

April 11, 2022



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If only newsletters could share fragrances you would be closing your eyes right now and wondering what on earth this incredible aroma could be. Ah! Instead, I'll stay happy knowing that I can at least share the visual beauty that this curry leaf plant has offered us. Isn't it amazing, just how much nature gives us? Feeding our senses with aromatic herbs, vibrant colors, textures and flavor. ***What flowers or plants are filling your senses & brining you joy these days?***

Share a photo of yourself in your garden, or with flowers, herbs or your veggies! Email namaste@shaktiatx.com, Subject : Plants

-With love, Annelize & the team at Shakti Yoga

How Yoga helps us Sleep

As we all know, there isn't a replacement for getting a good night's rest. The body needs it's

daily dose of quality sleep so it can think, move, be and experience everything, *all over again*, as soon as the next day begins.

Sleep is also essential for mitigating stress.



Saying that, sometimes we may *want* to sleep but have trouble either falling asleep or staying asleep. Worries, physical discomfort and a host of other reasons are at work here.

When this happens, the mind can fall into a pattern of staying overactive, trying to solve potential problems and hence, not get the rest / sleep it so desperately seeks. To get out of that habit or pattern, we need to remind the mind & body that it knows how to relax and we need to practice that, often.

This is when the parasympathetic nervous system becomes more active. **It's in charge of "resting and digesting" and is, in essence, the opposite of the body feels when undergoing stress.**



A regular yoga practice is an excellent way to train ourselves to activate the parasympathetic nervous system when needed.

Thanks to the combination of various yoga tools: the physical postures/asanas; regulation of breath and the meditative quality that is induced during a practice.

Restorative yoga is especially beneficial because it releases physical & emotional stress without any effort required, well - with the exception of having to stacking a few blankets, bolsters and pillows to be cozy + having to choose what type of aromatherapy you might need. All in all, totally worth it :)

Wondering if your parasympathetic nervous system could use a little love & support?



Join Ann for a nourishing **Gentle & Restorative practice on Tuesdays at 6pm.**

[Sign up Here](#)

April & May Class Schedule

**Please sign up before attending. If classes are cancelled, they will show up on the website. If you are new to a class, feel free to email us with your questions. Thank you!*

TUE & THU | 9:30am

Gentle Yoga

TUESDAYS | 6pm

Gentle & Restorative Yoga

WEDNESDAYS | 6:15pm

Vinyasa Yoga

SATURDAYS

8 - 9:15am Gentle Yoga

9:30am Mind Body Fit w/Vik

SUNDAYS

9:30am Mind Body Fit w/Annelize

11- 12pm Gentle/Beginner's Yoga

[Sign up for your class](#)