



MAISON SHAKTI

MONTHLY NEWSLETTER

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Happy New Year!

As we step into a new year, this season invites us to pause, reset, and set intentions that feel nourishing rather than rushed.

It is about clearing old energetic patterns and creating space for what's ready to emerge.

Come get tuned..

A beautiful time to begin or recommit to Biofield Tuning as ongoing self-care.

Gift cards are available for anyone beginning the year with intention

[Book your first session](#)

www.maisonshakti.com



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Inspiration of the month

A new beginning doesn't require perfection.

It simply asks for presence.

Each moment you choose to return to yourself, you begin again.

Affirmation of the month

"I welcome this new year with clarity, calm, and intention."



Practice of the month

Sit quietly and place one hand on your heart and one on your belly.

Ask yourself gently: What do I want to feel more of this year?

Breathe with that feeling for one full minute.

As you step into this new year, may you feel more calm, clear, and supported. I look forward to welcoming you soon.

With warmth,
Prachi

