



Namaste dear friends,

Do you ever have that *"I know I'm here right now, but I'm really ready to be over there..."* kind of a feeling? Be it a goal, a mindset or perhaps getting back to another way of being? Well, it's quite a common feeling especially at the start of the New year, post-holidays.

From our recent arrival into the Gregorian New Year we find ourselves ready to celebrate the Lunar New Year! This is an auspicious time to gain clarity on how you're going to move from *"here"* to *"there"*. We don't mean grand plans. In fact, quite the opposite of that.

If you're ready for that journey, we encourage you to start by creating a mantra.

Choose a word or short phrase that you can call upon when making your decisions. A mantra can be very helpful in guiding even the simple day-to-day actions. Sure, you may have long term goals but remember that it's the continuous small steps that carry us forward.

Choose to take those small steps in the direction that feels right, each day, each moment. You need not know the destination or time of arrival at your particular stop, but keep going... and we promise you'll see the results!

While you're at it, just like a good yoga practice, remember to pause once in a while and take it all in.

It's perfectly okay to celebrate even the littlest of steps.

With love,
Annelize & the team at Shakti Yoga

New Classes beginning in February!

We're happy to share that we are expanding our offerings of classes & workshops at the studio.

Already on the schedule :

Full Moon Ritual (Feb 5th)
New Moon Ritual (Feb 19th)
Gentle Yin Yoga & Meditation
Prenatal Yoga

& on the schedule soon :

Embodied Dance
Mobility Yoga

Have a request for another type of wellness practice?

Don't be shy, we would love to hear from you.

namaste@shaktiatx.com

Lunar New Year Special

for your mind, body & spirit



*Is there something that's keeping
you from soaring?*

Imagine a **reboot, a resetting of the mind-body system** with loving guidance along the way.

This is a deep dive into what you're currently experiencing. You choose what you want to share, what needs attention and I will customize a wellness plan for our work together.

Benefits?

- Learn about your natural constitution
- Receive info on the best foods for your body type

Book your Holistic Wellness Assessment w/Annelize and set your course for getting back to feeling your best.
via Zoom or in-Person

PROMO CODE*:

Reset2023

**Effective now through
Feb 28th, 2023*

- Address imbalances (*gut health, allergies, metabolism, sleep, etc.*)
 - Get tips on incorporating a suitable daily routine
- & much more!

If you are interested and have questions, set up a complimentary phone consultation by clicking [here](#).

Or, you just know it's time...

Click below & be sure to enter the promo code at checkout for your special pricing!

I'm Ready to Reset!

Class Schedule

Shakti Yoga & Holistic Wellnes | 9313 Anderson Mill Road, Suite E, Austin, TX 78759
www.shaktiatx.com

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