

# Coming Home

Class Notes Week 3  
Friday Practice

## New Moon in Sagittarius and Solar Eclipse

**Luna cycles play an important role in our well-being.**

**New Moon energy** – maximize our potential, align with our purpose, and create new healthy cycles.

**Sagittarius** – big, bold. Do what you have been wanting to do but haven't been ready. Offers hope. Optimism. Quest for knowledge. Can present challenges.

**Solar Eclipse** – Dig deep into subconscious, clear away negative patterns that block authentic happiness and wellbeing.

**This eclipse** – initiates healing change to allow us to claim who we really are and how the future vision unfolds.

**Ponder:**

**What are you ready to release?**

**What is holding you back?**

**What are you opening to?**

**The Flight card was picked from John Moseley Oracle Deck.**

*(See the handout with pic and description.)*

**Practice:**

A gentle movement practice

**Meditations:**

-Conquering Ones' Imagined Disabilities

[\(https://spiritvoyage.com/meditation/conquering-ones-imagined-disabilities/\)](https://spiritvoyage.com/meditation/conquering-ones-imagined-disabilities/)

-Calm Heart- To ease stress and tension and help us live with clear seeing from the heart.



*For those of you who were unable to make the class live,  
I am now set up in a different place in my home for teaching.*

*My previous home studio, which was one side of our office room,  
was too constraining: too compressed.  
It has felt that way for a good long while.*

*The space before that was in front of the fireplace – not big enough.*

***I believe this new moon and eclipse energy helped me see the solution.***

*I created the new home yoga studio last night.*

*Thank you to my buddy Bet (Elizabeth Luckraft) for her help (through zoom) with getting everything just right.*

*Thank you to my partner Donny for his oh so tolerant and easy going manner to allow for the kitchen take over.*

***This morning's practice was the "first ever" yoga class in the new  
"Kitchen Yoga Studio"***

Ayurveda Yoga Center



Deborah Keene