



*Shanthi Yogini  
Happiness & Yogic Teaching Activist*

## **S.H.A.K.T.I.** **Inner Peace Blueprint**

**Discover How to Transform Your Life  
with Authentic Yogic Wisdom**  
Even  
**If you have NO Flexibility &  
ZERO Yoga-Experience**  
Because  
**It is NOT about Yoga-Doing —  
It is about Yoga-LIVING!**

**This guide is your personalized roadmap for building a life of balance, healing, and transformation — just like building a strong, beautiful house. The goal is inner peace and unlocking infinite potential using Yogic Wisdom in its Pristine & Purest Form**

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**This guide is essential for 3 reasons:**

**1. It Restores Authenticity in Yogic Practices:** Most Yoga-programs today are far removed from the ancient wisdom they stem from. Often, teachers are trained to teach before they have deeply studied, healed, or implemented Yogic principles in their own lives. It is like putting the cart before the horse!

*This guide gives you the authentic roadmap to achieve balance, healing, and happiness while progressing toward mastery of Yogic wisdom as envisioned by sages over 12,000 years ago.*

**2. It Goes Beyond Fitness-Based Yogic Practices:** Most Yoga-programs focus only on physical postures (Yoga-Poses), but true Yogic wisdom offers so much more. Yogic science is a vast toolbox of solutions for life's challenges, with poses being just one small tool.

*This guide shows you how to benefit from Yogic life- without needing body flexibility or prior experience.*

**3. It Offers Simple, Yet Transformative Tools:** Using the **S.H.A.K.T.I.** Yoga-Model, this guide helps you bring balance, healing, and peace into your life, family, and community through easy 2-minute Yoga-tools.



**This guide is based on S.H.A.K.T.I. Yoga-Model which is applicable for all those seeking healing and wellness, because authentic Yogic Lifestyle offers tools for total healing and wellness. It is the SUPER SET and other paths are just its sub-sets.**

**S.H.A.K.T.I.** Yoga-Model is NOT another modern Yoga-style or trend. It is a step-by-step blueprint to help you build a harmonious life—from its foundation to its impact on the world around you.

Whether you are starting from ZERO Yoga experience or seeking authentic mastery, this model will guide you toward mind-body healing, inner peace, and unlocking infinite potential. Moreover, it empowers you to become a guardian of authentic Yogic wisdom and create a lasting legacy.

The word SHAKTI in Samskrtam language indicates power/ energy. It symbolizes the inner strength and potential each of us holds. The 6 steps of S.H.A.K.T.I. guide you through this empowering journey.

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**



## What Does **S.H.A.K.T.I.** Stand For?

### 1. **S - STUDY**

Build the foundation of knowledge through the study of authentic Yogic wisdom and life.

### 2. **H - HEAL**

Heal your mind, body, and Aatmaa through conscious practices and a Yogic lifestyle.

### 3. **A - ASSIMILATE**

Absorb and integrate what you have learned into your daily life for sustained inner peace and happiness.

### 4. **K - KREATE (CREATE)**

Create a personalized curriculum to suit your unique needs and for your independent Yoga-practice.

### 5. **T - TEACH**

Teach yourself using your curriculum, inspiring growth and change.

### 6. **I - IMPACT**

Expand your influence by creating a ripple effect of balance, healing, and happiness in the world.

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

*- Lay the Foundation for Your Yogic Home of Inner Peace*



Does STUDY feel too Theoretical or a Waste of Time?

**Absolutely not! Here's why it is transformative:**

**\* Study the Foundations of Authentic Yogic Wisdom and Practices (Yoga-Shaastram):**

Dive into timeless principles that have guided countless seekers toward healing, balance, and happiness.

**\* Study the Fundamentals of Happiness, Peace, Healing, Health, & Your Infinite Potential!**

Discover the root causes of imbalance and unlock the tools for true transformation.

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

*- Lay the Foundation for Your Yogic Home of Inner Peace*

**\* Learn How Yogic Living Supports Real Transformation:**

A Yogic lifestyle is not just philosophy—it is a practical blueprint for achieving self-growth and harmony.

**\* Become a Master by Mastering the *Basics*:**

True mastery comes from a solid foundation. When you understand the "why," you can navigate the "how."

**🔍 Ask Yourself:**

- *What areas of my life feel out of balance?*
- *What do I genuinely want to change?*

**🔍 Why STUDY Matters:**

Foundational Yogic study is not just the first step—it is the key to unlocking the life you want. By grounding yourself in these teachings, you prepare for deeper healing, inner peace, and balance.



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

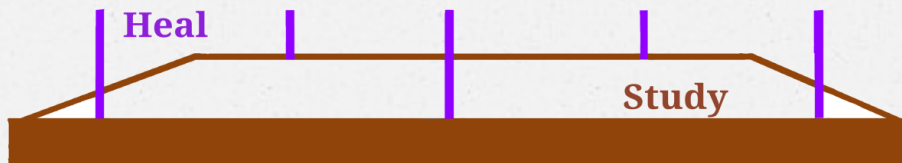
- Erect Columns for Your Yogic Home of Inner Peace

Do you expect people or situations to change for you to heal and feel at peace?

**NO! That is not the Yogic way!**

**\* True Peace Begins Within:**

- Change *Yourself* and Begin to Heal.
- Study Your Emotions, and Thought Patterns to understand what drives your inner turmoil.
- Take Responsibility for Your Peace & Happiness —it is a choice you can make every day.



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

*- Erect Columns for Your Yogic Home of Inner Peace*

### \* Lead a Yogic Life to Heal and Transform:

- Achieve inner peace and balance by aligning your lifestyle with Yogic principles.
- Use simple and powerful Yoga-tools to nurture your body, mind, and Aatmaa for a medicine-free, healthy life.

#### 🔍 Ask Yourself:

- *What is holding me back from feeling truly at peace?*
- *What changes can I make today to nurture and heal myself?*
- *How can I take the first step toward my inner balance?*

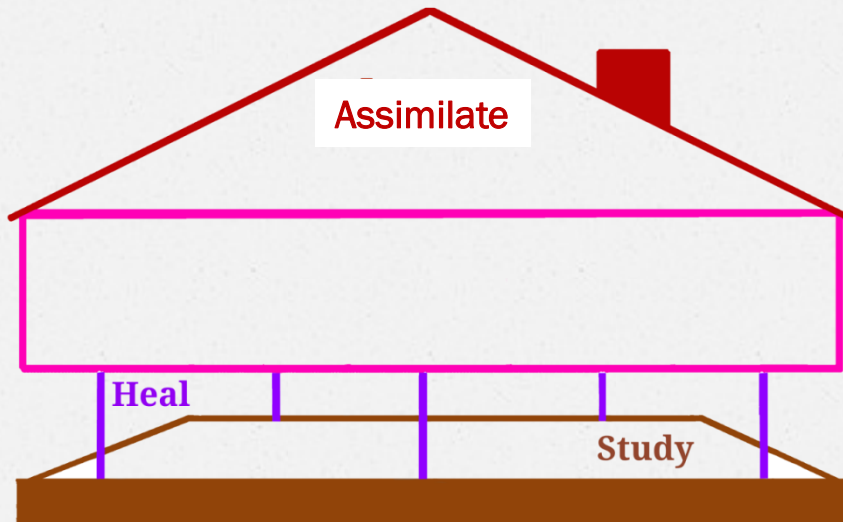
#### 🔍 Why HEAL Matters:

Healing is the foundation for health, peace, and happiness—without it, lasting transformation is impossible.



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

*- Finish the Roof for Your Yogic Home of Inner Peace*



Is assimilating burnout, confusion, anxiety, and fatigue into your life, even if unknowingly, Justifiable?

**NO! NOT AT ALL!**

Instead, learn to assimilate & integrate all tools of a Yogic life—even if you have just 2 minutes a day for inner peace.

**\* What does assimilation mean here?**

It is about making Yogic tools part of who you are, not something you “do.” Foundation practices (like Yogic values, awareness, proper diet, and more) come together naturally when you integrate them into your daily life.

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

*- Finish the Roof for Your Yogic Home of Inner Peace*

## \* 3 Simple Steps to Assimilate for Inner Peace

1. Embed Yogic Values in Your Routine - Reflect on habits, beliefs, and behaviors.
2. Simplify Self-Care - Make super quick self-care a no-brainer
3. Consistent Daily Steps - Create small habits instead of overwhelming yourself with major changes.

### 🔍 Ask Yourself:

- *What is one Yogic habit I can commit to today that will nurture my long-term peace and growth?*
- *How can I carve out just 2 minutes of “me-time” today?*

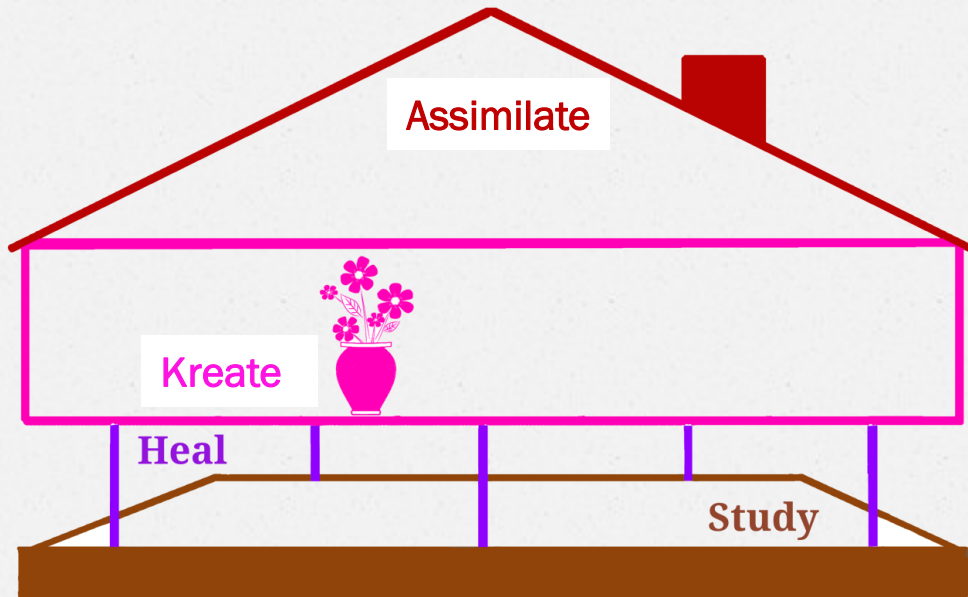
### 🔍 Why ASSIMILATE Matters:

Assimilation is the bridge between awareness and action. It is the process that transforms practices into lifelong, effortless habits. . You don't need hours of “me-time,” but a conscious caring for yourself daily. Small, consistent efforts—just 2 minutes a day—can lead to big transformations.



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

*- Create Interior Decoration for Your Yogic Home of Inner Peace*



Do you want to KREATE just dependency on someone and physical flexibility?  
**NO! ABSOLUTELY NOT!**

This step is about cultivating authentic independence in your Yoga-practice by designing a personalized and purposeful curriculum.

## \* What Does KREATE Stand For?

**KREATE** = Kurriculum that is:

- Relevant
- Easy
- Authentic
- Thorough
- Engaging

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

*- Create Interior Decoration for Your Yogic Home of Inner Peace*

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## **\* How to Apply KREATE:**

### **1. Design a Simple Self-Growth Syllabus:**

- Craft a practice plan that fits your unique needs and lifestyle.
- Options can include 2-minute, 5-minute, or 10-minute practices—no more excuses, just small steps toward transformation.

### **2. Focus on Meaningful Practice:**

- Move away from surface-level distractions like choreography, music, or entertainment-based Yoga-classes.
- Instead, focus on practices that provide authentic inner transformation.



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

*- Create Interior Decoration for Your Yogic Home of Inner Peace*

## 3. KREATE with Purpose:

- Your curriculum should serve your real needs in life, addressing peace and happiness.
- It must empower you to grow as an independent practitioner and avoid reliance on external aids like music or constant instruction.

### 🔍 Ask Yourself:

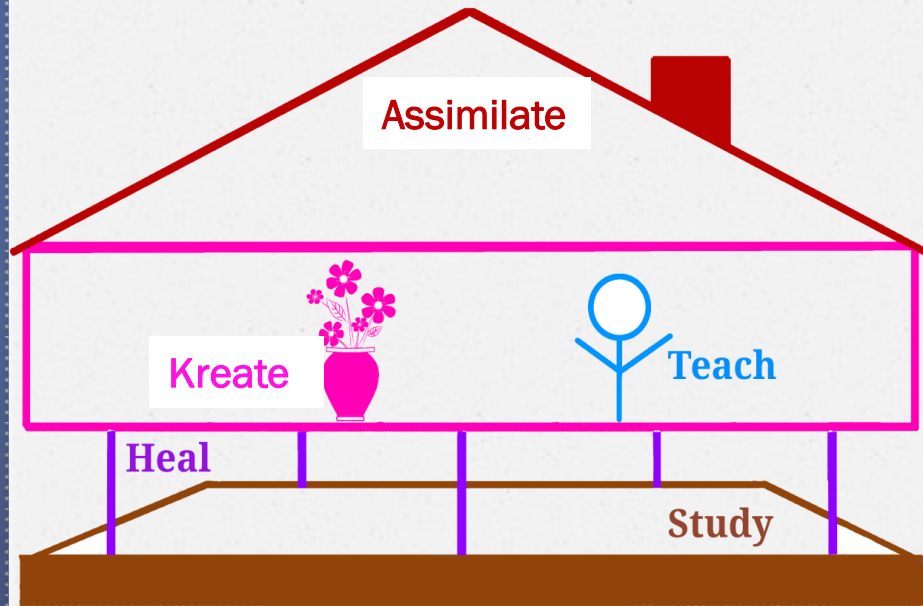
- *What practices make my growth journey meaningful, enjoyable, and sustainable?*
- *How can I avoid practices that lead to dependency on an instructor or focus solely on body flexibility?*

### 🔍 Why KREATE Matters:

By following the KREATE philosophy, you are not just engaging in Yoga-poses as an activity—you are building an authentic Yogic lifestyle that supports inner peace, personal growth, and sustainability.

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

*- Enjoy Living in Your Yogic Home of Inner Peace*



You might wonder:

**“Can I teach others before I have fully healed, balanced, or experienced happiness in my own life?”**

**The answer is simple: NO!**

Teaching authentic Yogic wisdom begins with YOU.

**\* Start by Teaching Yourself First:**

- Use the personalized syllabus you created in Step 4 to deepen your understanding and practice.



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

*- Enjoy Living in Your Yogic Home of Inner Peace*

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## \* **Heal and Balance First:**

- Focus on your own healing and balance using Step 3.
- Teaching is most impactful when it comes from a place of personal experience and transformation.
- You can only give what you have. You cannot give to others what you do not have yourself!
- Immerse yourself in the teachings, allowing them to transform your life from the inside out.

## \* **Explore Your Ripple Effect:**

- Witness how your personal growth inspires those around you.
- Discover how embodying Yogic principles can positively influence your family, friends, and community.

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

*- Enjoy Living in Your Yogic Home of Inner Peace*

## 🔍 Ask Yourself:

- *How can I live as a beacon of balance, harmony and happiness?*
- *What lessons have I learned that I can share authentically?*

## 🔍 Why TEACH Matters?

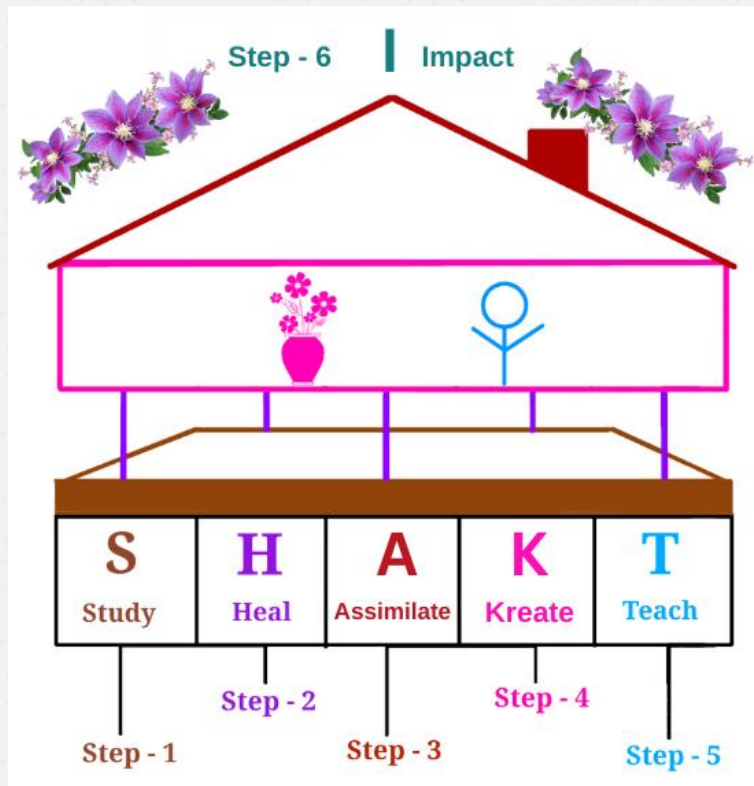
Teaching yourself is silent, yet profound, and begins to ripple outward, creating waves of positive change in your community and beyond.

Remember, teaching starts with YOU. By living your truth, you lay the foundation for empowering others.



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

*- Enjoy the Outside of Your Yogic Home of Inner Peace*



You might ask:

“Do I need to be a big leader to make an impact?”

The answer is simple: NO!

**\* Your Healing is the Seed of Impact:**

Reflect on how your personal growth naturally influences those around you—your family, friends, and community.

Understand that your healing journey creates ripples that touch others on physical, mental, social, and spiritual levels.

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

*- Enjoy the Outside of Your Yogic Home of Inner Peace*

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## \* **Preserve and Pass On Yogic Wisdom:**

- Impact is not always from grand actions—it starts with preserving authenticity in Yogic wisdom.
- Contribute by being a custodian of these teachings and passing them on to future generations.

## \* **Find Fulfillment Through Contribution:**

- True fulfillment arises from contributing to the world aligning with your values and purpose.
- Share your authentic journey, whether through teaching, mentoring, or inspiring others by simply living your truth.

## \* **Become a Role Model:**

Teaching yourself is the easiest and most powerful way to inspire others. As your life transforms, you naturally become a source of inspiration, radiating inner peace and balance.



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

## - *Enjoy the Outside of Your Yogic Home of Inner Peace*

### \* Create a Ripple Effect:

- Impact is about sparking transformation that spreads naturally.
- Even one small act aligned with Yogic principles can inspire countless others.
- Start with small circles of influence and gradually expand to a larger scale.

### ? Ask Yourself:

- *What legacy am I leaving behind?*
- *How can I grow my influence and impact more lives authentically?*

### ? Why IMPACT Matters:

Your journey of healing, balance, and peace is not just for you—it is your unique contribution to the world. By embracing your role as a guardian of authentic Yogic wisdom, you pave the way for a legacy that uplifts others and creates a lasting, positive impact.

## ABOUT SHANTHI:



Shanthi Yogini is an “Engineer-turned Happiness & Yoga-Teaching Activist”, Yogic Life Minimalist, and single mother of an incredible daughter. She is also the #1 international best-selling author of a 12-book series on happiness.

Rooted deeply in the Yogic tradition, Shanthi embodies authenticity far beyond physical appearance.

She is on a mission to restore authenticity and purity to Yoga-training and teaching, by fixing the broken system.

She is dedicated to creating world-class guardians of authentic Yogic wisdom, teachers who stand out in a crowded market even with NO Yoga-Experience and ZERO Flexibility through her S.H.A.K.T.I. Yoga-Model.

Her Yoga- model creates not just instructors, but transformative leaders who empower their communities to unlock their infinite potential, uncover their inner happiness, and embrace their true power.

As an eye-opening speaker, cultural educator, healer, dancer, and storyteller, Shanthi is also a highly sought-after guest on TV, podcasts, and radio shows.



**[Please click here to join our FREE private VIP Facebook group to connect with like-minded people. Please answer the questions there!](#)**

**If you found this blueprint valuable, then I request you to go to my [Trust Pilot account](#) and leave a 5 star review. It will mean a lot to me personally, but will also help me professionally to know where my focus should be to support the community.**

**Please say in the [review](#):**

- **What was your understanding before you read this blueprint?**
- **How is it after you read this blueprint?**
- **What do you think about S.H.A.K.T.I. Yoga-Model?**
- **What transformation (if any) did you experience?**
- **Did you have any AHA moments?**

**[PLEASE CLICK HERE TO LEAVE A REVIEW](#)**