

SACRED MOON CHRONICLES

Children of the Moon, Come As You Are.

FEATURED STORIES THIS MONTH:

- *Welcome - 1*
- *Crystal of the Week - 2*
- *Upcoming Workshops - 2*
- *Our Favorites - 3*
- *We Want to Hear From You - 3*



Welcome to our first-ever *Sacred Moon Chronicles* – your insider view into how we're serving our community, one class at a time.

We are so happy you're here.

You are the life-force that brings us together in harmony. Truly, we would not be where we are if it weren't for our incredible members - *AKA YOU!*

These newsletters are designed to keep you up-to-date on all of our activities, but also to bring a new perspective of different wisdom into your life. These are things that have helped us through challenging times, and we thought you may benefit from them as well.

Each letter you can expect to read about:

- What's going on in each of our world's.
- What's happening in the studio.
- Ways to bring a sense of ease into your busy, ever-changing world.

YOUR NEWEST
SOUL TRIBE IS
WAITING FOR
YOU...

Volume 01

Week 10/3-10/10



UPCOMING WORKSHOPS

Two of the things we hold most valuable in our space are *diversity* and *individuality*.

We believe, ***you are exactly who you're meant to be.***

Our teachers come from all different backgrounds, each bringing fresh, new perspectives to the table.

October 11: *Guided Meditation and Plant Terrarium Building with Monica*

Exactly what it sounds like - you'll soothe your mind and soul with a beautiful guided meditation and then gather together to build your very own crystal-infused plant terrarium! Come join us and treat yourself to a relaxing afternoon.

October 17: *Intro to Ayurveda: Balancing Vata Season with Bre Martin*

Join Bre as we look at the changes of seasons and the world's oldest healing system of Ayurveda in harmony. Combining the wisdom of the ancient cultures of India and the modern world, you'll leave this workshop feeling revitalized and prepared for the cold, short, winter months ahead!

Click [HERE](#) to make sure your spot is reserved, and to check out our other classes.



CRYSTAL OF THE WEEK



AMETHYST

This was the latest crystal GIVEAWAY prize that one lucky human went home with!

...Feelin' jealous? I know I am - don't worry there will be more giveaways.

Amethyst is a stone that increases your levels of multidimensional awareness - AKA it's a *great* one to meditate with.

Want to bring it to bed with you? No problem.

Amethyst under your pillow has allowed many to experience out-of-body travels during their sleep, as well as better recalling their dreams and more vivid visualizations.

Other Incredible Benefits:

- Assists in *overcoming addiction*
- Enhances *memory*
- Improves *motivation*
- Balancing *emotional highs and lows*
- Blocks *negative environmental energies*
- Purifies one's *aura*

Come on in to the studio and check out which Amethyst is calling your name!

OUR CURRENT FAVORITES

BOOK:

"The Four Agreements"
written by Don Miguel Ruiz

A short yet powerful read, this is a self-help book that elaborates on a code of conduct based on ancient Toltec wisdom. It will help you to understand your own self-limiting beliefs and how they may be holding you back from living the most authentic version of your life.

PODCAST:

On Purpose
with Jay Shetty

Jay left his life in London to pursue the study of becoming a monk. After three years living on an ashram (spiritual monastery) in India, he's moved to Los Angeles where it is his mission to bring ancient wisdom to the world in a fun, relatable and modern way! Every other episode is an interview with incredible thought leaders of our time - I listen to this podcast on repeat. So. Many. Wisdom. Nuggets.

MANTRA:

"I choose..."

To accept. To be in the present moment. Love. Unity.

Fill in the end of this mantra with a word that is currently resonating with you. Remind yourself of your beautiful mantra when you feel discouraged or stressed.

YOGA POSE:

Child's Pose



QUOTE/CONTEMPLATION:

"How we do anything is how we do everything."

It really is the way we do the little things that impact how we handle the big things. Are you moving through life impatiently trying to get to the next moment? Or are you present, aware, and open to the experience that you are having?

Let's Keep The Sharing Going...

Send us a message on our Instagram, @Sacred_Moon_Healing or let us know here what your current favorite books, podcasts, mantras, yoga poses and quotes are!