



MAISON SHAKTI

# MONTHLY NEWSLETTER

SEPTEMBER, 2025 - ISSUE #1

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We're officially here! Ottawa, let's tune in!

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I'm so delighted to share that Maison Shakti has officially arrived in Ottawa!

Maison Shakti is a healing space dedicated to Biofield Tuning, a sound-based therapy that works with the body's energy field to restore balance, clarity, and ease.

**My vision is simple:** to create a sanctuary where you can release stress, feel lighter, and reconnect with your natural flow. Each month, I'll be sharing a little inspiration, a grounding practice, and updates from the studio so you can bring more calm into your daily life.

Come check out  
my new space

[Book your first session](#)

[www.maisonshakti.com](http://www.maisonshakti.com)



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## Inspiration of the month

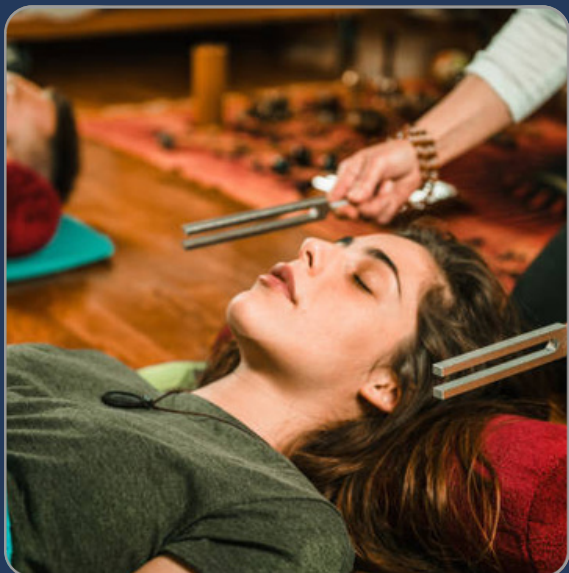
In uncertain times, calm doesn't always mean control.

It means remembering that even amidst change, you can return to your center.

Each pause, each breath, each moment of presence is a reminder that steadiness is already within you.

## Affirmation of the month

“Even in uncertainty, I return to the calm within me.”



## Practice of the month

Try this simple grounding exercise:

- Place your hand on your heart.
- Take three slow breaths, exhaling longer than you inhale.
- Imagine roots extending from your feet into the earth.
- Notice how your body feels after just a minute.

As you move through this month, may you feel more grounded, clear, and supported. I look forward to welcoming you soon.

With warmth,  
Prachi