



MAISON SHAKTI

MONTHLY NEWSLETTER

NOVEMBER, 2025 - ISSUE #3

The Quiet Before Winter : Rest & Reflection

November invites us to slow down and listen inward.

It's a month for restoration of body, mind, and spirit.

At **Maison Shakti**, this season's sessions focus on deep grounding and energetic cleansing before winter's stillness arrives.

Ongoing Fall Offer : Book a series of two sessions and receive 10% off the second to support your continued healing journey.

Holiday season offers are here!



Treat your loved ones with
Maison Shakti gift cards.

Perfect for a meaningful,
personalized experience this
festive season.

Buy it online on
www.maisonshakti.com

Book your session



Inspiration of the month

Stillness isn't empty. It's full of quiet wisdom.

When the outer world slows, your inner world has space to speak.

Listen gently; your body always knows the way home.

Affirmation of the month

"I honour the stillness within me and allow rest to renew my energy."



Practice of the month

Try this evening ritual:

Before bed, place your hands over your heart and hum softly for one minute.

The vibration helps calm the nervous system and settle your energy for deep rest.

May this season bring softness to your edges and peace to your heart.

With love,
Prachi

