our updated June 2022 Class Schedule](#)

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