

January 21, 2022



What's New & What's Good

Namaste, Happy New Year !

[Visit our Website](#)

Oh what a year! (*It was and is, right now..*) We hope this finds you and your loved ones well and keeping on.

Towards the end of 2021, Studio Kailash closed its physical location (*on Research Blvd*) permanently. We're grateful to have been part a vibrant community of teachers & practitioners who had called that studio home for close to 15 years. As we were closing up, it was unclear what the future would bring.

Thankful for meditation and a deep trust that the answer would come - we are happy to share that it did! What's that saying? *When one door closes another opens?*

The past few years have affected our minds and bodies at an accelerated pace and knowing what we do about Yoga as the soulful medicine it is - we chose to continue on this path.

Annelize's Holistic Wellness practice merged with the former studio. This time around, friends, we're more integrated with our wellness offerings. We are here to hold space and offer guidance for those seeking to live full, healthy lives. We are now Shakti Yoga & Holistic Wellness.

Do visit our website to see where we're located, check out our updated schedules & see what's new.



How are you doing?

Is it just me? Once I'm halfway into January, I realize just how much the holidays might have taken me off track (and I say that with loads of gratitude for the season).

An observation, of course. Just like in yoga practice, there isn't any room or reason for



unnecessary judgements. I arrive at this realization after reminding myself that there is a pause button. Yes, there is. Did you know that?

We can put a pause our to-do lists, our ambitious somehow needing to take off with urgency, and more importantly any notions of what should be... That's the big one. It turns out that a loving reminder of where we are in the present, taking space to breathe and a little grace will go a long way. In fact, it WILL make

us more productive in the long run and keep our minds at ease. *Amazing, right?*

So another year ended, hopefully rigorous routines were at ease - for at least a few weeks. Perhaps we are ready for a new start and open to new ways of being so we can adapt as required.

The second month of the year is just around the corner and if you've gotten yourself back onto an aligned track, I congratulate you! If you're still working up the energy to get back and could use some support, then do reach out to me. Holistic wellness assessments are great for receiving customized food & lifestyle suggestions, Private yoga is a wonderful way to get back into your body & meet your health goals

If being a part of a group reset sounds appealing, I'm inspired to get one going.. there is power in making positive shifts together. - Annelize

What do you need right now?

Let's hear it!

What's brings you joy, brings us joy

Have some good news to share? We would love to feature it in our next newsletter. Send your story & any photos to us at namaste@shaktiatx.com

