

ROTH SHEPPARD ARCHITECTS' AWARD-WINNING RABBIT HOUSE PG. 69

denver life[®]

Colorado's leading lifestyle magazine

LIFE ON THE ROCKS

A wellness experience
at Garden of the Gods

ON THE HOMEFRONT

How to keep your kids
active this winter

ON THE MOVE

The
benefits of dance for
health at any age

The Wellness Issue

Your Guide
To Physical,
Emotional, and
Spiritual Health.

Pg. 55

* HOW TO:
Stress less, Eat clean,
Reignite your relation-
ships, Elevate your
mind-body connection

* PLUS:
Meditation for beginners,
Easy exercises you can
do at home, Wholesome
recipes & more

JANUARY 2021

PLEASE DISPLAY UNTIL 02.05.2021 \$4.95

01>



denverlifemagazine.com

* WOW! Roasted Veggie Dosa from Nest at Nurture. pg. 62

7 25274 123793 7

Jayne Gottlieb

Owner and Founder of Aspen Shakti Yoga Studio

Why is yoga beneficial?

"The list of how and why yoga is beneficial is truly endless, but to name a few top reasons... yoga strengthens, stabilizes, and restores the body and helps in everything we do off of our mats. It resets the nervous system from fight or flight into flow—and therefore supports us truly thriving in our lives—making everything easier, from household chores to challenging conversations. To me, yoga is a lifestyle as much as it is a practice and in every way has improved my overall well-being, energy, joy, and health."



What is unique about your studio?

"Aspen Shakti is literally the 'heart-cave' of Aspen. It's a studio with extraordinary and luxury finishes and aesthetics, with a diversity of classes, impassioned and experienced teachers, as well as home to a proprietary method entitled *The Body Practice by Jayne*, which uses breath, music, and movement in a unique way to totally transform the body, mind, and spirit—and to redefine what it means to be 'in-shape'. We truly are reshaping what's possible, even to the point where students practice on 6-feet diameter circle mats that not only allow for safe social distancing, but also completely enrich each participant's experience as it becomes multidimensional, multi-directional, cross-functional, and super fun!" —*Kerrie Lee Brown*



“Yoga is a practice that gets deeper and deeper, richer and richer, more rewarding over time. I have been practicing and teaching for over 18 years and I love the practice and everything it brings to my life more now than ever. As your body, mind, and life circumstances change over the years, so does the practice, so there truly is no finish line. One of my teachers always told me that you want to practice so that you are better at yoga when you are 90 than when you are 80, better at 60 than 50, and better at 35 than 25. And I agree!"

Aspen Shakti is a welcoming, safe, and sacred community into which everyone is invited to challenge themselves to come fully alive inside the studio space and beyond. Virtual classes at thebodypractice.co.

 **ASPEN SHAKTI | 535 E. Hyman Ave., Aspen | 970.925.1655 | aspenshakti.com**