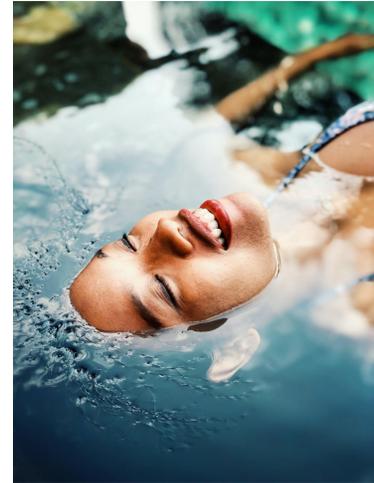
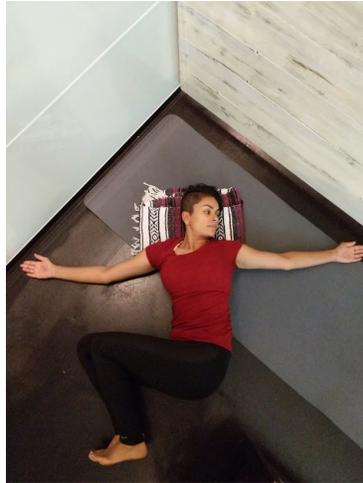


July 28, 2022



Visit our Website



Namaste Dear Friends,

We hope you are staying cool, or at the very least - comfortable during our Summer season here in Texas. It's looking like it's going to stay this way for a while longer. We thought you might like to try some Ayurvedic & Yogic tips for balancing out this intense, fiery energy.

- 1 -Enjoy room temperature water infused with cardamom, coriander seeds, rose petals or mint leaves!
- 2 - Drop into your favorite earthy yoga pose such as **Balasana** (Child's Pose), **Jathara Parivartasana** a Supine twist, **Prasarita Padaottanasana** (Standing Wide-legged forward fold), or a nice, long restorative **Shavasana**. All of these asanas increase the water element in the body and by doing so, balance out the heat.
- 3 -How about checking out or shall we say "checking in" with a simple 5 minute mediation, focusing on deep belly breathing and visualization of flowing water....
- 4 - A favorite! Massage the feet with a few drops of coconut oil before going to bed. If you're keeping it on for the night, wear light cotton socks or else wash off after 15 minutes.

Let us know what you try and what you love! Until we meet, stay safe, stay well & we hope you'll join us soon for a practice via livestream or in-person.

With love,
Annelize & the team at Shakti Yoga

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[Private Yoga](#)

**Sound Sessions & a reason to Celebrate
8/28/22 - *Save the Date!***

***Our schedule for August
2022 has been updated***

**Please sign up online before
attending in person or email us at
namaste@shaktiatx.com to reserve*



your spot.

If you're just returning from travels or a break from practice, do check the schedule as there may be changes for regular classes (on occasion).

But seriously, take a break from the heat and join us for some yoga. We can't wait to practice with you!

[Click here to sign up for a class](#)

On August 28th, we're looking forward to having Sound Healing Artist Andrea Cortez at Shakti Studio.

Reservations will be open soon.
Please save the date, 3:30pm.
We hope you can join us!

And yes, refreshments will be served :)

Shakti Yoga and Wellness | 9313 Anderson Mill Road, Suite E, Austin, TX 78729
www.shaktiatx.com

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