



MAISON SHAKTI

MONTHLY NEWSLETTER

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The Season of Shift: Finding Balance in Change

As autumn deepens, energy begins to turn inward.

This is a beautiful time to release what feels heavy and reconnect with stillness.

At **Maison Shakti**, we're embracing this slower rhythm through restorative Biofield Tuning sessions and gentle sound journeys.

Exclusive Fall Offer

Celebrate the turning of the seasons with our fall offer.

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

[Book your session](#)

www.maisonshakti.com

1701 Woodward Dr, Suite LL21, Ottawa



Inspiration of the month

The trees remind us that release can be beautiful.

As leaves let go, they make space for quiet renewal.

Let yourself soften into the unknown, as each ending simply prepares the ground for new life.

Affirmation of the month

“I release what no longer serves me and trust the rhythm of change.”



Practice of the month

Try this simple grounding exercise:

- Sit comfortably and visualize yourself surrounded by golden light.
- With every exhale, imagine releasing what you no longer need, tension, worry, or noise.
- With each inhale, invite steadiness and warmth.

As the air turns crisp, may you find warmth within. Your inner balance is your truest anchor.

With warmth,
Prachi

