



*Shanthi Yogini
Yogic Lifestyle Expert*

6 Steps to Deepen Your Yoga-Practice Beyond the Aasanam (Poses)

Discover How to Practice Authentic
Yogic Lifestyle

Even if you have NO Flexibility &
ZERO Yoga-Experience

It is NOT about Yoga-DOING,
It is ALL about Yoga-LIVING!

This guide presents the 6 Game-Changing Steps of Shanthi's S.H.A.K.T.I. Yoga-Model for Aspiring and Current Yoga-Practitioners, Teachers, and Wellness Coaches to Benefit from Yogic Wisdom in its Pristine & Purest Form Through Authentic Yoga-Shaastram (Yogic Lifestyle)

This guide gains importance on 3 grounds.

1. Most of the typical Yoga-Training programs and classes offered to the public are inauthentic. The teachers are trained to teach before deep study, implementation, and self-healing. The cart is put before the horse.

This guide provides the roadmap which when followed, creates authentic Yoga-teaching and mastery in accordance with the ancient wisdom given by enlightened masters at least 12,000 years back.

2. The typical Yoga-programs are mostly fitness-based, and they do not meet the real needs of people. Yoga-Shaastram is a tool box with many tools. Yoga-Pose is just one tool and a small part of the ancient science.

This guide provides the formula that requires NO body flexibility and ZERO prior experience to get full benefits from Yogic lifestyle.

3. This guide, using S.H.A.K.T.I. Yoga-Model, helps bring balance in oneself and in the world, through practice, preservation and passing on Authentic Yogic Lifestyle to the future generation.

S.H.A.K.T.I. Yoga-Model is applicable for healers and wellness coaches too, because authentic Yogic Lifestyle offers tools for total healing and wellness. It is the SUPER SET and other paths are just sub-sets.

S.H.A.K.T.I. Yoga-Model is NOT a new Yoga-type or style. It just gives a path to go from Zero Yoga-Experience to Authentic Yoga-Mastery. It is an easy way to impact one's life and also the world as a healer, coach, and a leader. Creating new brands, types, and styles is NON-YogaH, born out of ego.

The word SHAKTI in Samskrtam language indicates power/ energy. The 6 steps below are empowering.

The word **S.H.A.K.T.I.** is an acronym and stands for

S - STUDY

H - HEAL

A - ASSIMILATE

K - KREATE (CREATE)

T - TEACH

I - IMPACT

STEP 1: STUDY (S. of S.H.A.K.T.I.)

- Lay the foundation for your “Balanced & Empowered” Yogic home

STUDY What?

More Complex Poses?

NO! NOT AT ALL!

*Study the Foundations of *Yoga-Shaastram!*

*Study the Fundamentals of Happiness, Healing, Health, & Reaching Your Highest Potential!

*You Become a Master by Mastering the Basics.

Study is a Must to Deepen Your Yoga-Practice .



(The Fundamental First Step for Authentic Practice, Teaching, or Coaching)

STEP 2: HEAL (H. of S.H.A.K.T.I.)

- Erect columns for your “Balanced & Empowered” Yogic home

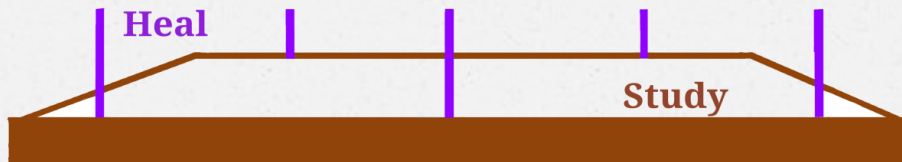
HEAL How?

Expect People & Situations to Change?
Wait for Healing to Take Place One day?

NO! NOT AT ALL!

- *Change Yourself and Begin to Heal!
- *Take Responsibility for Your Healing!
- *Use Yoga-Tools to Bring Balance to Your Life!
- *Use Yoga-Tools to heal both physically & mentally!

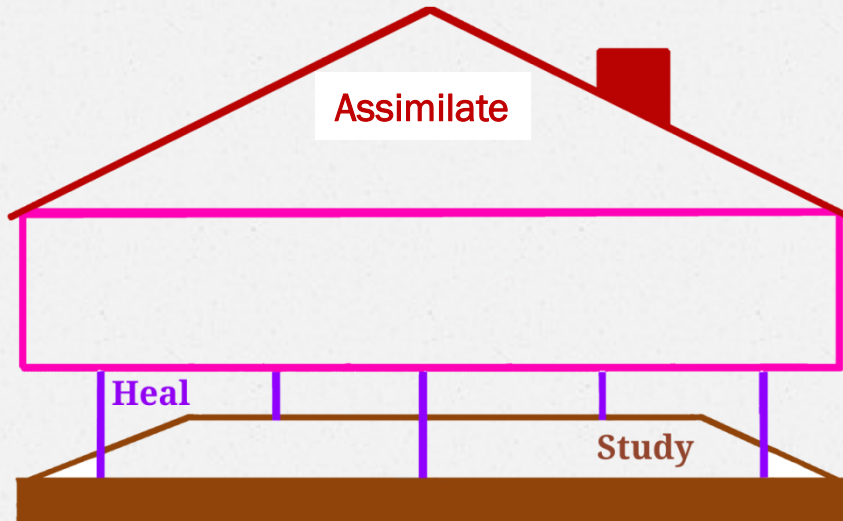
Healing is a Path to Deepen Your Yoga-Practice.



(#1 Prerequisite to Live a Peaceful, Happy, and Empowered Life)

STEP 3: ASSIMILATE (A. of S.H.A.K.T.I.)

- Finish the roof for your “Balanced & Empowered” Yogic home



ASSIMILATE What?

More Complex Yoga-Poses?

Burnout, Confusion, Anxiety & Fatigue?

NO! NOT AT ALL!

*Assimilate all Tools of Yogic Lifestyle!

(Foundation, Yogic Values, Awareness, Diet etc.)

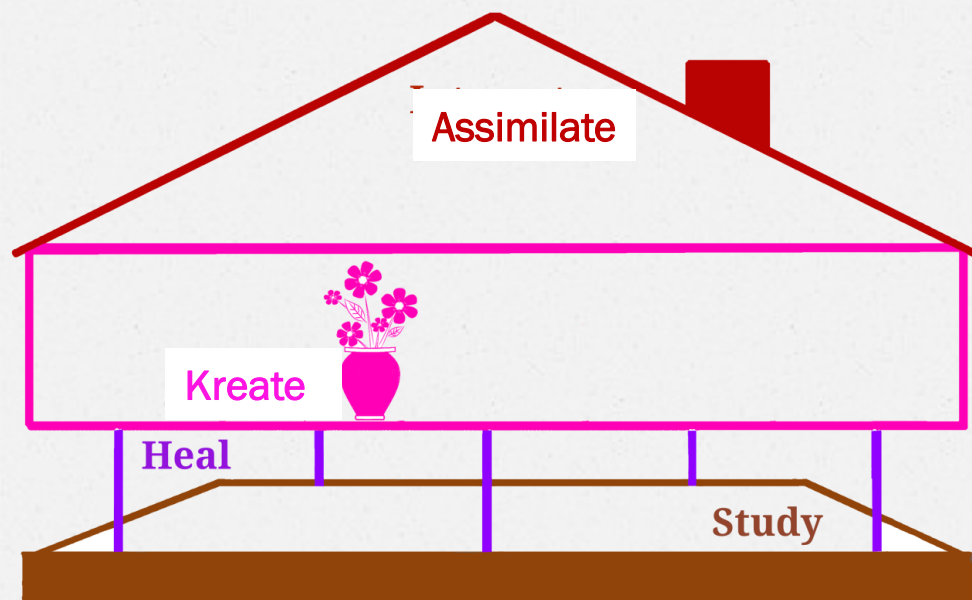
*Find Purpose & Contentment in Your Life!

Assimilating & Integrating Yoga-Tools into Your life Alone can Deepen Your Yoga-Practice.

(#1 Toolset for Super-Quick Self-Care that Requires Only 2 Minutes of Your Time)

STEP 4: KREATE (K. of S.H.A.K.T.I.)

- Create interiors for your “Balanced & Empowered” Yogic home



KREATE (Create) What?

Kreate Dependency on Your Instructors?
Kreate More Flexibility in Your Body?

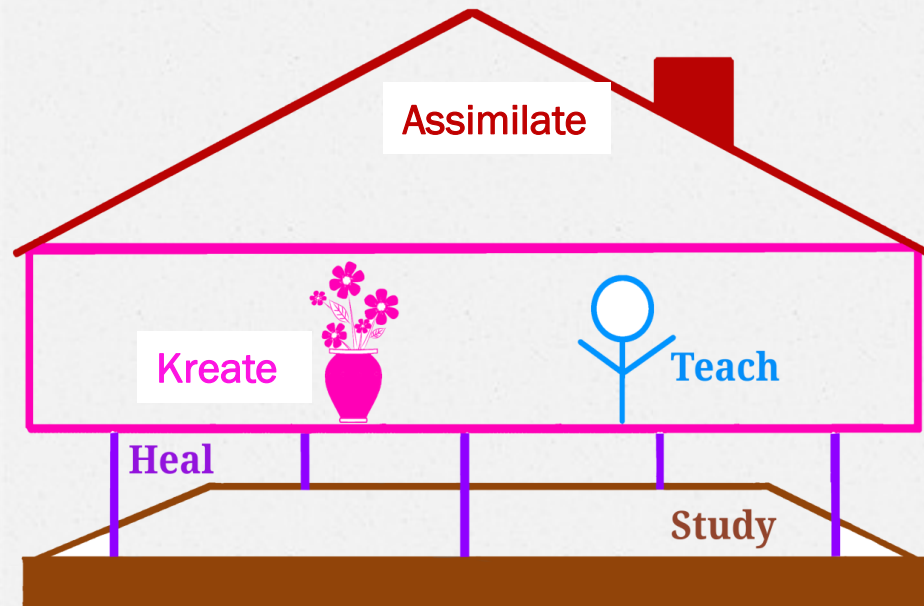
NO! NOT AT ALL!

***KREATE** an independant **K**urriculum for your practice that has **R**elevance, **E**ase, **A**uthenticity, **T**horoughness, & **E**ngagement!
Independence is a **Prerequisite** to Deepen your Yoga-Practice.

(The Vital Step to Address All Concerns & Aspirations in Your Life)

STEP 5: TEACH (T. of S.H.A.K.T.I.)

- Enjoy living in your “Balanced & Empowered” Yogic home



TEACH When?

Teach Others Even BEFORE You get Healed, Balanced, and Transformed?

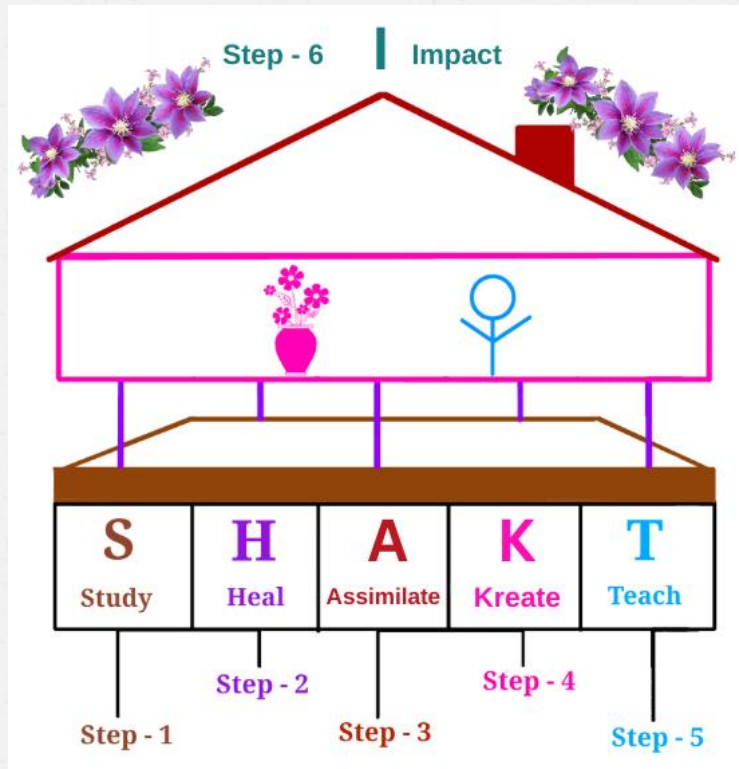
NO! NOT AT ALL!

- *First Feel Balanced in Life with Steps 3 & 4!
 - *You Can't Give to Others What You Don't Have!
 - *Then learn to teach Authentically to help others !
- Learning to Teach is the Best Way** to Deepen Your Yoga-Practice Even if You do NOT Intend to Teach.

(The Easiest Way to Serve & Ensure All-Round Abundance for You & for Others)

STEP 6: IMPACT (I. of S.H.A.K.T.I.)

- Enjoy the Outside of your “Balanced & Empowered” Yogic home



IMPACT How?

By Teaching Only Yoga-Poses as Fitness?

NO! NOT AT ALL!

*Impact by helping Others in All their Challenges & Goals at Physical, Mental, Intellectual, Social & Spiritual Levels!

*Impact by Preserving and passing on Authentic Yogic Lifestyle to the future generations!

Impact is the Ultimate to Deepen Your Yoga-Practice.

(#1 Indicator that You Are Leaving a Legacy Behind!)

ABOUT SHANTHI:

Dressed traditionally, Shanthi Yogini is authentic to her roots in more ways than physical appearance.

Shanthi is on a mission to fix the broken Yoga-system which is misappropriated, misrepresented, and diluted.

She helps create World-Class authentic Yoga-Teachers to bring balance back into the world with A.U.T.H.E.N.T.I.C. Yogic lifestyle through her S.H.A.K.T.I. Yoga-Model.

Shanthi authored the #1 International Best-seller, Happiness: The Key to Success – 12 Meditation Steps to Uncover Your Joy, Healing, and Success. It is now split into a series of 12 books.

Shanthi comes from a lineage of Yoga-Masters. She was born and raised in the country which is the very source of Yoga-Shaastram (Yoga-Living).

Shanthi is an eye-opening Speaker, Culture Educator, Healer, Dancer, Storyteller, and a highly sought-after TV, Podcast and Radio Show guest.



Please click here to join our FREE private VIP Facebook group to connect with like-minded people.

Please answer the questions there!

If you have challenges in life and want a chance to win a video or an audio sent to you for free with Shanthi's recommendations, please click here and fill out a questionnaire!