

A woman is sitting in a meditative pose (Padmasana) on a light-colored mat on the floor. She is wearing a white long-sleeved top and white pants with a pink shawl draped over her shoulders. Her hands are in a prayer position (Anjali Mudra) at chest level. She has her eyes closed and a serene expression. Behind her is a large, arched window with white frames. The room is softly lit, and there are floral patterned cushions on either side of the mat. The overall atmosphere is peaceful and spiritual.

# *Shaktitanssi*

## *luo siltaa sisällä asuvaan viisauteemme*

Kehon, mielen ja energian  
tasapainoa

Shaktitanssitunnin alkuun kuuluu virittäytyminen, jonka aikana istutaan lattialla risti-istunnossa, lauletaan alkumantra ja tehdään käsillä tietty mudra.