

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