HOMEWORK SHEET

AWAKEN YOUR INTUITION

JOURNALING PROMPTS for REFLECTION

How have you experienced connecting to cycles in the work we've moved through so far?

Do/did you have a strong connection to your cycle or is it something that is tricky to sit with?

How about the phases of the moon? What resonated from last weekends session or journal prompts and what didn't?

Have any of these practices helped you feel more anchored? In what way?

Spend a few moments journalling around this.
What has worked, what you would like to continue, whatkind of connection you would like to nurture and grow.

If you haven't dropped into the cycle support section of the library yet, don't worry!
It's there for you whenever you have the space.

WEEKLY FOCUS

INTUITIVE MOVEMENT

Ahead of next Sunday's full moon class we are going to look at building this skill of listening to our bodies messages and moving INTUITIVELY.
So instead of recommending a category to you I'll give you a brief description of 4 of my favourites!

Top tip - drop into your physical, emotional & energetic check in before deciding...

SPARK - high energy, short, mood shifting classes

SOOTHE - gentle, slow, relaxing

RELEASE - getting into those tension spots using different tools

STRENGTHEN - build muscle and joint strength, sustainably

Can you schedule in some time now for movement this week - with the viewpoint of doing it for the JOY of it?