



## Namaste

Hello and happy October dear friends,

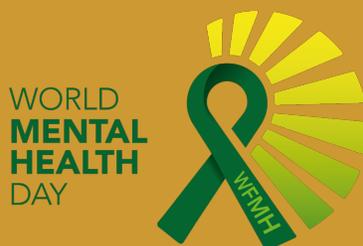
We hope you are enjoying the beginning of the fall season and perhaps getting to spend a little more time outdoors.

For so many reasons October feels like the unofficial start of holiday season. If you've also noticed this then we highly recommend boosting self-care practices. If you aren't already attending, you might consider dropping in for Restorative or Candlelight Yin practice. These are great ways to stay nourished on all levels while taking a break from the outside world. Of course, daily meditation and dedicated moments to do absolutely nothing are so important as we move with ease over the next few months.

We hope to see you in a class soon and until then, be well, take good care of yourselves and stay in touch.

*In peace,  
Your team at Shakti Yoga*

# Supporting the mind in flux



## *Did you know that today is World Mental Health Day?*

When I first started practicing yoga, my intention was more focused on gaining flexibility and feeling at home in my body. Naturally that started happening but I noticed the incredible effect it was having on my mind. With all the fluctuations that life was bringing as a teenager, especially being in a new country navigating multiple cultural norms, and without any real outlet to explore emotions - yoga soon became the underlying thread that brought a sense of stability. I couldn't articulate that at the time but I know it's what kept me going. This was one of the main reasons I moved into teaching community classes and working with students of all ages.

When the time came, it made sense to open up a studio because a dedicated space for *sadhana* (daily practice) is like a home whose purpose is to fill us with nothing but good vibrations. It is a space that reminds us that we are on the right path, no worries about the days passed or days to come. It's a space that reminds us to be here, now and release the unnecessary thoughts that tend to weigh us down. Difficult as it may be sometimes, a self check in and adjustment of our own thought process is exactly what is needed to encourage new cycles of consciousness and growth. I am honored to be in a place in my life where I can offer a yoga home for our community and we look forward to new expansions for wellness services in the near future.

Now, if you feel inspired I invite you to take moment and reflect on how you're doing. *What's the natural tendency of your mind these days?* A general question might work or perhaps going into specifics can shed more light. Consider the nature of your thoughts, quality of sleep, stress level, ability to recall things, emotions and ability to deal with sudden changes, etc. Take note and please do so without judgement. If you do embark on this exercise, it's important to complete it by listing a few ways that you already do or can begin easily and effectively keep your mind at ease on a daily basis (*walking, breathing, stretching, affirmations, etc.*). Lastly, close with a short 5 minute meditation in a comfortable seated pose while focusing on deep belly breathing.

-With love, Annelize

*Lokah Samashta Sukhino Bhavantu*  
*May all beings, everywhere, be happy and free*

Click here for our updated class  
schedule

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