

LOVEFIT



JUNE 2020 ISSUE NO. 1 : HOLISTIC RENEWAL

How to Stay
Inspired and
Reset After
Trauma

YANTRA

A Whole Body
Renewal

MEDITATE

Ten Minute
Grounding
Reset

EXPAND

Professional
Tactics On The
Yoga of Money

SAVOR

A Weekly
Menu Guide to
Get You Back
on Track

FLEX YOUR SPIRITUAL MUSCLE
THE SHAKTI
SCHOOL
SUBSCRIPTION

3



TABLE OF CONTENTS

1 Letter from Katie

What is Wholeness? How to Stay Inspired and Reset After Trauma

3 In The Portal

This Month's Workshop

9 Reset Menu Guide

Menu Plan to Get You Back On Track

14 Yoga of Money

Get Unstuck in the Energy Exchange

16 Water Fasting & Spiritual Renewal

An Ancient Tradition for Renewal

STAPLES

4 Monthly Roadmap

7 Staff Picks

8 Word of The Month

12 June Vedic Astrology

18 Gab with the Goddess

19 Special Offers

20 Vault

21 Credits



9



LETTER FROM KATIE

*"You're not just a drop in the ocean;
you are the mighty ocean in the drop."
- Rumi*

**You are
already whole,
just as you
are.**

What is Wholeness? How to Stay Inspired and Reset After Trauma

Wholeness is available to us all and already exists within.

But that isn't always how we feel. We may feel less than whole or at odds with our emotions because it is the nature of the mind to split and categorize things as "good" and "bad" as a means to navigate life logically and create structure. Classifying things as "good" and "bad" in our mind has its place as a means for understanding the world around us and for protection.

However, when it comes to perception of self and stored trauma patterns, these labels can create a splintered lens through which we view ourselves, making us feel insufficient and inadequate, leading us away from feeling Whole. Often, we tend to utilize this concept of 'splitting' on ourselves and categorize our qualities and emotions the same way we do our external world. We tend to assign parts of ourselves the labels of "good" and "bad". This results in a fragmented view of the way we see ourselves. This fragmented view and labeling ourselves creates self-judgement and feelings of inadequacy. Coping mechanisms develop during and post trauma to shield from this self-judgement and creation of inner division.

This division creates and echoes limiting beliefs. These limiting beliefs can be both subtle and resounding. The more energy we devote to these limiting beliefs and patterns, the deeper ingrained they become.

In Yoga, the concept is known as Samskara, or grooves. These grooves are like a river. The more water that flows in these grooves, the wider the river becomes, the stronger the groove or pattern. The energy flowing into and through these learned patterns to cope with trauma are like the water.

Continued on next page.





The more energy given to these mental patterns, the deeper and wider those Samskaras become. The bigger the channel, the more difficult to shift and remove the layers from years of labeling and judging our true nature. To break the cycle of continuing these patterns and creating more Samskaras through trauma, a shift must happen to those grooves. The first step in this shift is through awareness.

Reorienting stored trauma patterns takes acknowledgment of the emotional underpinnings in the mind, but also an energetic shift. This is where integration steps in to serve us. Integration is at the heart of Wholeness. Integration is acknowledging and accepting both our limitations and epic greatness. Rather than self condemnation, embrace acceptance of self - for both the light and dark, the "good" and the "bad". Honor your human experience by recognizing both as YOU. Reorienting stored patterns also may require SUPPORT - make sure to get the help you need, as we reprogram and rewire through relationships. That may mean signing up to work with a therapist or a coach, calling up your best friend or asking your partner to hold space for you.

Once we are able to acknowledge and assimilate both the light and dark in our nature, peel back some of those added protective layers, and shift those deep Samskaras, we are able to realize our true nature of Wholeness. Because you are already whole, it's all in you. All of those beautiful, marvelous parts, along with the imperfect, flawed parts. All of it is YOU, and because of it ALL, you are Whole. You are Whole because you exist, right here in this very moment.

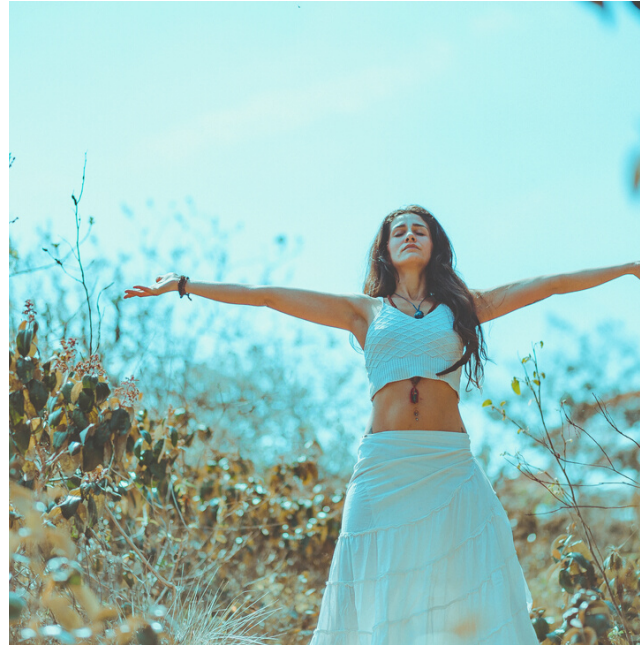
"Moksha (liberation) cannot be attained until all karmic seeds are roasted in the flame of attention, meditation"
Dr. Vasant Lad

PRACTICES TO RESET AFTER TRAUMA, SHIFT SAMSKARAS & INTEGRATE THE WHOLE BEING

- What holds a beacon of light for you? This can be something as subtle as the morning dew glistening on the lush green of plants or listening to the trees speak in the wind. It may be a deep, clarifying sweat after a workout or deepening a spiritual practice. Meditate or journal on what really lights you up, what invites joy into your being. Tapping into the subtle or pervasive pleasures in your day to day.
- Allowing yourself to be just as you are, without judgment, shaking off those narratives of the "bad" parts of you.
- Tapping into nature, resetting your natural self with the nature that surrounds. Quiet observation.
- Meditations that reorient and bring you into the present - observation of one thing with as much attention to details as possible.
- Dance, Sing, exactly as your body wants, free of judgement from others and from self. Practice integration in this way, just allowing yourself to be exactly as you are, free from confines of what is and isn't pretty or good.
- Read - give the mind a reset and deep dive into a novel to fuel your imagination and ignite wonder.
- Pay attention to what your body wants. Is it to move? To cry? Whatever your body is calling you to do, allow it, and refrain from the need to label or categorize those needs or urges.
- Connect with support - many cases of deeply stored patterns, especially trauma, DO require the help of a qualified therapist. We recommend the Hakomi method, Somatic Experiencing, Organic Intelligence and Attachment-based therapists.

THIS MONTH IN THE PORTAL

Body Yantra Whole Body Reset & Grounding Meditation



Body Yantra Nidra

The Body Yantra Nidra is a simple practice that Katie loves to do when she's been doing a lot on the go and needs a nervous system reset from head to feet. This practice is a wonderful and rare way to interface with compression and perception of sensory information in the mind. All you need is a blanket or mat and a surface behind the head like a wall or block for this gentle and rejuvenating practice.

Ten Minute Grounding Reset

This month we have a brief but powerful Grounding Reset practice that you can do anytime and anywhere for instant grounding. This standing position meditation brings awareness to the feet through tactile sense and ushers in energetic and gentle grounding. Utilize this practice whenever you are feeling a little ungrounded.

This month's content is super mellow and grounding by intention. We need this cleansing and comforting practice to prepare for the wild beauty at the edges of what is unfolding.

MONTHLY ROADMAP

WEEK ONE



1. Make a grocery list for your intentional reset (See the Body Renew Menu). Plan your meals for the week and decide what days you'll be eating your reset menu. We recommend setting aside 5 days.
2. Talk with your partner, family, housemates, about what you're up to this month and how they can support you. It might be as simple as letting them know you'll be eating differently and making separate meals. Or asking that you not be offered sweets after dinner.
3. Schedule in two afternoons or evenings this week to do the Grounding Reset. Describe what you felt. What allowed you to feel embodied?



WEEK TWO

1. Choose a day to try a water fast this month. If you've never fasted, try a half day fast (intermittent fast) from 5pm to 10am the following morning.
2. Note that you'll need a day or two before and after your water fast for slowing phasing it in and then integrating and phasing it out. Plan your meals accordingly for the day before and after your fast.
3. Schedule an evening this week to do this month's Body Yantra Nidra.



WEEK THREE

1. Journal: What emotions or thought patterns did you most encounter during your reset week and water fast? How have those emotions served you in the past? Which of these thought patterns or emotions surprised you? What did you learn about yourself during this reset? What are you ready to release from your life?
2. Clean out your living space. Triage and donate clothing and create a new alter space for summer. Get rid of knick-knacks that clutter a space and don't bring you joy.
3. Schedule an evening this week to do this month's Body Yantra Nidra again. Notice how your interactions may change since beginning the practice.



WEEK FOUR

1. Take stock of what you're holding onto that no longer serves you. What is no longer serving your sense of wholeness and self? Release something this week that isn't working, i.e.: donate a plant you can no longer keep alive (*I'm looking at you compulsive indoor plant buyer*), take space from those that don't support your thriving (notice who showed up during Week One when you announced your intentions for a reset), put a limit on screen time, etc.
2. Create a financial goal for this year. Make it actionable, measurable and reasonably accomplishable over the next 12 months. Write this goal and put it up somewhere. Notice how it feels to have a money goal. Does that repulse you? Does it excite you? Read the Yoga of Money article—where do your money beliefs come from?
3. Share in the FB group your reflections: 1) Your highs so we can all expand our conception of what is possible and magnify your glory; 2) Share your lows so we can support you and share our own stories that will raise your vibration.
4. Light a candle and take a bath with ginger powder, epsom salt and baking soda. Do the Body Yantra Nidra in the bath. Enjoy.



WHAT WE ARE LOVING

Our Staff Favorites This Month



STYLE: LAUREN MANOOGIAN



KATIE'S PICK @KatieSilcox4Real

Lauren Manoogian's clothing is handmade in Peru and it is all about style, grace, & comfort. I am obsessed with anything that is able to merge elegance and feeling like you're still wearing your favorite pajamas. This is the kind of clothing that allows you to either cuddle on the couch watching your favorite show or spend a night out in Paris with decadent gourmet food and late night conversations.

PODCAST: UNLOCKING US BY BRENE BROWN

MARY'S PICK @MaryDoveSilcox



I've always been a big fan of Brene Brown, but to be honest I was never super drawn to her because of her ted talks, interviews, or other speaking platforms. It was always her books that got me hooked on her. It wasn't until her recent release of *Unlocking Us* that I really started to fall in love with her verbal wisdom. So far, she has had interesting guests, all encompassing the same kind of genuine compassion for humanity and a new perspective on life and learning. I always finish the podcast seeing the world with new eyes.

BOOK: TURNING PRO, STEVEN PRESSFIELD



AMAURY'S PICK @AmauryRoseline

This book will light a fire under you. It's powerfully motivating. We all experience blocks and feelings of unworthiness. We hide and we play small. As a creative and entrepreneur I know this so well. Steven Pressfield also knows the game of resistance inside and out, he's written several books on the creative process, but this one is my favorite. He identifies and frames our blocks to creation and outlines the journey from dreamer (Amateur) to Pro. If you want to write a book, start a business, or whatever feels like your life's work to you, then this will help you find the perspective and WILL to do it. The Muse is there if you can face her.

MUSICAL GROUP: THE HIGHWOMEN

SARAH'S PICK
@SarahWaldron417



I've been missing nourishing quality time with my gal pals during quarantine so I've been channeling that Girl Power energy through music and dance lately. I love Megan Thee Stallion's IDGAF energy and beats. I've also been loving the relatable and empowering lyrics of insanely talented female supergroup, The Highwomen. Crank it up and shake it off!

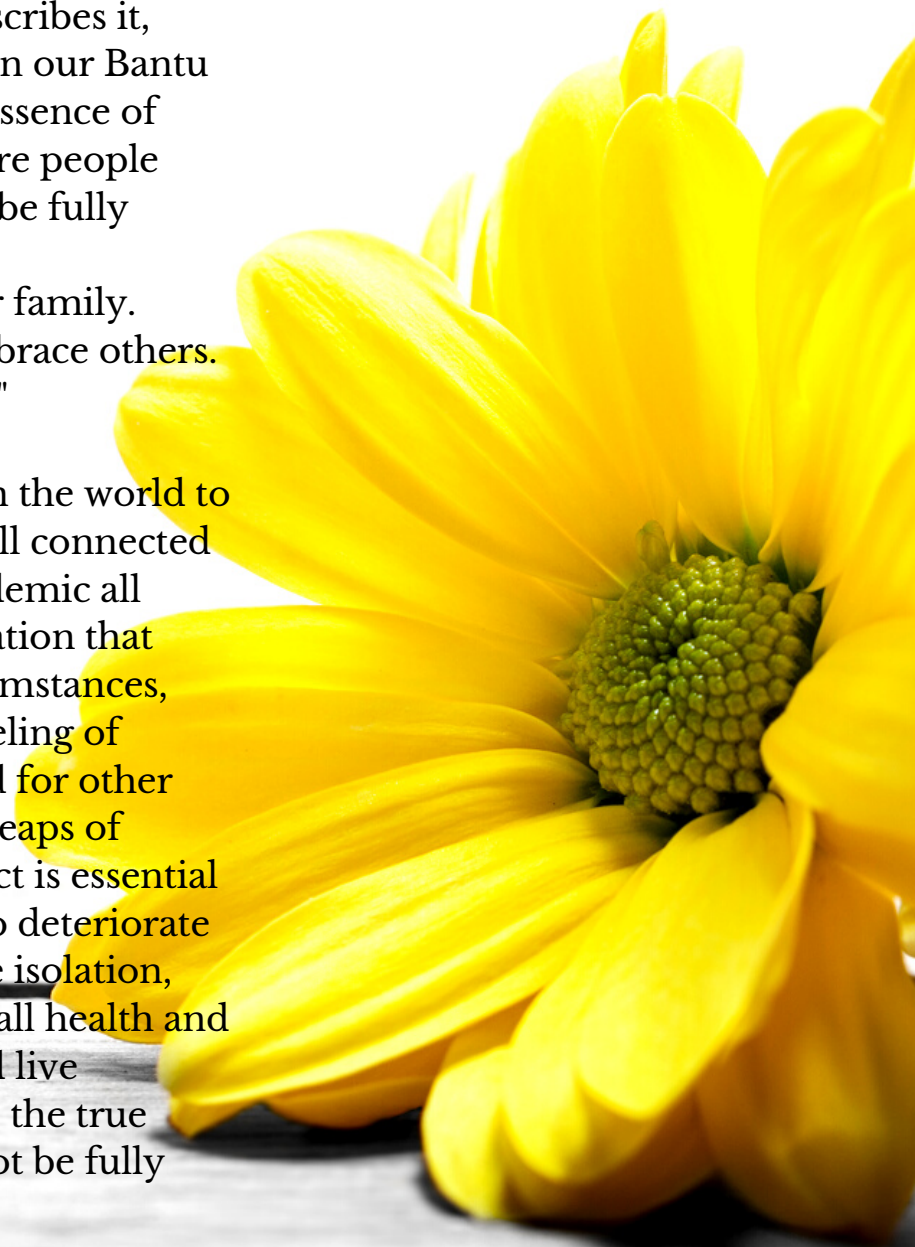


WORD OF THE MONTH

Ubuntu

As Archbishop Desmond Tutu describes it, "*Ubuntu* is a concept that we have in our Bantu languages at home. *Ubuntu* is the essence of being a person. It means that we are people through other people. We cannot be fully human alone. We are made for interdependence, we are made for family. When you have unbuntu, you embrace others. You are generous, compassionate."

The past few months have awoken the world to "Ubuntu", the notion that we are all connected as human beings. During the pandemic all people were reduced to the realization that despite finances, location, or circumstances, everyone was experiencing the feeling of isolation. As humans, we are wired for other human connections and there is heaps of research indicating that this contact is essential for brain health. Humans begin to deteriorate when in circumstances of extreme isolation, having deleterious effects on overall health and wellbeing. These times of lessened live interactions have shown everyone the true meaning of Ubuntu, that we cannot be fully human alone.



Body Renew: Menu Guide for Getting Back on Track

While we are all living through a pandemic it's not surprising that many (if not most) people are struggling with an overwhelming amount of stress. It is possible you may have lost your job, a loved one, or maybe being stuck in quarantine with your partner is causing some extra tension. With the heightened levels of stress it's possible you could be dipping into some not so favorable habits or patterns when it comes to what you choose to eat.

Let me be the first to say, it's OKAY. It's okay to splurge on your favorite sweet treat or watch a round of Netflix with a bag of buttery popcorn. The thing is, you just don't want it to become the norm. So, if you've gone down that road and are having a hard time making the U-Turn, it might be helpful to follow a simple weekly plan to help fuel your brain with the nutrients you need to get through the coming days.

Here is a disciplined, but approachable, sample menu for what a week of clean eating could look like:

Continued on next page





Morning:

- Green tea with lemon (or ditch the caffeine all together and just have warm lemon water)
- Protein smoothie (your favorite vegan protein powder (we like Amazing Grass Organics), blueberries, stevia, avocado, and mint)



Lunch:

Sauteed greens, steamed veggies, one serving of protein (either legumes or wild-caught fish), avocado, LAKA Kake Seaweed, and a drizzle of olive oil

Dinner:

- Coconut milk vegetable stew: onions, garlic, turmeric, ginger, zucchini, carrots, yellow squash, and shiitake mushrooms all in a pot with vegetable broth (or bone broth), boil and bring to a simmer for about 1 hour, serve with fresh lemon and parsley. (Can add a handful of regenerative farmed rice if you are more active during the day)



Night Time Tea:

Roasted dandelion tea steeped and then blended with LAKA's cookie drip, plus a splash of steamed nut milk and a dash of cinnamon.

Continued on the next page

Now that you have a sample of what Day One could look like, simply repeat different varieties of this meal plan for the entire week.

Each day could look slightly different by varying up what vegetables, fats, and proteins you use. One day use olive oil, the next coconut oil, try out different legumes (make sure to soak them and cook them appropriately), and be creative when it comes to choosing your greens for the week. I love incorporating dandelion greens into my daily mix.

The main thing to focus on for your week of getting back on track is to think clean and simple. Really try your best to avoid caffeine, sugar, wheat, processed foods, dairy products, and anything else that you intuitively know is *NOT* helping you feel light and clear. It's just one week and I promise you will feel a huge shift in your physical and emotional health.

Mary McQuate
@MaryDoveSilcox



YOUR MONTH IN VEDIC ASTROLOGY



STARDUST IN JUNE

Dr. Katy Jane @DrKatyJane

The question all of us are asking lately is: “When will it end?” We seek comfort in endings—especially of situations that we don’t like.

But what if there were no end? What if time and space are eternal, ever repeating? What if we keep going through the same things over and over again accounting for your “patterns” and your “life story” that you wish would somehow change?

Ever since the pandemic was declared on March 11th, we’ve been given a glimpse into the eternity of time with a rare astrological configuration called kala amrita yoga, “the immortality of time.” It’s made us feel the weight of time, as days and weeks inch by. All of our plans gone to waste, we’re stuck watching the clock and wondering when things might return to “normal.”

But it’s also given a rare chance to go beyond the limitations of who you think you are. It’s given a pause in the story. For the spiritually inclined, it’s a golden opportunity to put all your practices to the test.

Beginning **June 1st**, we start to get a glimpse of life returning.

It may not be “normal,” but it’s returning. Life is “opening up.”

Then on **June 5th** we enter the annual eclipse cycle beginning with a lunar eclipse followed by a solar eclipse on **June 21st**. If there ever was a time when meditation and all forms of spiritual discipline are needed it’s during this period. I can’t tell you what will happen. I can only tell you not to be tricked into thinking we can somehow “go back.”

We’re on a journey, the human race. We’re cleansing on a mass scale. This is more than your summer picnics and beach parties. This is a new world being birthed. And it’s messy and chaotic and uncertain.

Stay with your practice. Stay with the truth. You aren’t your story. You’re only watching from the non-changing Self that’s not affected by any of this.

By **August 1st**, the dust will start to clear. All of your waiting, sacrifices and difficulties will start to bear fruit. We’re heading for a spiritual victory meant to make you so strong that nothing can shake you. Use the month of June to prepare for it.

”

*Never was there a time when
I did not exist
Nor you
Nor all these kings.
Nor in the future shall any of
us
Cease to be.*

~Bhagavad Gītā 2:12





YOGA OF MONEY



7 Strategies to Unblock Your Money Energy

I have always loved numbers. I love the logic of numbers. I love both the simplicity and complexity of numbers. I love the organization of numbers. And little gives me more pleasure than curling up with a spreadsheet.

Yes. I am serious. This is part of the reason why I started my financial advisory business. But I can tell you, after nearly 8 years since starting Alexis Advisors, I know I am a “weirdo” – an outlier, in the minority.

The vast majority of our clients are less than enthusiastic about numbers, or about engaging in the money conversation. And “that majority” is women.

There are all sorts of reasons why women don’t engage in the money conversation. Societal reasons, where talking money is considered “the man’s domain.” Personal reasons, preferring to focus your energy on “doing good,” rather than “doing well.” Psychological reasons, with the monkey mind constantly telling you that you don’t understand money.

And, finally, and probably most importantly - the role modeling our parents provided around money.

We all know the “should” of money. I should look at my budget. I should open my credit card statements. I should save more. I should invest more. There are a million reasons “why” this is the case, and I have outlined a few above, but the bottom-line is that assessing your money can feel like a no-win, no-reward situation. So, despite all the good intentions, your lizard brain sees this:

→ Do a lot of work (drudgery) for years and years...and years.

→ Look at mind-numbing series of numbers and charts that feel like they don’t have much to do with my dreams of travel and living a fulfilling life or impacting to the world.

→ Make more sacrifices. Rinse and repeat.

Continued on next page

Finally, after 20-30 years of drudgery, you might have saved enough to retire – assuming you don't get wiped out in the stock market. Well, this all sounds like “a downer,” and lizard brain says “why should I even try?”

Flip the Money Script

Since starting my business, one of my passions has been to help women “flip the money script” in their head. This is not an easy task because so much of our money behaviors, habits and attitudes are “embedded” in our brains and cells of our body.

In addition to being a money manager and financial planner, I am a long-time yoga practitioner and former yoga teacher. I am also currently getting re-certified through Shakti School. To help prevent the lizard brain from kicking in when meeting clients, I have found that my yoga and mindfulness practices have benefited me the most.

Ready for the flip?

What if taking care of your financial future was less about boring investment statements and dull “market commentary”? What if taking care of your money became about your own personal journey, of conquering the dark and scary challenge of our insecurities?

A few strategies to help you turn off (or at least turn down) the negative self-talk and monkey mind:

1. Analyze Your Parents

I don't mean this literally, but do look at your parents' relationship with money. My dad's money message to his three daughters was “money doesn't grow on trees.” My mom's message was “when the going gets tough, the tough go shopping.” To this day, these messages show up in how each of us interacts with our money.

2. Analyze Yourself

Which of your money behaviors are most similar to your parents'? Have you assumed your mom's money messages, your dad's or a little bit of both?

3. Meditate & Journal

Write down your observations from above. Then ask “what frightens you about money? What motivates? What's your “money why? Why do you do the work you do?” (Hint: If your answer to this last question is “to get health insurance benefits,” this may be a sign that you need to dig deeper.)

4. Rethink What Money Represents

Joseph Campbell said that “Money is just another form of energy, and releasing it releases life's possibilities.” Thinking about money as just another form of energy takes some of the sting out. Think about money as a form of energy to direct, to move around, to support (or detract) for your vision of your life.

5. Get Unstuck

You know that your yoga practice has the power to move energy – and help release energy blockages. Your relationship with money can get stuck, too. Find strategies to help you get unstuck and get money energy flowing.

6. Set Intentions (Goals)

I am not a big believer in the ability to simply “manifest money.” I have seen too many people wrack up huge bills starting a business thinking that the “money will come.” However, I am a believer in setting positive intentions (and goals), and looking for ways to align your money with what you value most – both on the earning and spending side of the equation.

7. Take A Step

Identify three actions you can take right now to help you feel more empowered about your money. For example, take a look at your credit card statement – does your spending reflect your values? Are you contributing to your company's 401(k) at least up to the company match? If you have kids, have you set up an education savings plan?

This is your life journey – and your money journey. Both are tightly intertwined, and cannot be separated. This is a journey worth taking - one that will make you feel empowered and be intentional around one of the most powerful energy sources on the planet.

If you need help, one option is to attend a workshop. Or talk to a financial advisor. We are here to help.

Roberta Kellar Wellar
@AlexisAdvisors

WATER FASTING AS PART OF SPIRITUAL RENEWAL



Water fasting has been used for thousands of years not only for its physical benefit, but also for its ability to expand the mind and renew the spirit. Almost every spiritual lineage has a long standing history of using fasting as a way to cleanse and draw one closer to a divine spirit. In ancient India sages would fast in hopes that it would bring them closer to god or the higher spirits. Similarly, in Native American traditions water fasting was also commonly used. It was used most often in vision quests. A vision quest is a “supernatural experience in which an individual seeks to interact with a guardian spirit, usually an anthropomorphized animal, to obtain advice or protection.” ([Native American religion](#) | [Britannica](#))

The idea was that it would aid in powerful transformations by allowing them to gain more clarity and to be fully present with nature.

Experiences such as these have shown to be super beneficial when it comes to processing the inner turmoil of the mind. And, we could all use a little help when it comes to a mental refresh from time to time.

Not only does water fasting have the ability to transform your emotional brain, it also has plenty of physical benefits as well. When the body is able to have a break from it's daily duties like digestion and detoxing the foods we eat, it is able to shift into *cellular autophagy* mode. Cellular autophagy is your body's ability to self clean or self regulate. During this process your body can repair, heal, and rid itself of whatever is in the way of living and feeling optimally. Cellular autophagy can be extremely beneficial when it comes to reduction in cancer rates, Alzheimer's, Parkinson's risk, and many other serious illnesses. It can also help to increase longevity, boost cognition, reduce inflammation, strengthen the immune system, raise human growth hormone, and boost testosterone. The list could go on forever.

Of course, you do want to be cautious when it comes to fasting. As it goes with anything that is related to your diet or your health, it is highly individualized. A complete water fast should be done very minimally (once a year) and only if you are in relatively good health (otherwise it is best done with the supervision of your medical practitioner). And, although the outcome of water fasting will leave you feeling refreshed and rejuvenated, in the moment it is super taxing on the system.

So, if you are already in a depleted state, you may want to hold off on doing a fast and instead focus on rebuilding your immunity and resilience before stepping into the world of water fasting. It's also important to start with a shorter fast before embarking on a longer fast. Try some intermittent fasting first, increase your fasting length gradually until you feel like you are ready to do a 24 hour water fast.

Another important thing to mention when preparing for a water fast is that you don't want to enter your first fast still in dependence on stimulants or other addictions. It's best to have already cut out caffeine, sugar, smoking, or anything else that is on your "must have" list. Otherwise, you're going to be fighting a lot of battles at once.

However, if you are in the right state of body and mind to be fasting, here are some helpful tips to focus on.

- Set an intention
- Use high quality spring water (with minerals)
- Add salt to your water to keep your electrolytes up
- Dry brush to encourage detox
- Journal
- Spend meditative time in nature
- Practice slow alternate nostril breathing
- REST (Cannot stress this enough)

Fasting can be a really transformative experience. It's a simple way to achieve a little bit more clarity and balance in your life.

Try to be as mindful as possible throughout your fasting: watch your thoughts and your habitual thinking patterns that come up in particular to food, hunger, and control. Maybe even enlist a fasting buddy. It can be helpful to have someone to stay accountable to and gain support from during your cleansing journey. And if you are still feeling unsure, always seek guidance from your health gurus.

May your fasting experience be insightful, refreshing, and spiritually fulfilling.

Mary McQuate
@MaryDoveSilcox



GAB WITH THE GODDESSES

ADVICE FOR THE LOVEFIT WOMAN

I'm having trouble with establishing a morning routine. There are so many recommendations in Ayurveda for morning self-care and I don't know which ones to prioritize in the morning so I can still get myself ready and to work on time. How do you create a daily routine (Dinacharya) that is right for you and doesn't take too long every day? ~Not A Morning Person

Dear Not A Morning Person,

This question comes up in everyone's journey with Ayurveda. You see that long list of dinacharya and you might think "is self-care supposed to make me tired?"

It's not. You have to approach those dinacharya lists like an encyclopedia list. It's a list of all the things you could potentially do, but by no means should you do them all everyday. For example, I don't do abhyanga (self massage) every morning because I don't shower in the morning. Instead, I shower in the evenings before bed, so I do my dry brushing and abhyanga then. If it's a weekday and I'm tired at night, I might do a quick abhyanga (2 mins) or none at all (I aim to do it at least twice a week). Then on weekends and holidays I take more time to do the full monty with dry brushing + massage, really taking my time.

Your morning routine should be different on days you go to work then on the weekends when you have more time.

Decide what your non-negotiables are on work days. What can you absolutely not *not* do before leaving the house?

Mine are scraping my tongue, brushing my teeth, drinking a large pint of warm water, rinsing & moisturizing my face, and having a bowel movement before I leave the house. That's the bare minimum for me. So you'll need to figure out what your bare minimum is. Master that bare minimum. Eventually you'll be able to add to it.

Then decide what things you can do midday, in the evenings and on weekends, instead of the morning. **Dinacharya is about optimizing your daily life to make the most of your health and life.** Do you need to do Neti pot every day? Unless you suffer from allergies during allergy season, probably not, so leave it for the weekend. If you don't have time to meditate for 20 mins every single morning, just take 2 minutes to intentionally set the tone for the day: it can be writing down your gratitude list for the day, reading a poem, saying a little prayer, or doing five intentional sun or moon salutations with breathing.

With time, you'll be able to shift your biorhythm to having more energy in the morning. Exercising in the morning helps with this. Start with a brief round of sun salutations or jumping jacks. **The important part is keeping that one small promise to yourself everyday. Then build on that.**

Amaury Roseline Vaillant
@AmauryRoseline

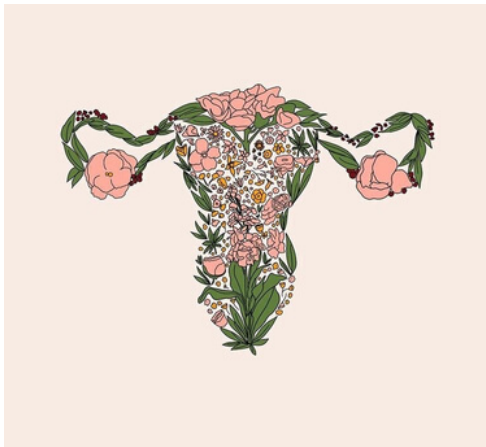
MONTHLY COUPON

THE SHAKTI SCHOOL SUBSCRIPTION

JUNE DISCOUNT with FORIA

For our launch month we are gifting all June LOVEFIT viewers with a promo code to Foria Wellness

It's our favorite place for adaptogenic intimacy. To receive 10% off use the code **SHAKTILOVE** at checkout.



Art by Ashley Pope

Why we freaking LOVE this product

Foria Wellness is paving the way for the intimate health and wellness world. *"Rooted in the proven wisdom of plants and powered by compassion,"* Foria is committed to spreading sexual education, using clean (and organic) ingredients, responsible packaging, and enhancing pleasure & sexual renewal. At Shakti School, we too are committed to expanding and enhancing the lives of women both in and out of the bedroom. Our favorite product is their intimacy lubricant, perfect for single or duo please. This natural hemp infused blend reduces pelvic pain and increases our pleasure with botanicals.



LOVEFIT VAULT

MORE ON RENEWAL AND REJUVINATION

[Check out this blog post on honing your Goddess Vitality](#)

[A Fresh and Revitalizing Bowl and Avocado Dressing](#)

[Nourishing Fatty Balls Recipe - A Shakti School Favorite!](#)



EXPLORE AUDIO AND VIDEO WORKSHOPS
(LOVEFIT SUBSCRIBERS ONLY)

[Dance Conditioning with Katie and guest teacher, Faith helps boost your Ojas and revives body + soul](#)

[Usher in Pleasure with this Body Yantra Method](#)

[Awaken your Energy with Katie's morning practice!](#)



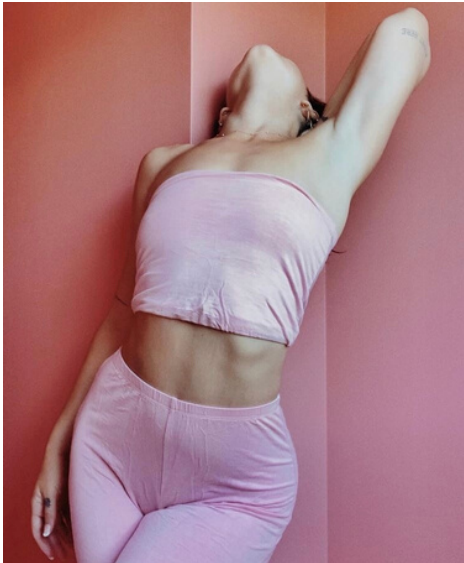
UP NEXT IN OUR
JULY ISSUE: FIRE AND WATER
THE BEST OF FEMME FORM FLOWS
&
ACTIVATING THE VALVE SYSTEM:
TONGUE, HEART, BELLY, PUSSY

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Special Thanks



Miki Ash, Many thanks to this beautiful woman, Miki Ash, for our cover photo. Not only is Miki radiant on the outside, but she is surrounded by a glow attributed to her radiant *inner* beauty.

As an artist, creator, photographer, yoga & meditation teacher we feel that she illuminates many of the philosophies we teach at The Shakti School. You can find her on instagram at @mikiash. And, for more info on what she is wearing, visit www.HaratheLabel.com for all of their sustainable wears.



Roberta Keller is Founder and CEO of Alexis Advisors. She believes that every dollar invested has an impact - both for individuals and for our world. Her extensive background in money management - from Wall Street to Connecticut and London - has led her to build quantitatively-driven proprietary portfolios that strive to minimize the negative impact of catastrophic stock market losses. Her long-time yoga and meditation practices are tightly intertwined with how she has built her business, with a focus on transparency, integrity and encouraging purpose-driven living. Alexis Advisors is the regions first B-Corp certified, values-based advisory experience.

Roberta wants to work with curious people - the people who seek to answer 'Why?' And want to align their money with their values. She is passionate about helping women rescript the stories they tell themselves about money so they can thrive - despite what they've been taught by societal norms. In addition to her purpose-driven work, Roberta thrives through her passions for Ayurvedic wellness, yoga, nature and enjoying her Church Hill community with her husband, Robert, and dog, Lila.

Designed and Edited with LOVE by The Shakti School Team

For more visit TheShaktiSchool.com