

June 9th, 2022



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A graphic of a rainbow-colored heart, composed of six horizontal stripes in red, orange, yellow, green, blue, and purple, set against a pink background.

**It takes no compromise
to give people their
rights ... it takes no
money to respect the
individual. It takes no
political deal to give
people freedom.
It takes no survey to
remove repression.**

❖

HARVEY MILK



It has been years since I've marched, chanted, or walked alongside my sisters/brothers/community for pride celebrations. I was recently thinking about how I used to test my endurance in never-ending "conversations" (*if we can call it that*) with family members, sometimes strangers about the right for all to love the way we love. Over time, with age, and most certainly a result of my yoga practice, I have moved away from the deep desire to change people's minds - *at least the ones closest to me*. Everyone is on their own journey, isn't it? I moved closer to simply living and allowing others to do the same.

I love this life. It allows me to be who I am and be very clear that in my world - everyone is free to be who they are.

What made me think about my early days of activism was my most recent visit to JoAnne's (yes, *the fabric store*). I popped in to purchase some muslin for herbal boluses I was making and I was taken aback to see all the rainbow & pride

paraphernalia. In recent years, I've also had several close friends and family members share that their kids have come out as gay or trans... as young as ages 5 - early 20s. This is so moving. **While our world will always be steeped in contrast and we will relentlessly keep working towards balancing that very same contrast of "light & dark"** ... in my limited experience on this planet, I do believe there has been a huge shift in the last two decades. By that I mean the surfacing of **visible respect and freedom to love**. This opening in hearts and minds, this foundation that allows youth to speak their truth and feel trusted, this creates light -- and where there is light, there is a dedication & commitment to peace As I often share in practice, whenever we deliberately set an intention - it need not matter the point of focus. Perhaps for ourselves, perhaps for someone else, something else... the beauty of this intention-setting is that the source is all the same. This is yoga. This is unity. **This is the real 'namaste'.**

So this month (*but not more than any other, really*) as we celebrate Pride, Juneteenth, as we hold space for communities struggling near and far, we wish you love, joy, happiness and freedom on this journey. We want to know you as your whole & beautiful selves. Be the light that you are, share it and know that it will keep on giving.

With love,
Annelize & the team at Shakti Yoga

Summer Special - Private Yoga w/Annelize



Treat yourself to a private yoga session this summer!

Enjoy 30% OFF
book now through Augu2022.

Promo code : Yoga30

**Good for Single Yoga Session or 3-Session Bundle*

Want to experience a private yoga session with a family member or a friend? We love that idea!

*Use the code : **Yogafor2***

**Use when booking a Single Yoga Session for 2*

June 2022 Class Schedule

**Please sign up online before attending in person or email us at namaste@shaktiatx.com to sign up. Holidays may affect class schedule, do check the online, updated schedule before showing up.*

Thank you, we can't wait to practice with you!

TUE & THU | 9:30am - Gentle Yoga

TUESDAYS | 6pm- Gentle & Restorative Yoga

WEDNESDAYS

3 - 4pm Gentle & Restorative Yoga

6:15 pm - Vinyasa Yoga

THURSDAYS | 6pm

Candlelight Yin Yoga

SUNDAYS

9:30am Slow Flow Yoga

11- 12pm Gentle / Beginner's Yoga

Sign up for a class

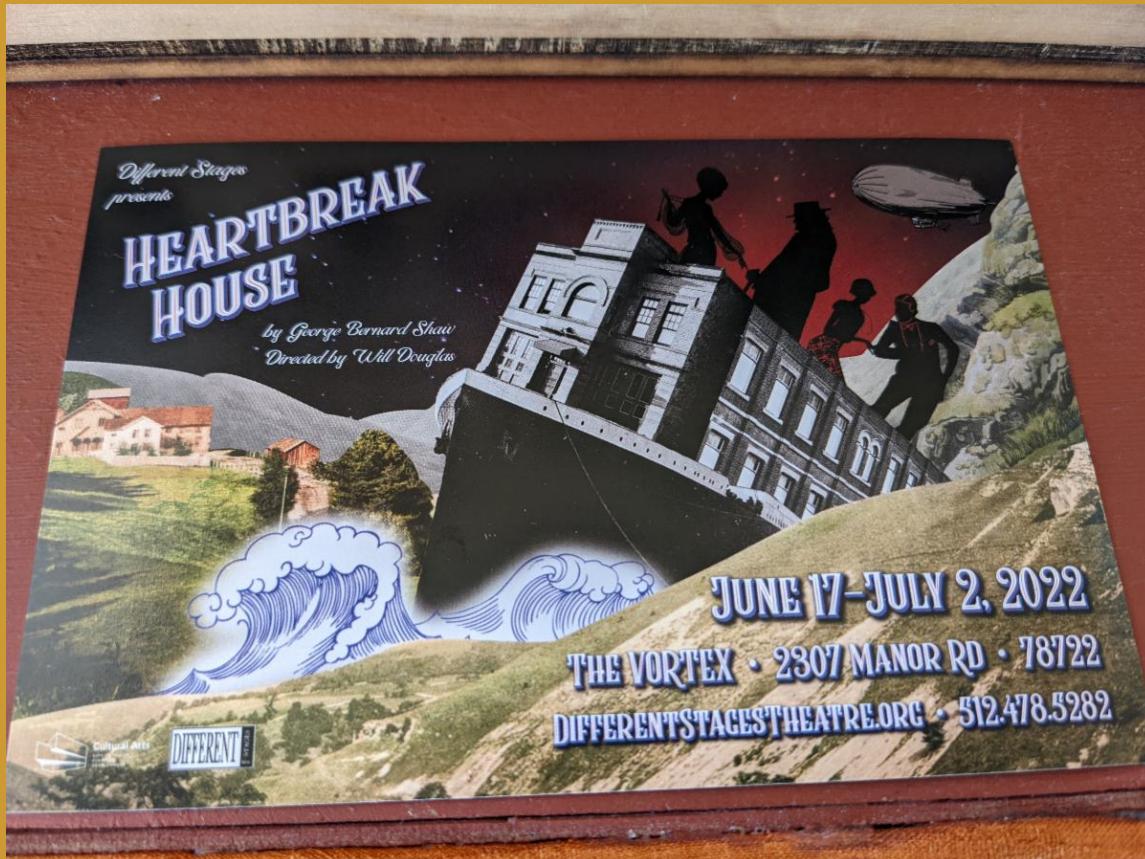


Community Member Spotlight

Meet Karen Jambon! Our gentle yogi has been practicing yoga for almost 9 years. Yes, even through the *yoga-via-zoom* stretch. She began her yoga practice when she retired. When asked what her favorite pose was, she said it might be hard to say, but pigeon came to mind. Ah, we had a feeling.

She's been active in theatre for nearly 50 years as an actor and director. Karen shared that she directs more than she acts. For us at Shakti Wellness, yoga is definitely about health & wellbeing of the individual but also very much the same for community. It's so beautiful to share what we love and support our fellow yogis. Karen was kind enough to share her upcoming work with us.

Go check out *Heartbreak House* at the Vortex Theatre. DIFFERENTSTAGESTHEATRE.ORG
512-478-5282



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