



## **“WORKING WITH THE MONTHLY MOON CYCLES”**

The moon carries immense power over Creation. For centuries, the moon has been associated with generating the tides of the oceans, menstrual and reproductive cycles, planting and harvesting seasons and more.

Every 29 days we are gifted a clean slate. A brand, new Lunar Cycle, positioned in a particular Zodiac sign, focusing on specific characteristics and aspects of Life, offering immense power, support and gifts.

Working with the phases of the moon can enhance all aspects of Life. Understanding when to begin a new project or job, when to release addictive behaviors, when to focus on self-care or boundaries can immensely assist in achieving your goals.

Join us via Zoom around the monthly New Moon and Full Moon periods to consciously create and lovingly bring forth your inner-most visions, behaviors, desires and dreams.

### **IN EACH CLASS:**

- We discuss the current celestial alignments and how the energies may affect us.
- There is a new moon or full moon exercise, as well as a guided meditation.
- The meditation is emailed to all participants, to support the current lunar cycle.

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**Next Class: To Be Announced**

**7:00 – 8:30 pm via Zoom**

**\$30 class fee via Venmo to “Lynn-Pridmore”  
Zoom link will be emailed upon receipt of payment**

**Contact Lynn Pridmore at 201-572-7771 or [Lynn@SpiritHealingAndWellness.com](mailto:Lynn@SpiritHealingAndWellness.com)  
for additional information ([www.SpiritHealingAndWellness.com](http://www.SpiritHealingAndWellness.com)).**

**We hope you will join us!**