



MAISON SHAKTI

QUARTERLY NEWSLETTER

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The Quiet Unfolding

As winter gently melts into spring, there's a quiet invitation in the air, to soften, to renew, and to begin again.

I'm also sharing a small shift on my end: I'll now be sending this newsletter quarterly, creating more space for intention and depth.

This is a season to awaken softly, to listen inward, and to move forward in a way that truly honors your body.



[Book your session](#)

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Inspiration of the season

Growth doesn't arrive all at once.

It unfolds quietly and patiently in its own time.

Just like nature.



Affirmation of the season

“I welcome growth with ease, balance, and trust.”



Practice of the season

Step outside if possible.

Take three conscious breaths and notice one sign of new life around you.

Let this remind you that renewal is already underway.

May you unfold gently, just as nature does.

With love,
Prachi