



TRUST

SLOW DOWN

waning crescent

SELF-LOVE

last quarter

1

28

6

new moon

BREATHE

MANIFEST

21

waning gibbous

7

waxing crescent

October

I choose to
let go what I
can't control

ADJUST

RELEASE

REFRAME

20

full moon

13

first quarter

DON'T GIVE UP

BLOSSOM

14

SHOW UP

waxing gibbous

NOURISH
YOURSELF

REVIEW

LIBRA

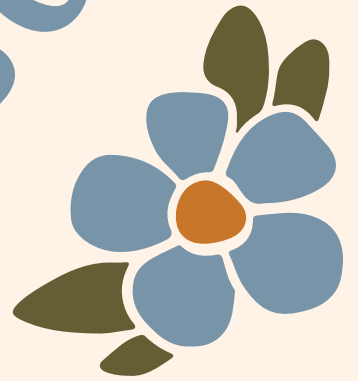




WELCOME TO



BARBARA SEASON





NEW MOON INTENTIONS



BE FEARLESSLY AUTHENTIC

FEEL THE MOMENTS

SELF AWARENESS

NO REGRETS

EAT MORE GREENS

MENTAL HEALTH IS HEALTH

LOVE LIFE

FORGET ABOUT YESTERDAY

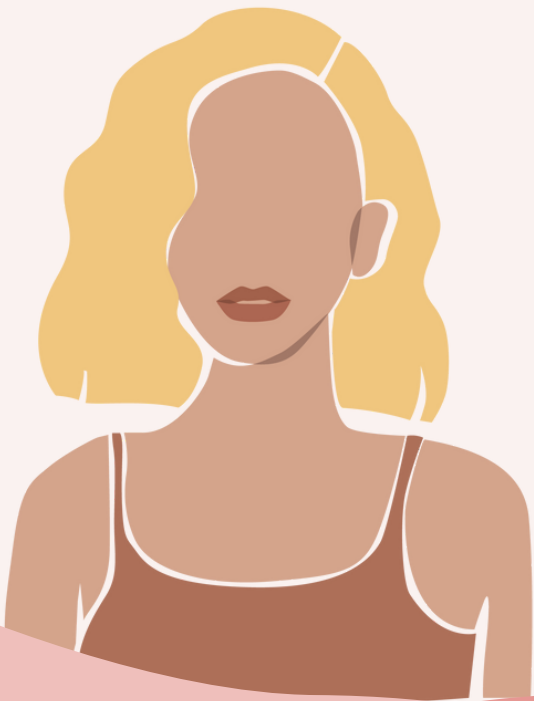
BE CURIOUS

USE LESS PLASTIC



Scorpio

Yoga illustrators.



YOUR TASK IS NOT TO SEEK FOR LOVE, BUT
MERELY TO SEEK AND FIND ALL THE
BARRIERS WITHIN YOURSELF THAT YOU HAVE
BUILT AGAINST IT.

- RUMI



HOW TO REGULATE YOUR NERVOUS SYSTEM

FULL MOON RITUAL



GO TO A YOGA CLASS

REPEAT YOUR AFFIRMATIONS

STARE AT THE MOON

FLOW WITH YOUR EMOTIONS

USE COLD WATER ON YOUR FACE

PRACTICE BREATHWORK

CONNECT WITH NATURE

SING YOUR FAVORITE SONG