



Dark Moon Flow The dark moon is when the moon is between the Earth and the Sun. It appears that the moon is not in the sky, but actually there is no reflection.

During the dark moon, we are at a new beginning. The mind is open to new possibilities as it emerges from the dark as it reflects on prior goals. This is a time to set intentions to grow with the new moon.

We can envision new goals for the next lunar cycle. Keeping goals and intentions succinct is important. We can meditate on darkness and how it benefits our lives.

This is a time to ask ourselves: What is hidden from view? How is it serving or harming us, or others?

Words for the full Moon: Deep, dark, introspective, quiet, solitude, tenderness, liminal, beginnings, impulse, instincts, renew, strength, expansion, visualization

I set my intentions to grow....In the next lunar cycle, I will expand by...I feel this new possibility in my body....

Oils for the dark moon: rosemary (mind), bergamont (success), ginger (prosperity), patchouli (grounding)

Dark Moon herbs: Early Grey (bergamont), ginger, lavender buds, chocolate nibs



Mudras

Chandrakala Mudra (Crescent Moon Mudra)

Vyapak Anjali Mudra

Chandra Mudra (joint hand)

Pranayama

Chandra Pranayama — left nostril inhale, right nostril exhale

Seetali Pranayama

Nadi Shodhana

Rechaka—hold on exhalations

Asana—more forward fold focus, some restorative

Moon Salutations - lunge,

triangle variations

Child's pose- table flow

Gaiasana Squats

Bakasana

Skandasana

Cobra Prasarita

Padotanasana

Baddha Konasana

Meditations:

Sa-Ta-Na-Ma- renewal

Garuda Meditation Sitting with arms in wing like position- releases blockages, builds new growth, strength, courage