

New Moon Intentions Workshop

Friday, March 12

7:30PM-9:00PM

\$25 per person (\$30 at door)

Learn Why We Look To The Sky And How To Manifest Intentions With The New Moon!

Everyone has felt the fiery frenzy and exuberance of a full moon. We see children excitable, our sleep habits change, the call to celebrate increases. This is powerful and imbedded in our understanding of the world around us. **But what about the other side? Have you built a relationship with the entirety of the lunar cycle?** The “hidden gift” of a New Moon is a delicate, internal, humble offering. We’re here to help educate you and bring you into the circle for a New Moon Ritual!

Here’s what you’ll learn to connect you to a New Moon:

- **Moon Philosophy:** Learn why we look to the sky and feel called to mind Mother Moon. Learn details on each specific lunar cycle and what astrological information is most important. Become familiar with the introspective nature of the waning phases of the moon and the initiative power of the waxing phases.
- **Cleansing & Meditation:** Experience the tranquil, placid nature of a new moon. Each month’s new moon has a different quality, and we’ll cater our energy work and guided meditation to the present moment.
- **Reflection:** Renew your relationship to Self using various techniques (i.e., candle work, crystal grids, binaural beats, balancing of the elements).
- **Intention Setting:** After connecting to the moment, crack open your Intuitive To-Do List. This is your chance to curate your month ahead, understanding the cyclical nature of the moon to level-up your manifestation and creative process.
- **Closing:** Seal your intentions both energetically and physically and complete the evening with a nurturing, gentle Moon Salutations Yoga sequence - paired perfectly with this month’s new moon.

Pre-register online as space is limited :

<https://www.updogyoga.com/workshops/rochester-workshops>



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