

HOMEWORK SHEET

AWAKEN YOUR INTUITION

JOURNALING PROMPTS for REFLECTION

FULL MOON ECLIPSE

What is being illuminated for you?

What is just not working anymore?

What are you celebrating?

What future pathway is becoming clear?

ECLIPSE SEASON continued..

How are you feeling post full moon eclipse?

Are there things that feel lighter?

Are you experiencing more clarity in any areas of you life?

We can continue to work with these themes of clearing out and starting afresh
(I'm seeing it ALOT with the business owners I follow).

Remember, letting go or releasing, can make space for something bigger and better.

LIBRARY RECOMMENDATIONS for RELEASE

Anything in the Release category

Trip around the sun in Vinyasa category

Wildling in the Spark section

WEEKLY FOCUS

FASCIA MAGIC

mmm a favourite of mine and I hope of yours too!

This week we meet to dive into the wonderful world of fascia, of connective tissue.

We'll learn how the nervous system, pain, and stress is woven into this intelligent system, and how to shift that into calm, pleasure and bliss.

Food for thought for the week...

Can you listen to the pain signals in your body and what they might be trying to communicate?

