

Saakalya

Saakalya Lifestyle Newsletter Issue No. 1 - May 2017

Welcome to a Holistic Lifestyle!

Dear Life-Lovers,

We are very happy to share our first lifestyle newsletter with you today!

Referring to Saakalya's five pillars – Living, Travel, Body & Mind, Style, and Community – our quarterly newsletter will update and inform you about a holistic lifestyle with a rich collection of yoga, travel, and mindful living articles. More details on selected topics can be found on our [Facebook](#), [Instagram](#) and [Twitter](#) as well as our [Blog](#).

Let's walk together and explore what a balanced lifestyle has to offer! Happy reading!

What is Saakalya?

In the ancient Indian language of Sanskrit, the word for entireness and completeness is Saakalya.

Saakalya is a holistic lifestyle concept that was delicately built to reintroduce a sense of peace and tranquility back into our busy lives. Drawing inspiration from the beauty and natural energy of Southeast Asia, Saakalya has developed a concept, which embraces Living, Travel, Body & Mind, Style, and Community.

Saakalya stands for balance. We offer a wide range of products and services to encourage

people living a happier, more fulfilled and meaningful way of life.

Our logo represents an abstraction of a hand holding a Plumeria flower, also known as Frangipani.

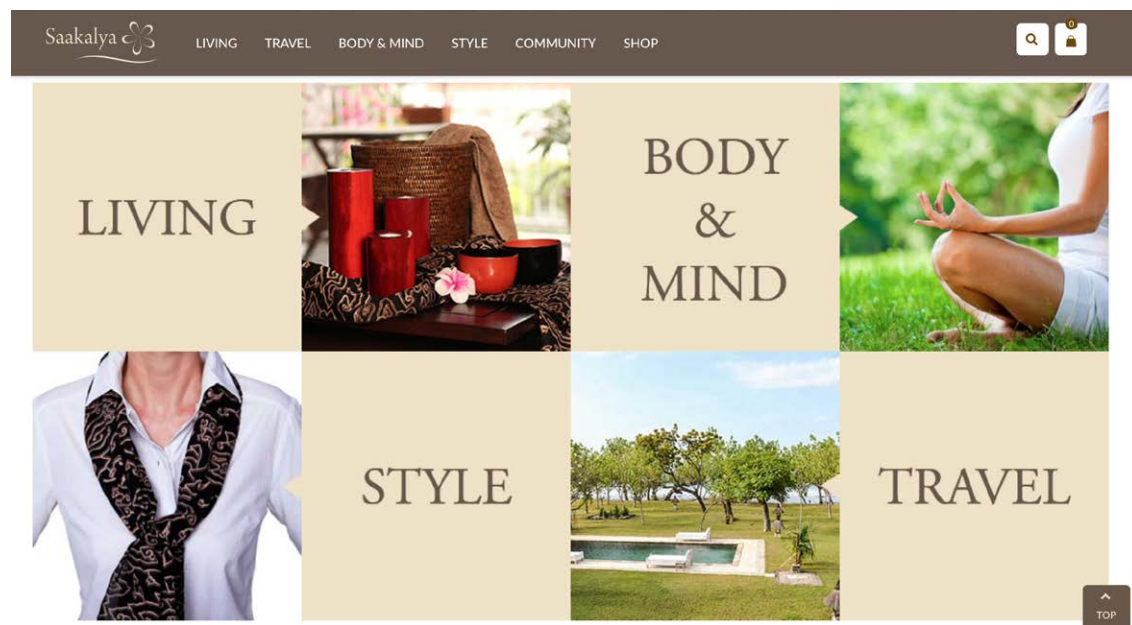


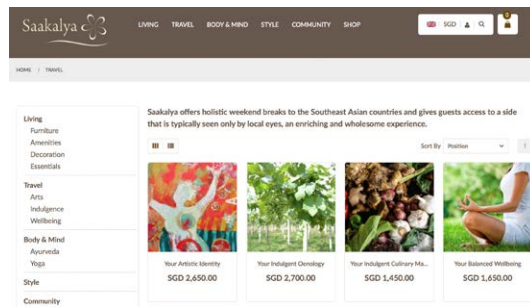
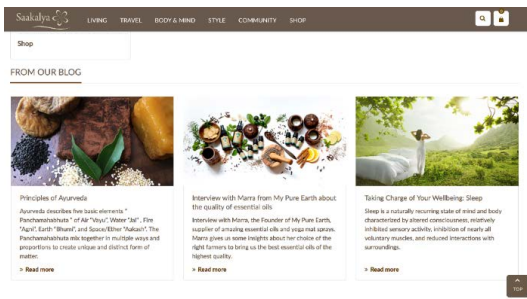
Image: Frangipani Flower

While the soft and subtle look makes it a symbol of grace, wealth, and perfection, Plumeria holds the physical power to sustain extreme heat.

In the tropical climate, you will find yourself surrounded by diverse species of Frangipani, with unique styles of leaves representing distinct color and scent of each flower.

Preview: [Relaunch of Saakalya's Online Shop](#)





After months of hard work, we are overjoyed to announce the relaunch of our refreshed Saakalya online shop coming to you on 1 June 2017!

Yoga, workshops, travel and interior design – our new e-commerce platform is the most convenient way to learn about Saakalya’s events and products. Available on both – mobile and desktops – our merged portfolio is just one click away on the newly structured and presented page.

Five pillars cover products and services for you to indulge yourself in a holistic lifestyle. Navigate through Living, Travel, Body & Mind, Style and Community and find your way to a balanced life.

Additional articles, updates and knowledge sharing for a holistic wellbeing are regularly available on Saakalya’s blog and social media channels.

Visit us!

[Saakalya Online Shop \(from 1 June 2017\)](#)

[Saakalya Blog](#)

[Saakalya Facebook](#)

[Saakalya Instagram](#)

Please send any feedback or recommendations to our [Saakalya Facebook Page](#).

[Vietnam becomes Asia's Sustainable Business Community](#)

Back in 2012, Vietnam urged ASEAN nations to save forests and co-operate to promote sustainable forest management and development. Now in 2017, the country is hosting thousands of events each year, both local and international market, to kick start its eco-friendly businesses around the nation.

One of the most sustainable resource that Vietnam has to offer is bamboo. Bamboo is well-known as the natural food for lovable pandas. Little do we know, there is much more to this plant than just a “panda food.” So, what can we use bamboo for?

Interestingly, the fashion industry has been using bamboo to create accessories like hats, shoes, jewelry, and fabric as well. Unlike polyester, bamboo fabric is eco-friendly, strong and durable. Used for furniture, it has the ability to resist termites. As a replacement for wood, bamboo helps to reduce the effect of global warming.

Saakalya added the first bamboo product to its portfolio. Designed by a Danish company, handcrafted in Vietnam by local families, this [Yoga Bottle](#) is made of sustainably sourced bamboo and natural rubber. Each bottle has its own look and pattern.



Image: Bamboo Forest



Image: Bamboo Yoga Bottle

Essential oils are charming scents that give you the experience of uplifting aromatic qualities.

Naturally created from the seeds, stems, roots, and flowers of living plants, essential oils are powerfully fragrant, offering a wide range of emotional and physical wellness applications.

The delicate ratio of these aromatic ingredients makes each essential oil unique with its specific benefits.

Join Saakalya's [Community Event - Essential Oils for Beginners](#) to have a closer look at what this powerful fragrance is all about!



Image: Essential Oils

Community@Saakalya

Essential Oils for Beginners

8th June 2017: 11:30am - 1:30pm

9th June 2017: 8:00pm - 10:00pm

info@saakalya.com



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