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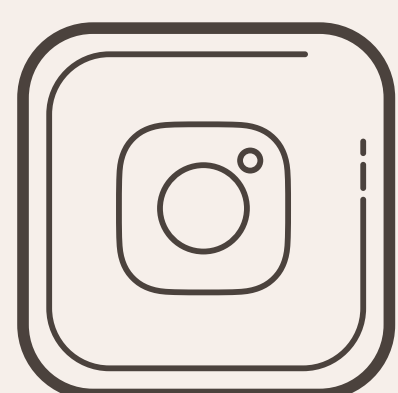
NURTURE YOUR SOUL



A JOURNEY TO ASTRO
YOGA



Illustration cover by Art by
Mushka



ARTBYMUSHKA_



Disclaimer

This book does not claim to speak definitively, only personal. This e-book doesn't pretend to hold the ultimate truth about the connection between astrology and yoga because those concepts are endless. Trying to capture their history and philosophical breath in a single book would be impossible.

In the case of Astro Yoga, you will find different interpretations according to authors and teachers. I tried here to share the general common point of view from a western perspective but this e-book necessarily conveys an angle of approach which is unique to me.

This vision is the result of my research associated with the teachings that I have received from my yoga teachers.

I can only encourage you to build your vision about yoga and astrology. Do not hesitate to nourish yourself with different authors along your journey. This diversity resides in the beauty of learning concepts that are part of an ancient tradition and integrating them into our modern lives.



About

You are here to live yoga
as a way of living ॐ



Yoga illustrators.

is a cosy space where yoga meets art.

Because I truly believe that yoga and art are interconnected. They both can raise our consciousness and bring inspiration into our lives.

Yoga has the power to change lives if we look at it not just as a sport but as a way of living in itself.

With the Yogaiillustrators e-books collection, I wanted to spread the grace of yoga as a spiritual journey, accessible for all.

Take your time, take notes if you need, and don't forget that the principles of yoga philosophy apply to your daily life and not only when you are on your mat.

Happy reading,



Laura



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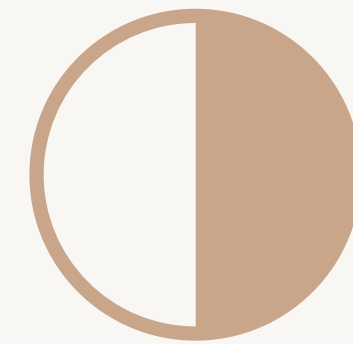
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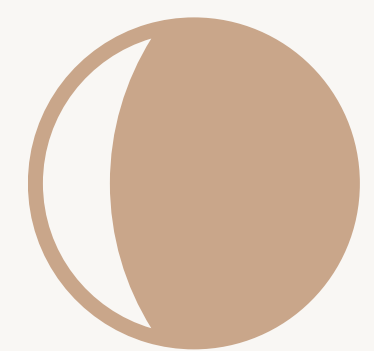
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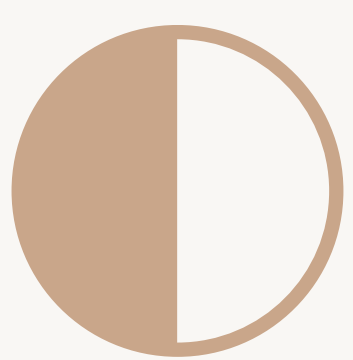
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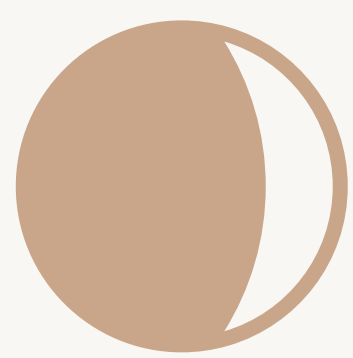


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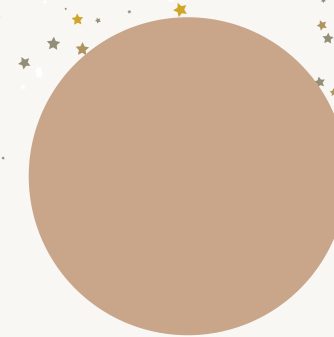


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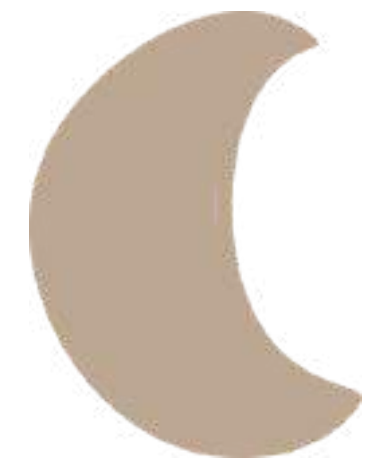
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INTRODUCTION

What is *Astro Yoga*?



WHAT IS “ASTRO YOGA”?

The term Astro yoga is quite new in our vocabulary but this practice dates back thousands of years.

Astro yoga is a type of practice that combines yoga and astrology. Like other types of yoga, Astro yoga brings focus on balancing the body's energy centers (chakras), which are associated with the planets, the Zodiac signs, and the fundamental elements (earth, fire, air, water, ether).

While astrology sheds light on our psychology and elucidates false beliefs, yoga helps us transcend them and turn them into an intention.

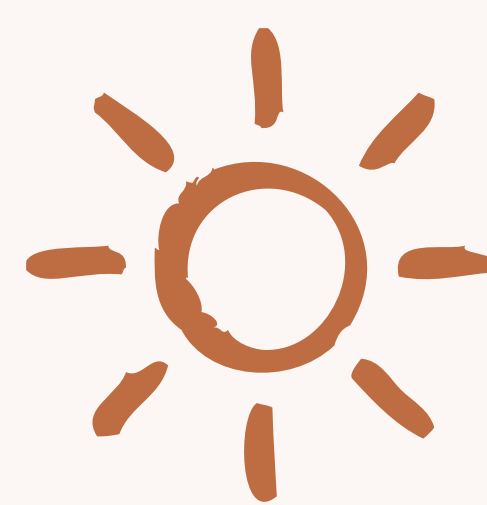
Astrology can indeed describe the different psychological instances at work in our personality and our inner conflicts. Yoga on the other hand allows us to remove the fluctuations of our mind to bring the spirit back into the body. Yoga has the power to change our life: we physically embody the change we want to make in ourselves.

Astro yoga can be identified as a movement from mind to body to rebalance the different facets of our personality. Through postures, we transform the false belief brought to light by astrology into clear intentions.



Astro yoga can be done generally by creating yoga flows aligned with the astrological and planetary seasons or more personally by aligning our practice with the planetary seasons as they relate to our natal chart.

Astro yoga allows us to bring a structure to align our yoga practice with the timing of the cosmos and nature. It is not a dogmatic practice where we need to follow a precise series of asanas. Astro yoga gives us a tool on how to navigate time and our daily practice. Astrology and yoga form together with a powerful practice that can help us on the path to becoming a better version of ourselves. Just like the moon, we go through phases of emptiness to feel full again. By aligning our yoga practice with the natural rhythm, we become more intuitive and connected with our inner selves.





Historical background

Astrology and yoga are both part of ancient traditions. Historians have traced the roots of astrology to the 3rd Millennium BC. Until the 17th century, astrology was a scholarly tradition that built the foundations for astronomy, meteorology, and even medicine.

The Babylonian civilization was the first civilization to develop an organized system of astrology back in the 2nd Millennium BC.


Ancient Egyptians, from the pharaohs to royal priests, used astrology to get insights and make important decisions.

When Alexander the Great conquered Egypt in 332 BC,

Egyptian astrology converged with Babylonian astrology to give rise to horoscopic astrology. This incorporated the Zodiac system used by the Babylonians which was divided into thirty-six decans inspired by the Egyptian system of astrology.

With the conquest of Asia by Alexander the Great, the Greeks converted the science of astrology into an organized system. Astrology grew to become a strong influence in European culture.

Another form of Astrology was traced in China around the 3rd millennium BC. It includes principles of Chinese philosophy such as the 'Yin and Yang', 'wu Xing' and the lunisolar calendar.



And finally, the Vedic era in India is one of the most important chapters for Astro yoga. The Vedas are roughly 5,000 years old and constitute the ancient sacred texts of Hinduism. This is the first time that the word yoga itself first appeared.

Specifically, yoga first made an appearance in the Rig Veda, the oldest of these scriptures. This collection of hymns or mantras defines yoga as a “discipline”.

However, it doesn't offer any details of the practice. In the Atharva Veda, most particularly in the fifteenth book (Vratya Kanda), yoga refers only to a means of harnessing or yoking but focuses on the breath that needs controlling.

The Vedas were also composed of six supplementary texts which are known as the Vedangas of the limbs of the Vedas. One of these is the Jyotish Vedanga--Vedic astronomy and astrology.

In this book, the Great sage Parasara compiled the essence of Vedic astrology into his text known as 'Brhad Prasara Hora Sastra' during the Vedic era. This text continues to be the reference for the current teachers of Vedic Astrology.

With this overview of the history of astrology around the world, we can realize that all the prominent civilizations understood the celestial connection of life on earth and used astrology to get better in touch with our true nature.

In the last century, with the interest for yoga moving into the West, Western astrologers started to examine how yoga and Vedic astrology had become more and more connected.

Some yoga students and teachers started to align their practice to Western astrology too. The term Astro Yoga can thus refer to the interconnection between yoga and astrology in all its forms. It means that according to our cultural background, we can align yoga with our astrological system.

In this e-book, we will try to define Astro Yoga according to a modern context in the Western world. Overall, any spiritual form is a way to get better in touch with ourselves and our spiritual life, in whatever way works best for us. This approach to Astro Yoga from a Western perspective doesn't pretend to be the truth but only offers a new modality to align the yoga wisdom with the natural rhythm.



What Astro yoga means to me

One of the challenges I faced with my yoga practice is consistency. It was hard to commit to myself without any teacher. I would prefer to practice twice a week at a studio rather than every day at home.

However, self-discipline is an important part of our yoga practice: this is through it that we manage to flow into the magic of yoga.

In addition to yoga, I started to become more and more interested in astrology, more specifically in the lunar cycle. I was fascinated by the moon phases and their meaning in terms of productivity.

I realized that I felt stuck because of this need for

performance, every single day. I did not think that my practice could be aligned with the natural rhythm. I was not aware that I was not honoring my cycle.

We all have phases, from proactive periods to resting ones. We feel full sometimes, ready to work on personal goals and then, we feel empty again. Just like the moon. Earlier this year, I started to commit to the moon cycle. I managed to stay consistent with my yoga practice and my goal-setting each month.

The structure of the moon cycle helped me to know when I feel the most productive and when I need to take a break.

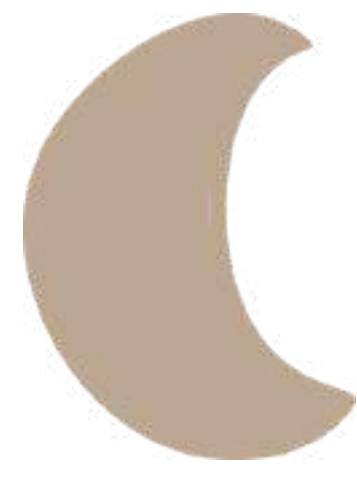


All around me, I see people struggling with the modern rhythm of life.

I also see how Astro Yoga can be a powerful tool to align your yoga practice and even your life with the natural rhythm.

I hope you will feel enthusiasm for discovering the different ways of applying astrological elements to your practice.





CHAPTER I YOGA & THE SUN

Let the Zodiac guide your
practice



HA-THA हठ

Hatha yoga is the common expression we use to refer to yoga as a physical exercise. However, the meaning of the word Hatha could be translated by "willful" or "forceful". In Sanskrit, ha means "sun" and tha means "moon."

Yogic texts have long identified that our body consists of both heating and cooling energies.

The text shared that the practice of yoga, with physical exercises (asanas) and breathing techniques (pranayama), helps bring those energies into a balanced harmony within the gross and energetic bodies.

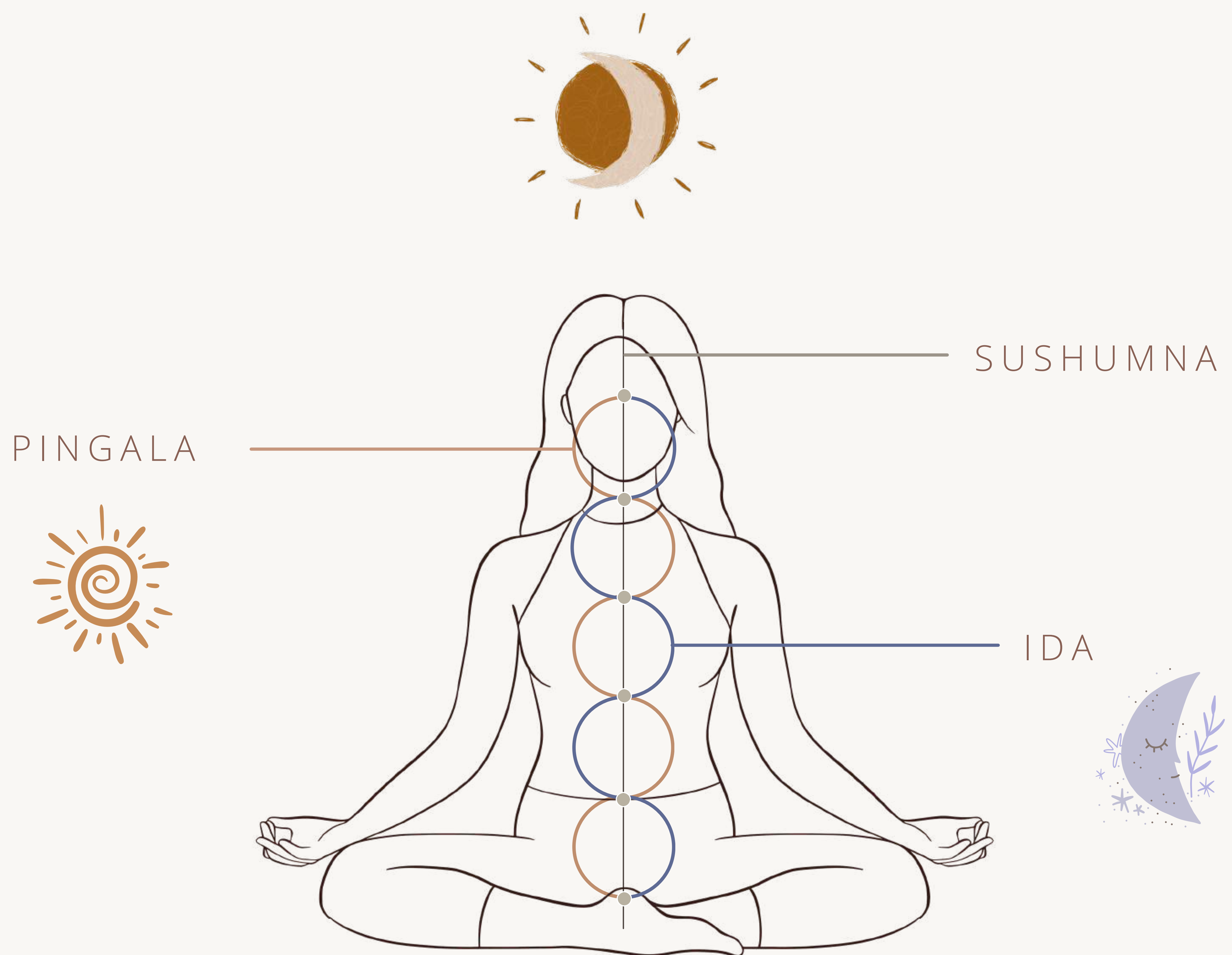
The yoga philosophy identifies the masculine part of us as the sun—hot and active while the feminine is embodied by the moon—cool and receptive.

This duality of energy is embodied in the energetic anatomy of yoga with the Nadis. In Sanskrit, Nadi means "a tube" or "artery" through which Prana, the vital energy flows.



"NADIS"

Our body is made up of at least 72,000 "nadis" or energy channels. Among these so-called subtle networks, 3 main ones are considered primary: Ida, Pingala, and Sushumna.



Ida



Ida is located on the left side of the body and it irrigates the right hemisphere of the brain - responsible for creativity, dreaming, imagination and intuition - and ends up in the left nostril

.Ida Nadi conveys lunar and feminine energy, the energy of Yin. This energy is qualified as cold and ascending and is represented by the color blue.

Pingala



Pingala is located on the right side of the body and irrigates the left hemisphere of the brain - responsible for language, speech, writing, numbers, logic, and analysis - and ends up in the right nostril. It regulates our levels of physical energy.

Pingala refers to the elements Fire and Air. It carries solar and masculine energy, the energy of Yang. This energy is referred to as hot and sinking and is represented by the color red.

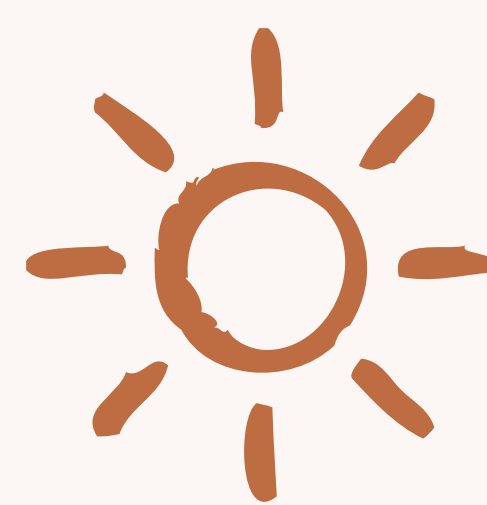


Sushumna

Sushumna extends in a vertical line on our spine. This is the channel of spiritual energy, where the Kundalini energy flows.

Our Kundalini energy is the latent spiritual energy considered as the energetic expression of divine power and is represented in the form of a serpent coiled at the base of the tailbone.

Sushumna refers to a neutral energy corresponding to the balance between lunar energy and solar energy.





In astrology, the moon represents our emotional part while the sun expresses our essence. Through the year, the sun illuminates different areas of our life, each one corresponding to a specific Zodiac sign. The moon moves through the sky much quicker, as our emotions in our daily life.



The entire Zodiac is one large cosmic energy center composed of 12 signs. All together they create the framework within which an astrology chart operates. When the Zodiac is divided into separate signs, more specific themes emerge. From the whole (the Zodiac), come the multitudes.

Each Zodiac sign is ruled by a planet. It is believed that every planet reflects a particular set of attributes and characteristics and rules a specific aspect of our lives.

The same theory applies to the seven major chakras in our system - each chakra rules a different aspect of our personality and consciousness.

The term "chakra" is a Sanskrit word that means "wheel" or "vortex", referring to the seven energy centers of our body.

The chakras are part of our consciousness, like auras. They can be compared to pumps or valves. Their function is to regulate the flow of energy entering our bodies. This flow is directly connected with the decisions we make every day: we decide to open or close each one of the seven chakras when we decide what to think or feel.

The chakras interact with the physical body through the endocrine system and the nervous system. Each one of the seven chakras is associated with one of the seven endocrine glands and a group of nerves called the plexus.

Therefore, the chakras not only represent specific areas of our consciousness but also specific parts of our physical body.



As the sun moves through the Zodiac sign during the year, it illuminates different aspects of our lives. Approximately every 30 days, the sun enters a new sign of the Zodiac. Each month is a new opportunity to work on a new area of life during your practice.

In Astro yoga, the sun is associated with specific body parts. To flow with the energy of a particular Zodiac sign, you can practice yoga postures and flows that strengthen and energize the body part associated with this specific Zodiac.



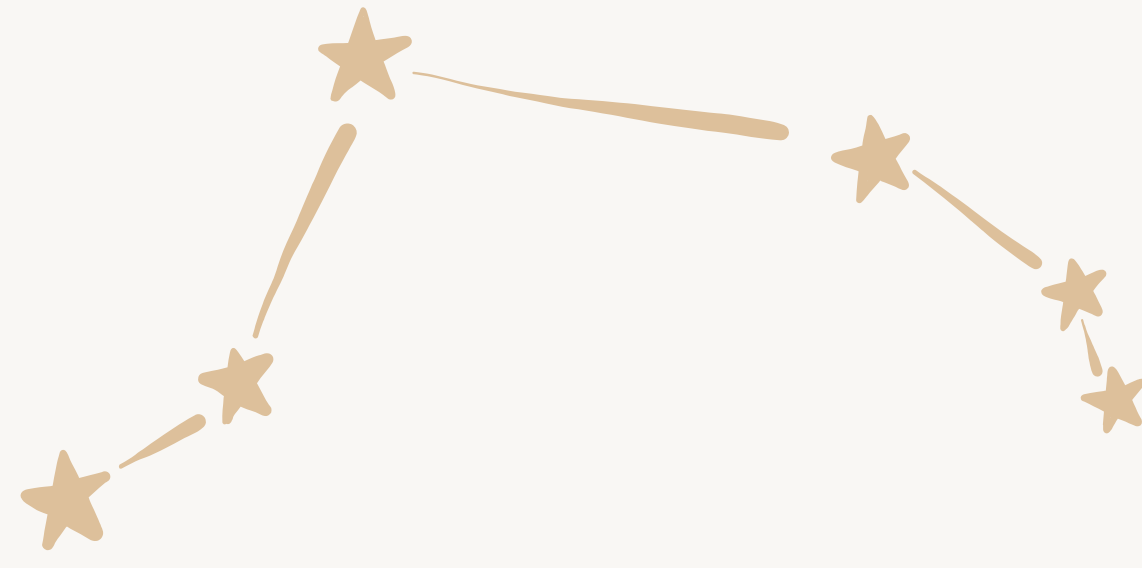
THE NADIS & THE CHAKRAS



Ida and Pingala wrap around Sushumna or our spine. When Ida, Pingala, and Sushumna are interconnecting in points, an energy center, or chakra, is created. All these points, all together form the seven chakras.

This interconnection between the Zodiac sign, the planets, and the chakras are the foundations of Astro yoga. Throughout the year, your practice can be aligned with the corresponding Zodiac season, its body parts, and its energetic centers.

Unlike the Gregorian calendar, the astrological year starts when the sun enters in Aries and ends with the sun in Pisces.



Aries: I believe in myself

March 21 - April 19

Aries is a fire sign that embodies risk-taking and leadership energy.

Aries is a cardinal sign that illuminates our initiative energy. It gives us the power to begin new projects or break old habits.

Aries is associated with the third chakra, Manipura, the solar plexus chakra. This chakra is located near our navel.

The Manipura chakra is the energy center of the body that deals with confidence and willpower.

It is blocked by the feeling of shame but can be balanced by acknowledging your true identity and your freedom to choose.

A balanced Manipura chakra allows you to express your true identity by making decisions and standing for your values.

Aries energy relates to the head, face, and eyes. Its initiative energy helps you believe in yourself and take confident action. Your head is thus the key to build your self-confidence.





Yoga during the Aries season

During the Aries season, your yoga practice should be centered on feeling confident.

To activate this sense of leadership, you need to try new positions where the head and core play a key role such as inversions.

To activate your Manipura chakra, practice engaging the abdomen.

Asanas to practice



Navasana



inversions



Taurus: I believe that there is enough for everyone

April 20 - May 20

Taurus is an earth sign, a material principle that embodies a practical, receptive, and grounded energy.

Taurus is a fixed sign: this energy helps you to stay focused and productive. When this energy is used well, it prevents your mind from dispersing and creates abundance.

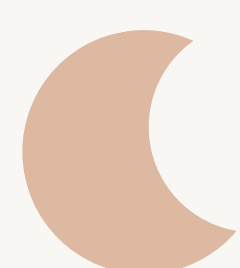
Taurus is associated with the fourth chakra, Anahata, the heart chakra. Anatha is located at the center of our chest.

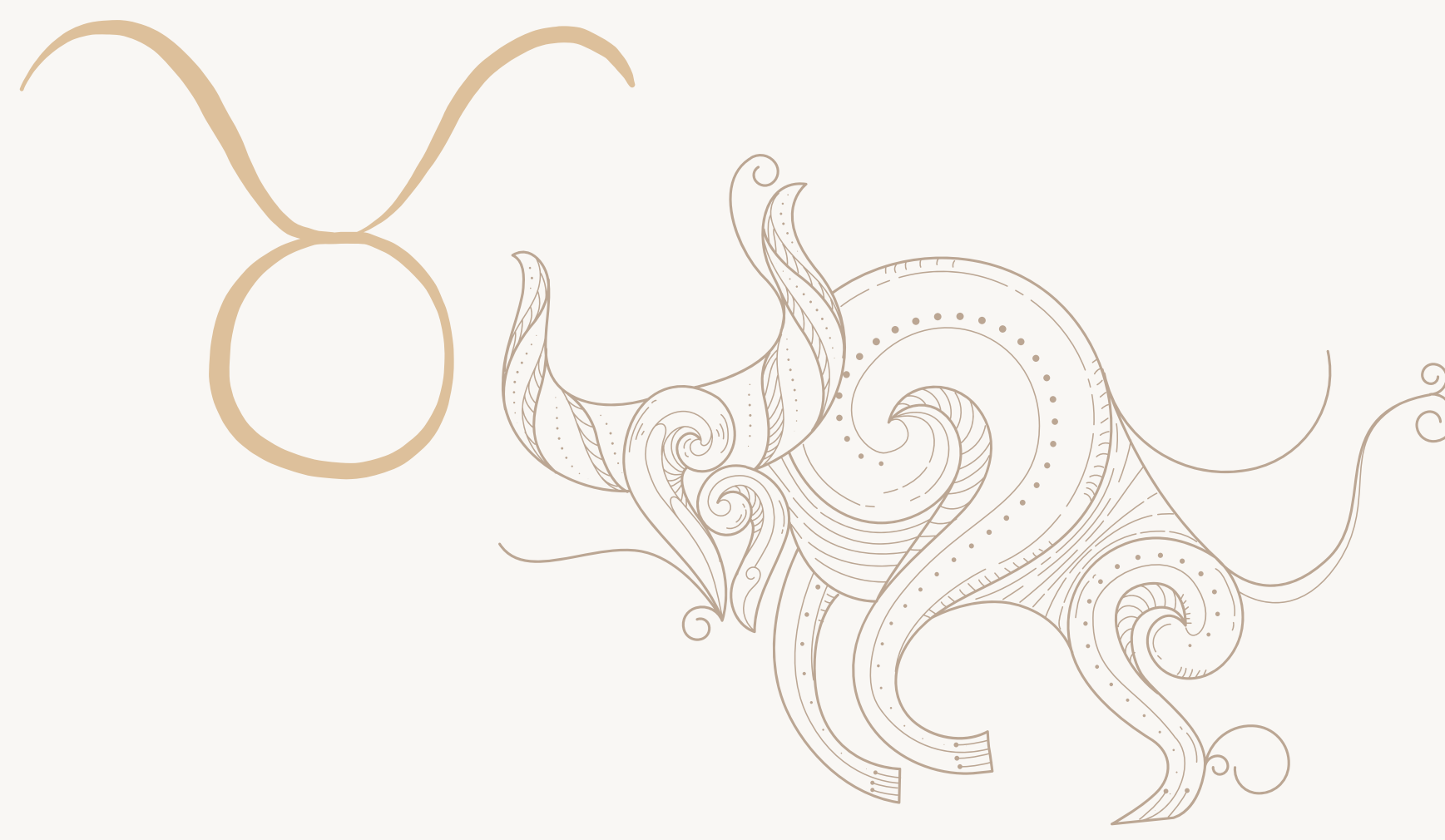
The Anahata chakra is the energy center of the body that deals It is blocked by the fear of not having

enough and tends to create with love, healing, and gratitude selfish behavior. It can be balanced by acknowledging that there is enough for everybody and that giving and receiving is the key.

Balancing this chakra can also combat feelings of jealousy and unhappiness.

Taurus energy relates to the neck as an indicator of our tensions. If the neck is always tense, the energy of the Taurus is not well balanced. To be more receptive and grounded, the neck plays a key theme in our daily life.





Yoga during the Taurus season

During the Taurus season, your yoga practice should be centered on releasing tensions and staying focused.

To activate this sense of abundance and your Anatha chakra, you can practice chest openers.

Asanas to practice



Camel pose



Bridge pose



Gemini: I allow myself to grow

May 21 - June 20

Gemini is an air sign that seeks connection through innovation and relationships.

Gemini is mutable energy which is adaptive energy. This is the perfect season to review what you have built until now and seek adjustments.

Gemini is associated with the fifth chakra, Vishuddha, the throat chakra. The Vishuddha chakra is the energy center of the body that deals with truthfulness

and expression. It is blocked by lie or self-doubt.

This chakra can be balanced by acknowledging and moving beyond self-doubt to be more authentic with your inner self.

Gemini energy relates to the arms, hands, shoulders, and lungs. Its mutable and adaptive energy is directly connected to our breath and our ability to move with our upper body (arms, hands, and shoulders).





Yoga during the Gemini season

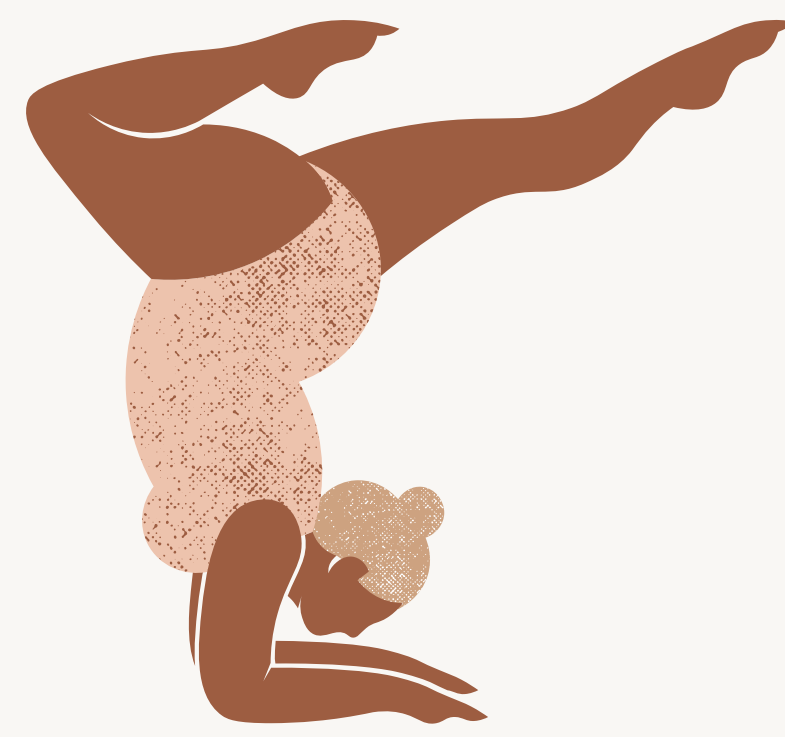
During the Gemini season, your yoga practice should be centered on growing.

To activate this sense of growth and your Vishuddha chakra, you can focus your practice on challenging poses where your breath is key.

Asanas to practice



Arms balance



Pinchamayurasana



Cancer: I am my own home

June 21 - July 22

Cancer is a water sign, related to emotions, dreams, and intuition. Its energy helps you connect with your ancestors and your family.

Cancer is a cardinal sign. Its initiative energy helps you start new routines or traditions to feel more connected with your home.

Cancer is associated with the sixth chakra, Ajna, the third eye chakra.

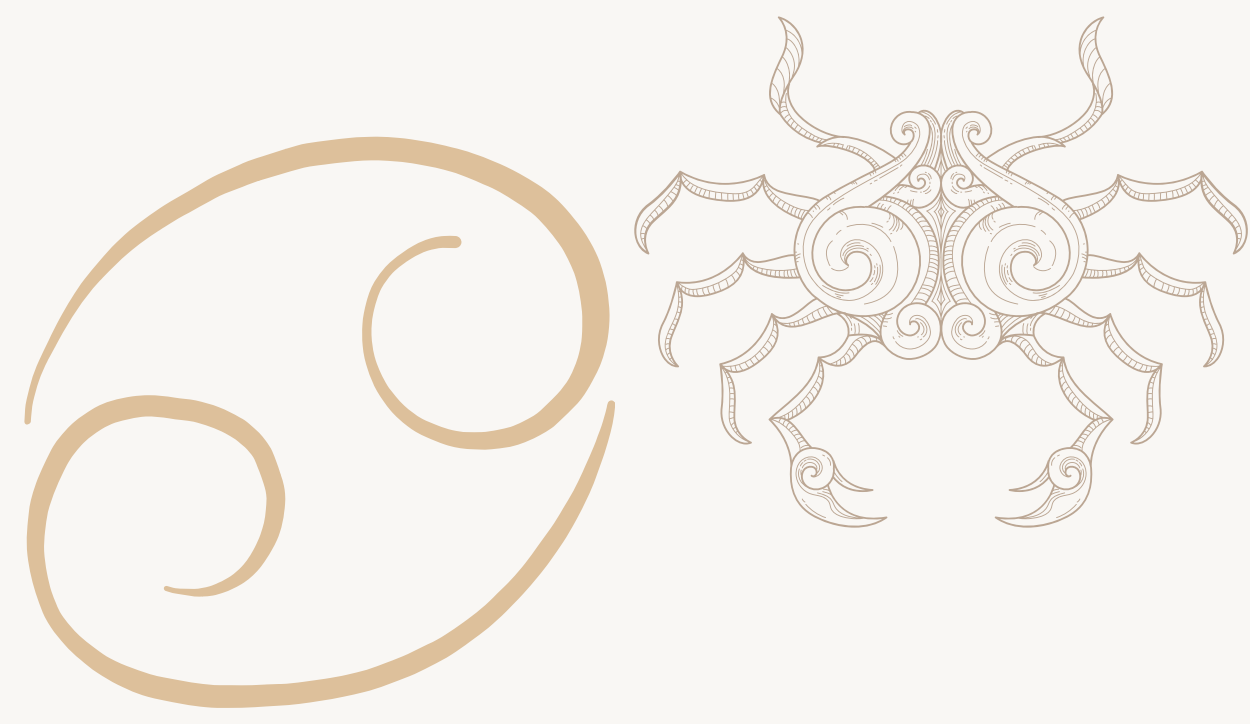
Ajna chakra is the energy center of the body that deals with

intuition and wisdom.

It is blocked by illusion but can be balanced by acknowledging your inner power to stay grounded.

Cancer relates to the chest and stomach. Its initiative energy and its willingness to follow its intuition can only be embodied in our guts. The chest is also the source of our emotions and is deeply connected with the water element.





Yoga during the Cancer season

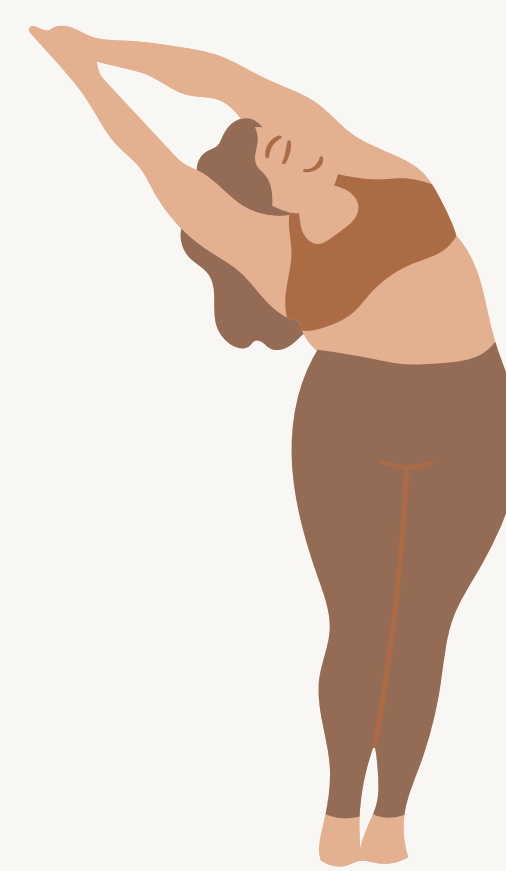
During the Cancer season, your yoga practice can be focused on following your intuition and looking for a connection with your inner self.

Your breath plays an important role in turning inwards as well as meditation.

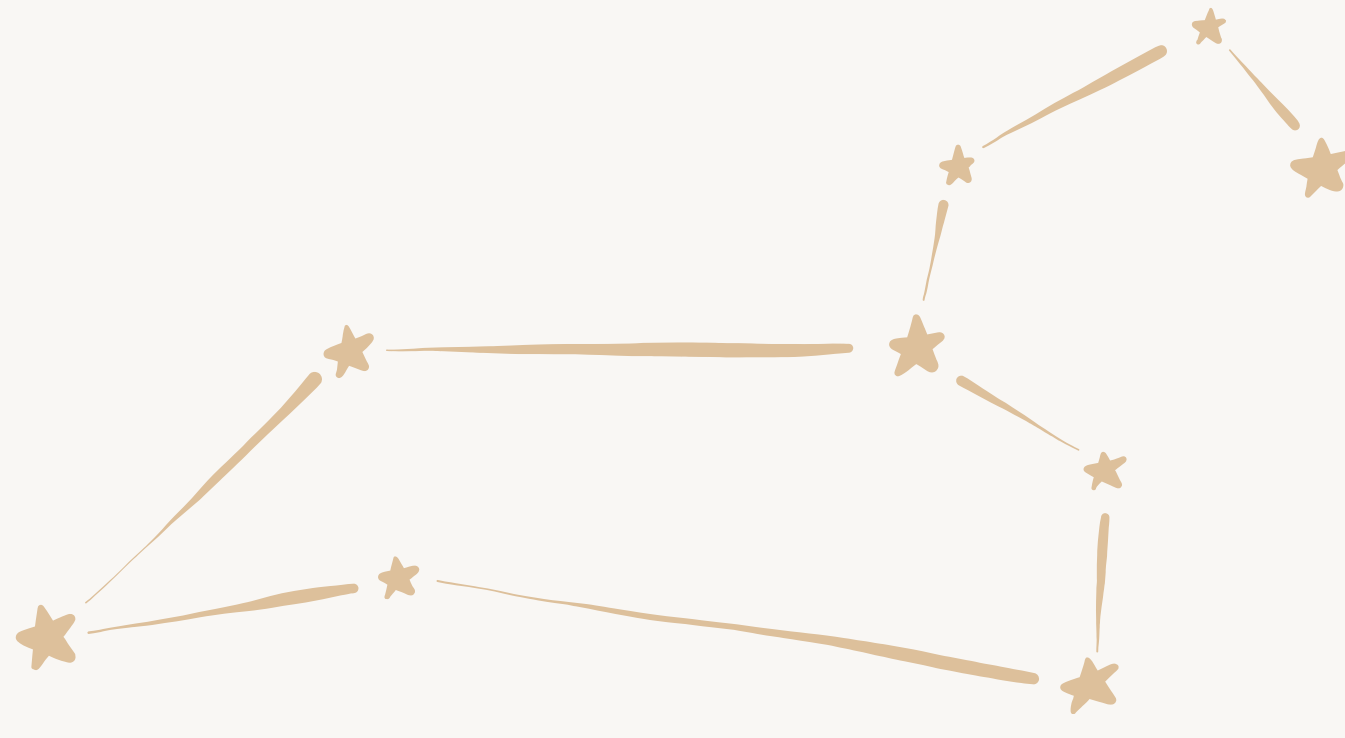
Asanas to practice



Lotus pose



Side stretches



Leo: I express my creative child without fears

July 23 - August 22

Leo is a fire sign. Its energy is like a vital force that embodies our ability to find inspiration, motivation, and passion in our daily lives.

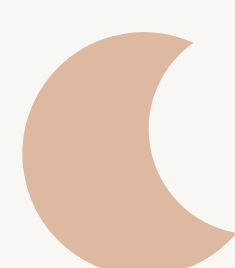
Leo is a fixed sign: it is lasting energy that wants us to look at the bigger picture with determination and passion.

Leo is associated with the sixth chakra, Ajna, the third eye chakra. Ajna chakra is the energy center of the body that deals with intuition and wisdom.

It is blocked by illusion but can be balanced by acknowledging your inner power to stay grounded.

Leo relates to our heart, spine, and upper back as the centers of our expressive side. The heart allows us to express our true self while the spine and the upper back reflect our tensions in doing so.

Working on the flexibility of your spine and shoulder openers is key to open your heart.





Yoga during the Leo season

During the Leo season, your yoga practice can be focused on your spine flexibility in both directions with chest openers and flexions poses.

Your breath plays an important role in feeling your inner voice while opening your spine.

Asanas to practice



Upward facing dog



Low-lunge



Virgo - I listen to my body and its needs

August 23 - September 22

Virgo is an earth sign, a material principle deeply connected to nature, stability, and structure.

Virgo is a mutable sign with adaptive energy. Virgo Season is the opportunity to make improvements to your health habits, which directly relate to food but also to your work-life balance.

Virgo is associated with the third chakra, Vishuddha, the throat chakra. The Vishuddha chakra is the energy center of the body that deals with truthfulness and

expression. It is blocked by lies or self-doubt.

This chakra can be balanced by acknowledging and moving beyond self-doubt to be more authentic with your inner self.

Virgo relates to the digestive system due to its adaptive energy for improvement in terms of health and habits. Similarly in that we nourish our body, the Virgo Season is the opportunity to nourish our soul with new habits and structures.





Yoga during the Virgo season

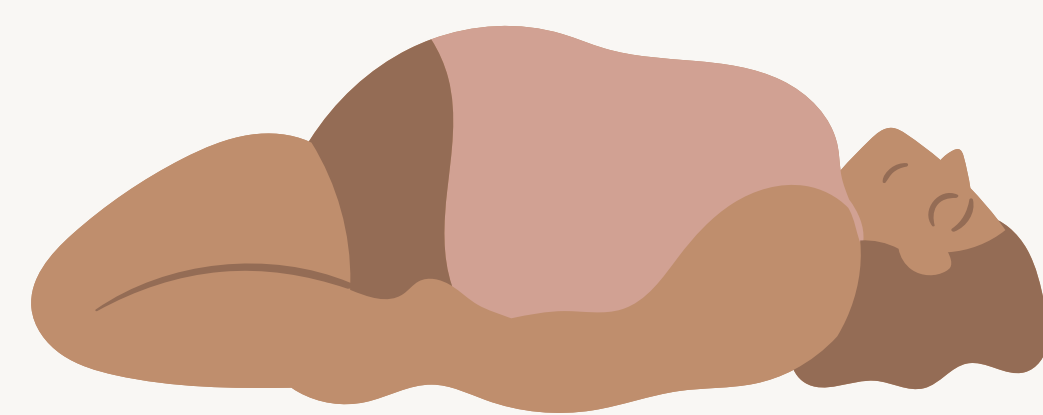
During the Virgo Season, your yoga practice can be focused on twists to improve digestion and make your gut stronger.

Don't forget to relax your belly after a series of twists with a long savannah or child poses in between.

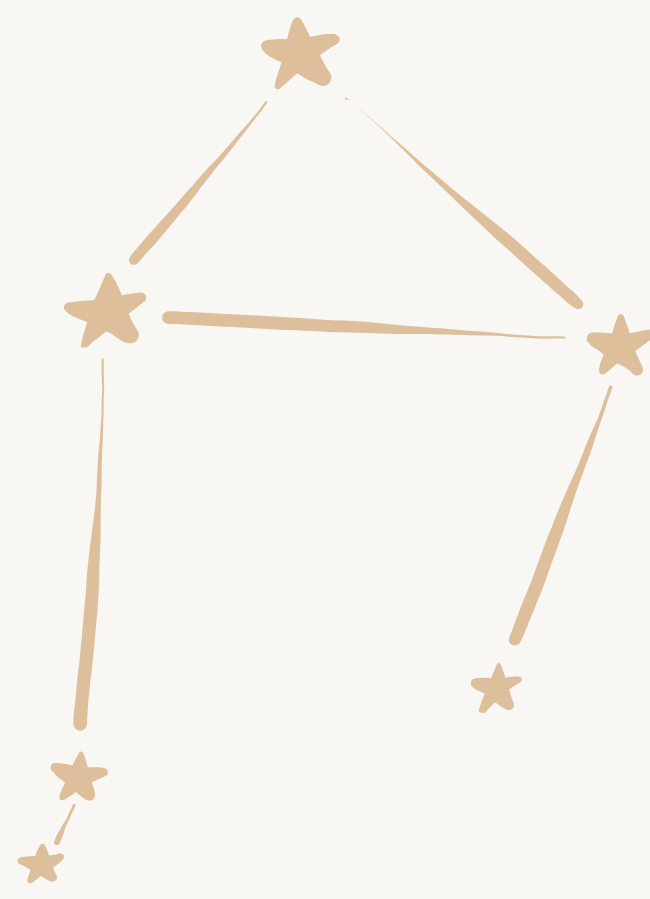
Asanas to practice



Triangle pose



Reclining hero pose



Libra - Balance is something I can create in my life

September 23 - October 22

Libra is an air sign, a mental and social principle deeply connected with balance, breath, and sociability.

Libra is a cardinal sign, initiative energy. It brings light to our relationships and the balance between working and private life.

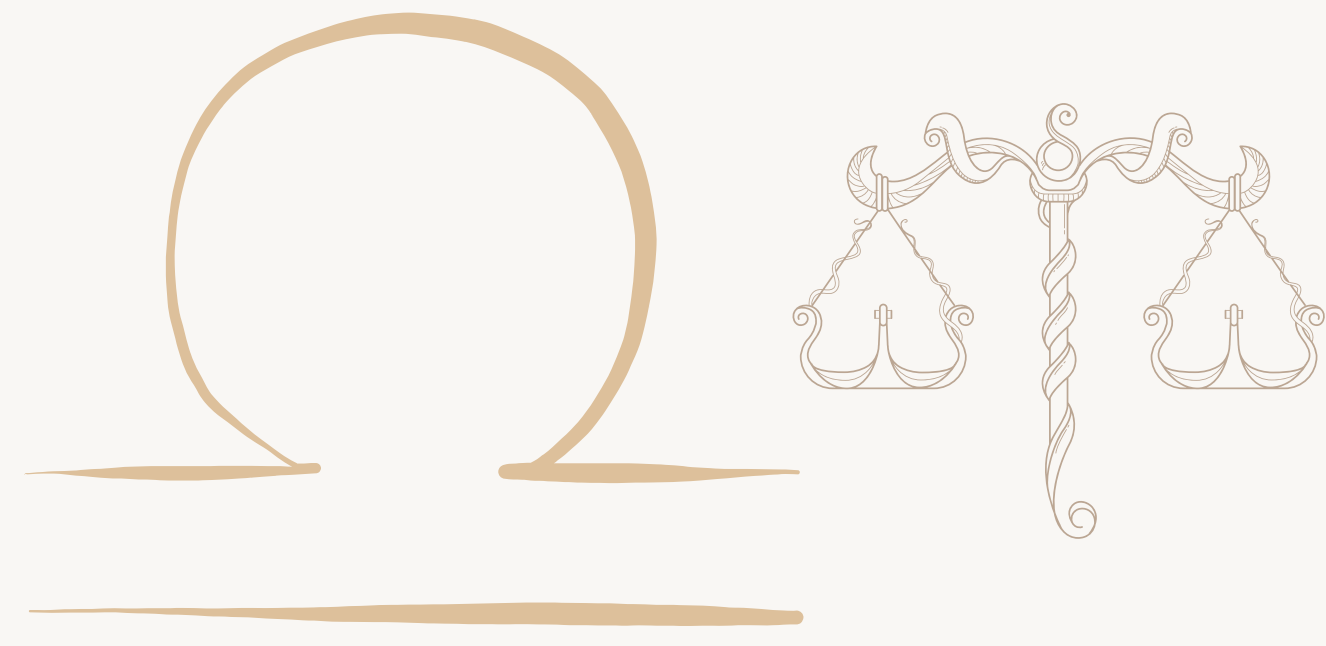
Libra is associated with the fourth chakra, Anahata, the heart chakra. Anatha is located at the center of our chest.

The Anahata chakra is the energy center of the body that deals with love, healing, and gratitude.

It is blocked by the fear of not having enough and tends to create selfish behavior. It can be balanced by acknowledging that there is enough for everybody and that giving and receiving is the key. Balancing this chakra can also combat feelings of unfulfillment.

Libra relates to our kidneys, skin, lower back, & buttocks. As Libra is associated with balance, all these body parts play a major part in that. Libras' quest to create balance can become obsessive: your breath is still your inner guide here.





Yoga during the Libra season

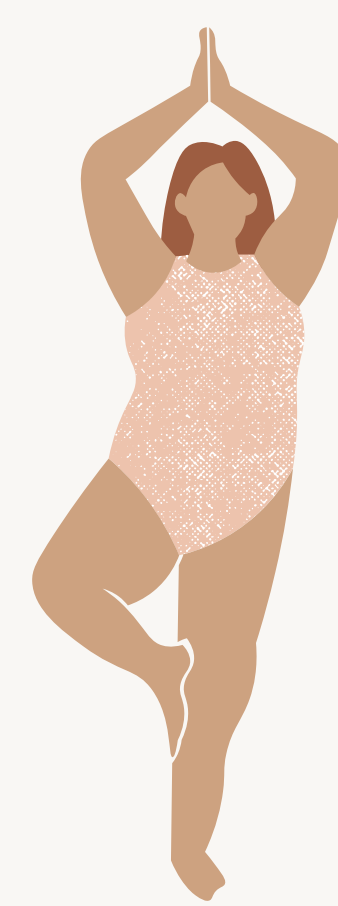
During the Libra season, your yoga practice can be centered around balancing poses, such as standing poses or arms balance.

Don't forget to breathe and find stillness in those poses.

Asanas to practice



Crow pose



Tree pose



Scorpio- I dare to be vulnerable

October 23 - November 21

Scorpio is a water sign. Water is an emotional principle deeply connected to emotions, dreams, spirituality, and forgiveness.

Scorpio is a fixed sign, lasting energy that encourages persistence and patience.

Scorpio is associated with the third chakra, Manipura, the solar plexus chakra. This chakra is located near our navel.

The Manipura chakra is the energy center of the body that deals with confidence and willpower.

It is blocked by the feeling of shame but can be balanced by acknowledging your true identity and your freedom to choose. A balanced Manipura chakra allows you to express your true identity by making decisions and standing for your values.

Scorpio relates to the reproductive system and the sexual organs. As Scorpio deals with our deepest dreams and desires, our sexual organs are the symbol of this sparkling energy. The cycle of life should be honored by focusing your attention on the pelvic floor.





Yoga during the Scorpio season

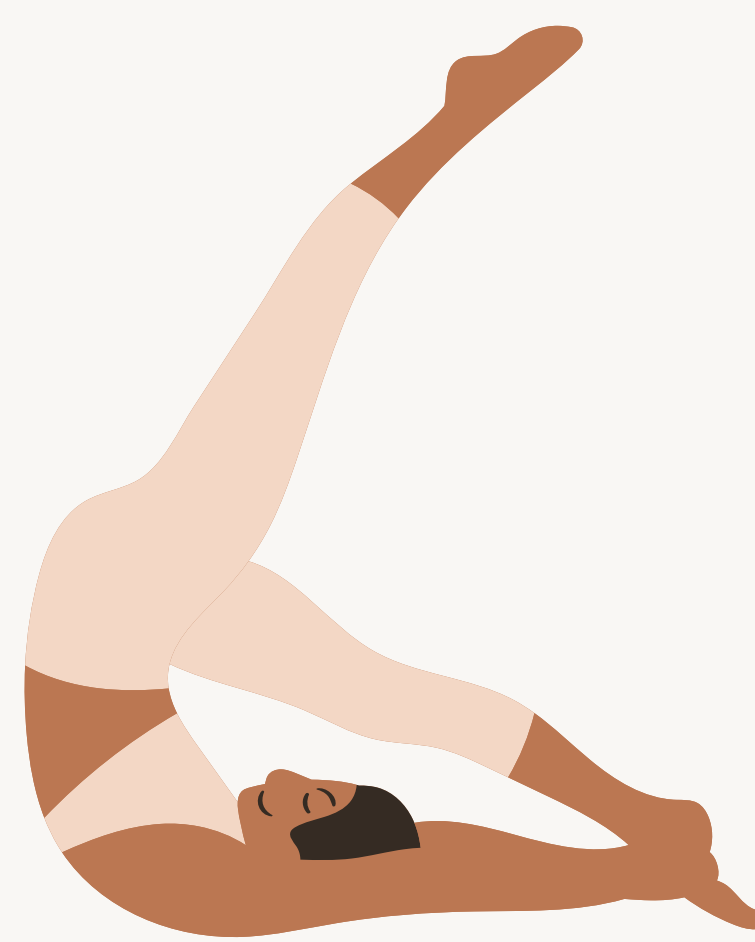
During the Scorpio season, your yoga practice can be centered around engaging your Mula Bandha which involves contracting the perineum muscles inward, then lifting them upward to hold energy.

Performing Mula Bandha promotes energy flow to the rectum, stimulating the pelvic muscles and urogenital organs.

Asanas to practice



Bridge pose



Shoulderstand



Sagittarius: I am not afraid of exploring

November 22 - December 21

Sagittarius is a fire sign, deeply connected to the sense of identity. It embodies risk-taking, action, motivation, and vital sparkle.

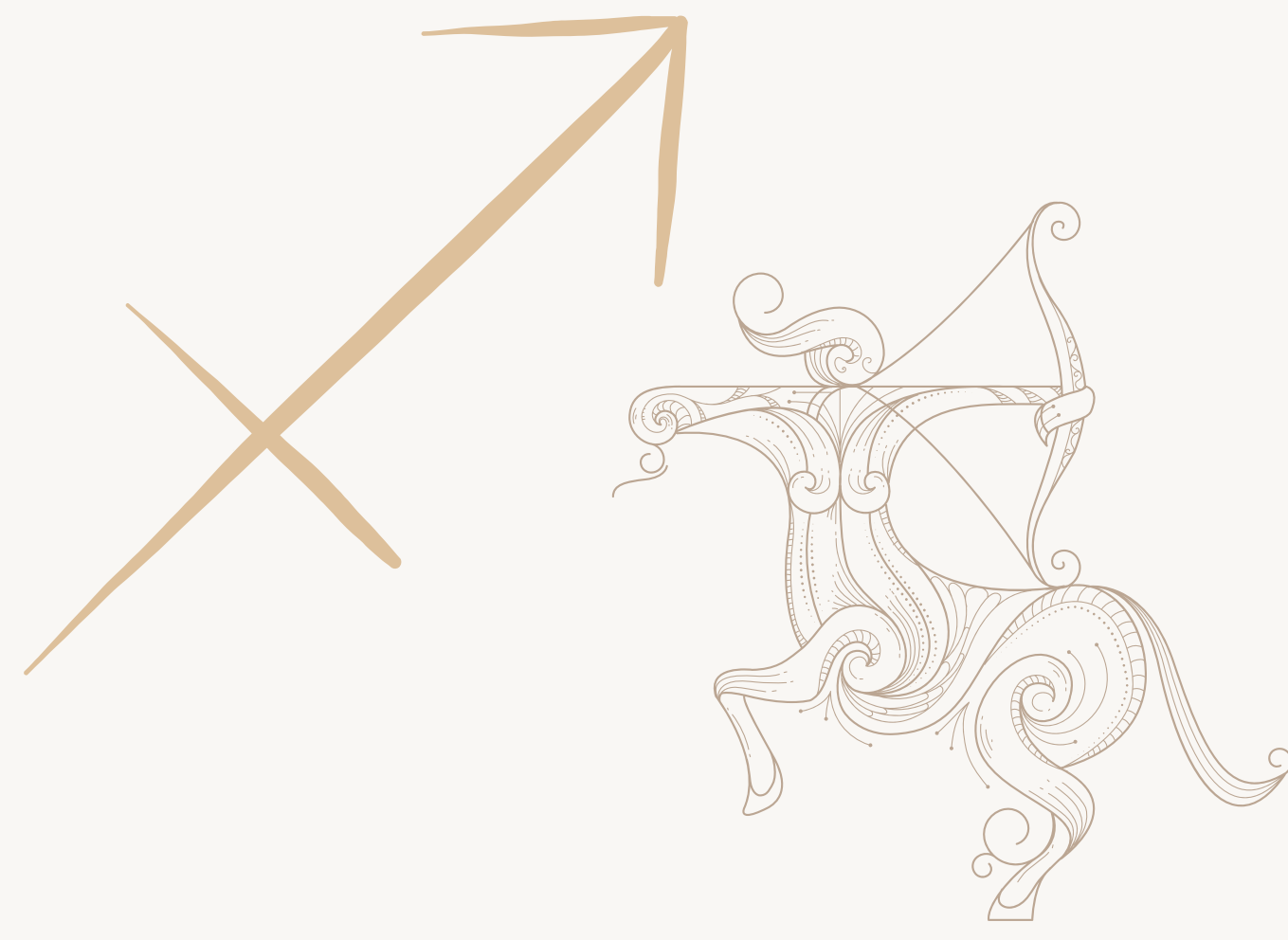
Sagittarius is a mutable sign, adaptive energy that encourages you to explore options, to come with new ideas for improvement.

Sagittarius is associated with the second chakra, Svadhisthana, the sacral chakra, located on the pelvic floor. The svadhisthana chakra is the energy center of the body that deals with pleasure and creativity.

It is blocked by guilt but can be balanced by the simple act of acknowledging what makes you vibrant without any fear of judgment.

Sagittarius relates to the hips and thighs due to its energy to explore and take risks. The hips are an area where we hold a lot of unconscious tension, old emotions, and deep vulnerabilities. Working on your flexibility will allow you to feel more free and able to go deeper with your projects.





Yoga during the Sagittarius season

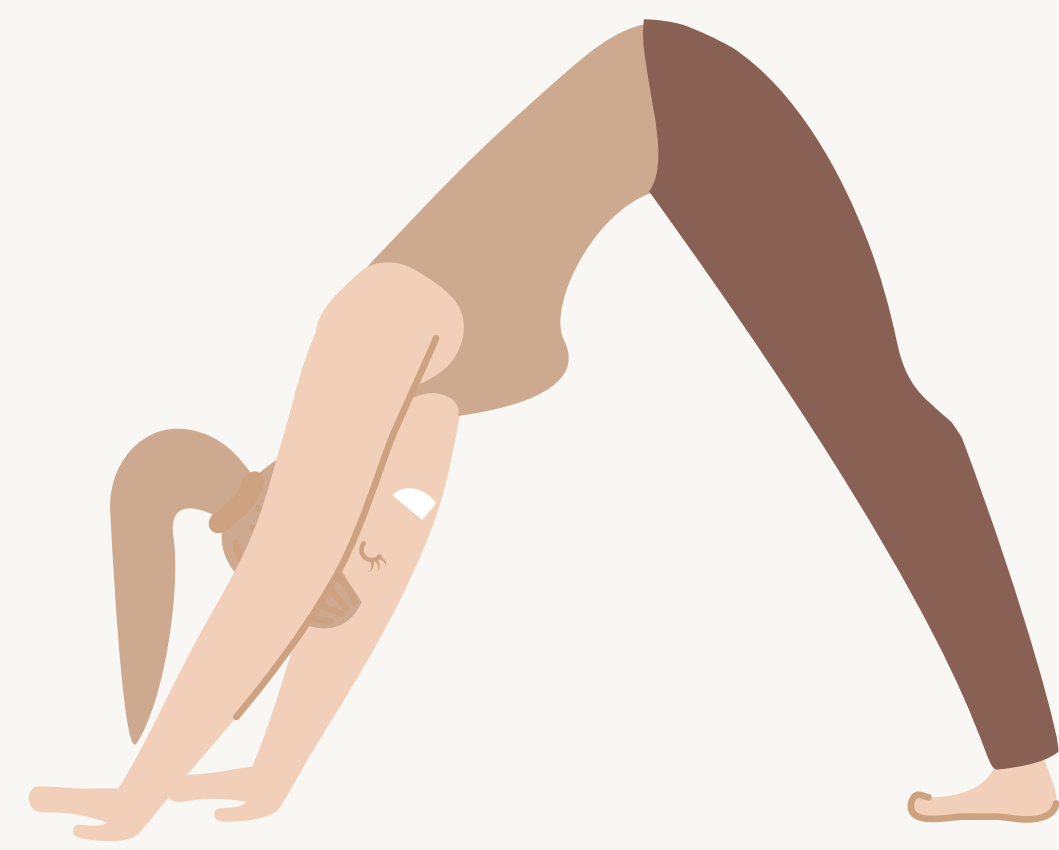
During the Sagittarius season, your yoga practice can focus on your hip's flexibility and strength.

Remember that your breath is key to find stillness in those poses.

Asanas to practice



Low lunge



Downward facing dog



Capricorn - I embrace my Dharma, my mission in life

December 22 - January 19

Capricorn is an earth sign, a material principle deeply connected to nature, stability, abundance, resources, and organization.

Capricorn is a cardinal sign, initiative energy that encourages you to start working on new exciting goals.

Capricorn is associated with the first chakra, Muladhara: the root chakra, located at the base of our spine.

The Muladhara chakra is the energy center of the body that deals with security and survival. It can be blocked by fear but can be balanced by acknowledging your nature and your connection to the whole.

Capricorn relates to our knees and joints because of its connection with nature. Our joints are key elements to link our body as a whole. Our knees play an important role in finding our true essence: they are our grounding energy that allows us to stand.





Yoga during the Capricorn season

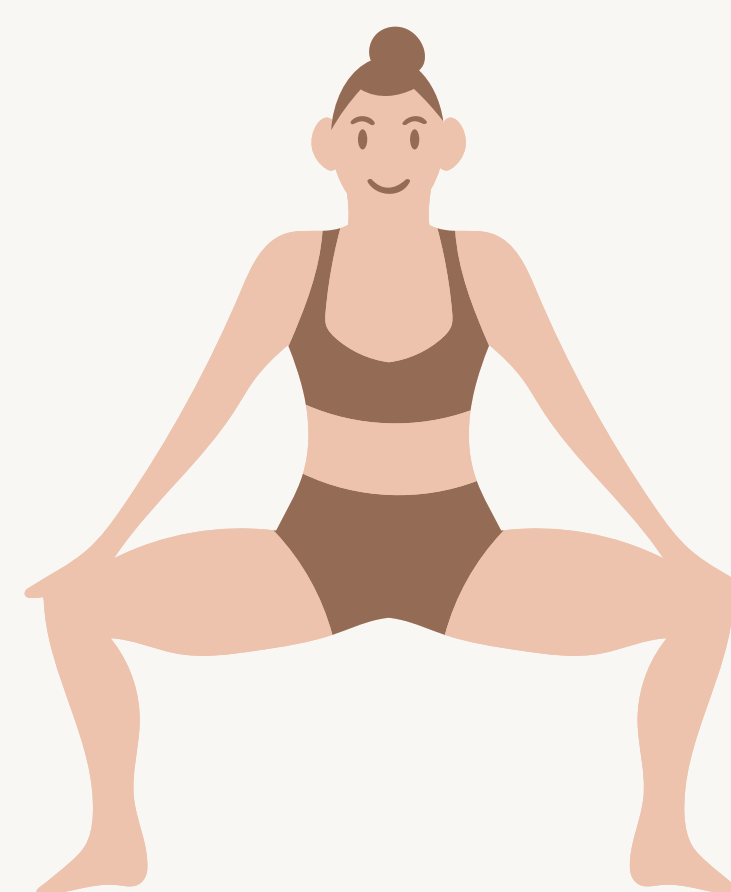
During the Capricorn Season, your yoga practice can focus on challenging your leg's flexibility and strength.

Don't forget that your knees are fragile: acknowledge where your body is today to avoid any injuries.

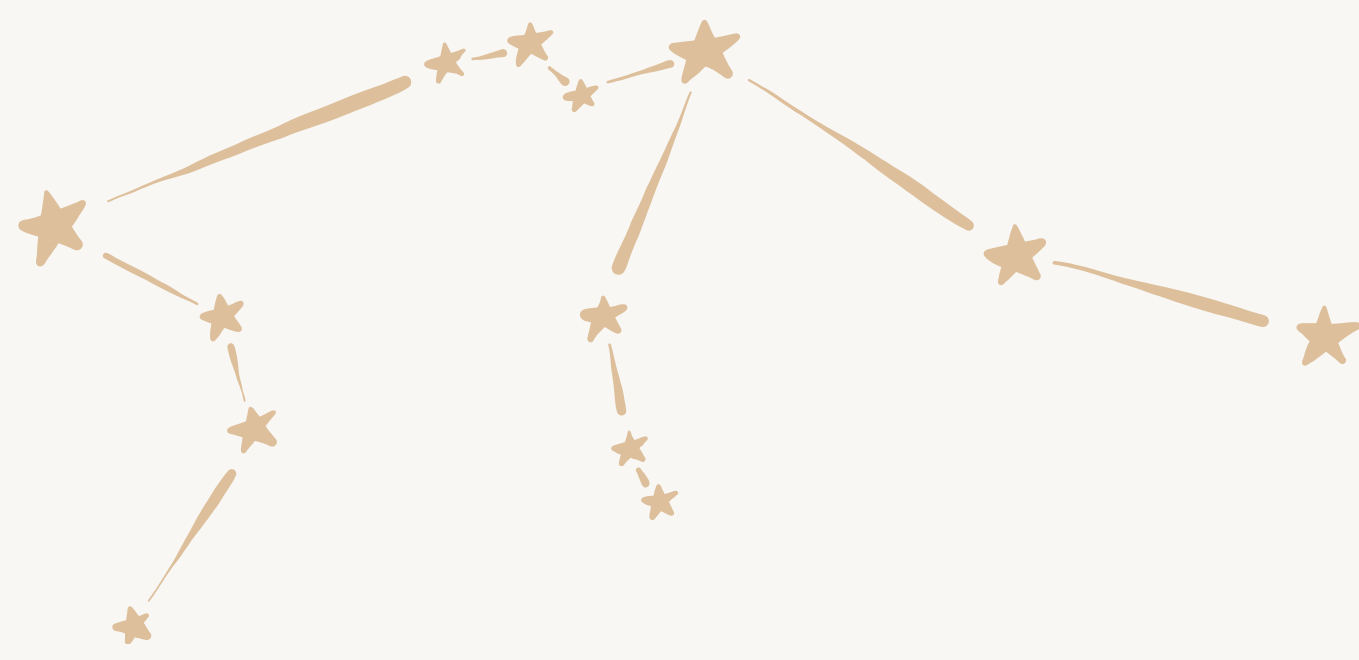
Asanas to practice



Triangle pose



Goddess pose



Aquarius- I have the power to create my own reality

January 20 - February 18

Aquarius is an air sign, connective energy through communication, innovation, and change.

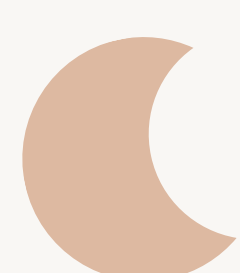
Aquarius is a fixed sign, lasting energy that keeps you focused on your vision for the future.

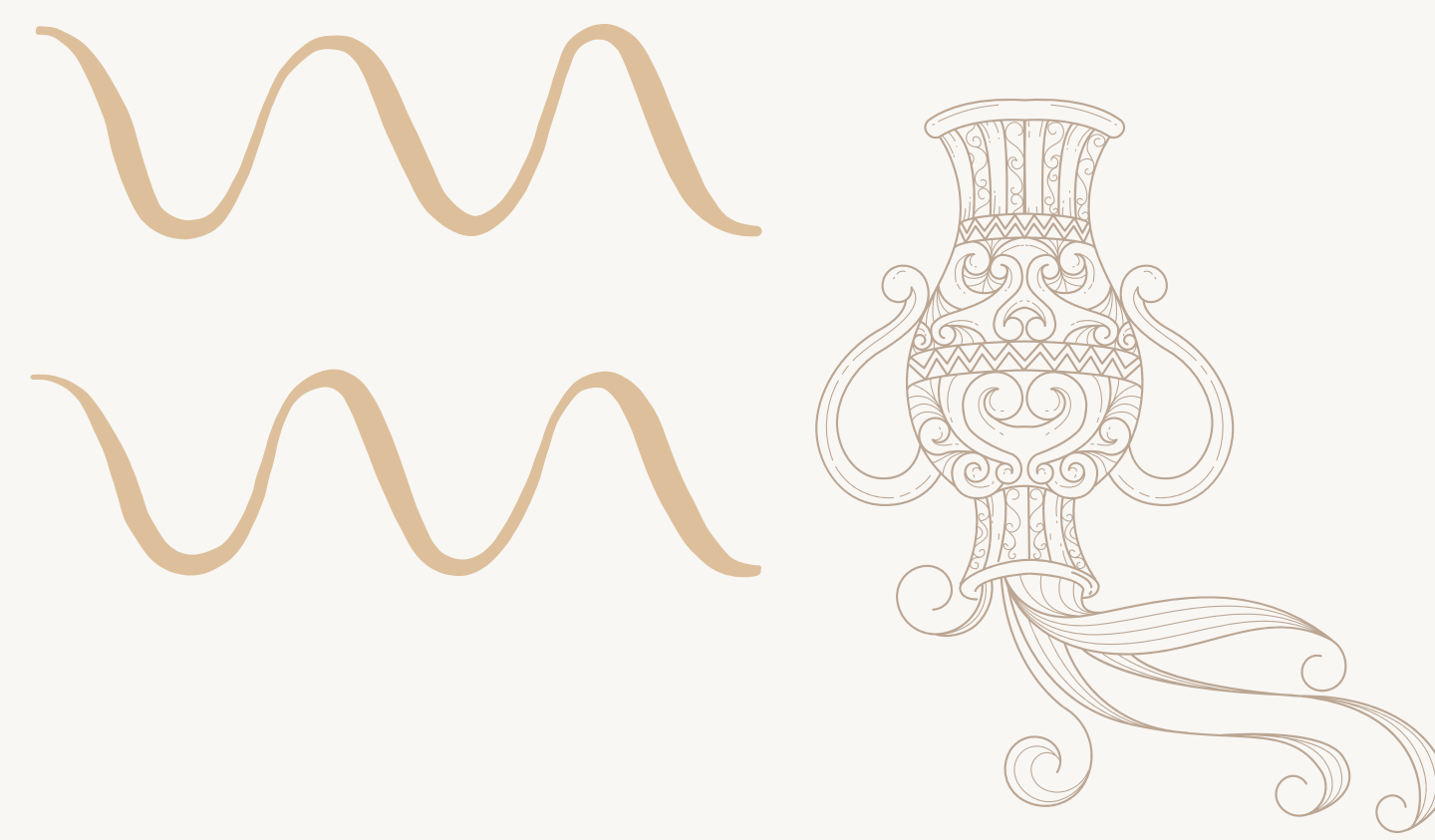
Aquarius is associated with the first chakra, Muladhara: the root chakra, located at the base of our spine.

The Muladhara chakra is the energy center of the body that deals with security and survival.

It can be blocked by fear but can be balanced by acknowledging your nature and your connection to the whole.

Aquarius relates to the ankles and the circulatory system. As Aquarius encourages us to create our vision of life, the circulatory system plays an important role to nourish our body. The ankle allows our feet to go in one direction: our role is key in our journey to self-affirmation.





Yoga during the Aquarius season

During the Aquarius season, your yoga practice can focus on your inversions, from the simple ones to the most complex ones.

You can also work on your leg mobility to open your Muladhara chakra and your ankle's strength.

Asanas to practice



Side lunge



Inversions poses



Pisces - I honor my resting phases

February 19 - March 20

Pisces is a water sign. Water is an emotional principle deeply connected with our psychic ability, our spirituality, and transcendence.

Pisces is a mutable sign, adaptive energy that encourages us to meditate, connect with our inner guidance and adjust.

Pisces is associated with the second chakra, Svadhithana, the Sacral chakra, located on the pelvic floor.

The Svadhithana chakra is the

energy center of the body that deals with pleasure and creativity.

It is blocked by guilt but can be balanced by the simple act of acknowledging what makes you vibrant without any fear of judgment.

Pisces relate to the lymphatic system and the feet, the foundations of our body. As Pisces is asking us to slow down and reflect on our astrological year, our body is craving for slow movements and self-care.





Yoga during the Pisces season

During the Pisces season, your yoga practice can focus on stretching poses where your body needs to release to go deeper.

Your breath is your inner guide when you go too deep: listen to it.

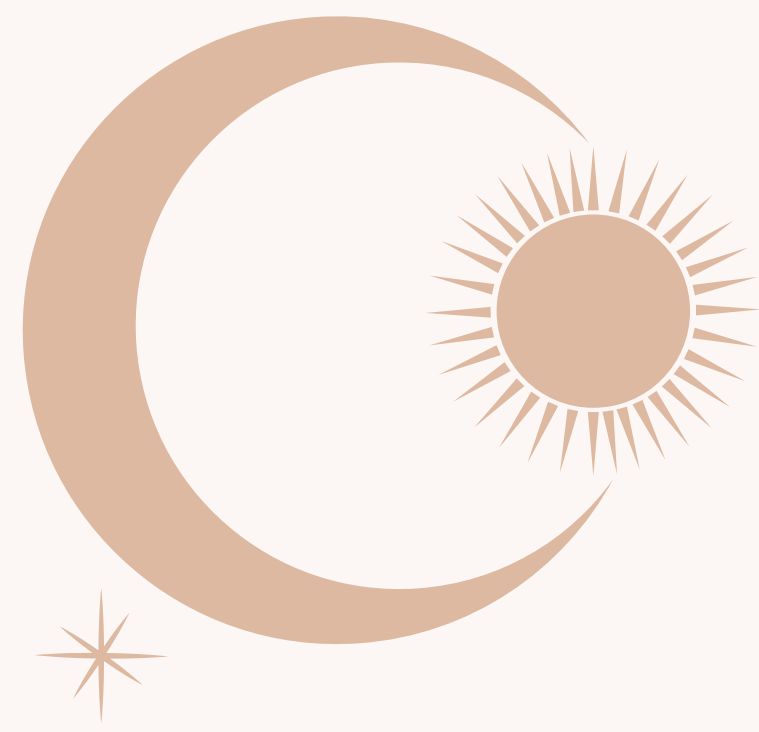
Asanas to practice



Side stretches



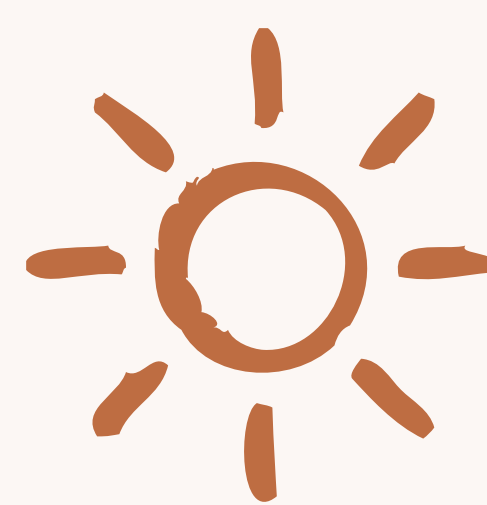
Dancer pose

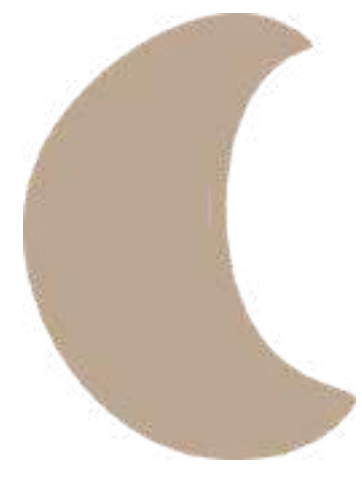


This analysis of the Sun moving through the year allows us to better understand the connection between the signs and their connection to our subtle and physical body.

It is important to realize that you have the power to build your practice with this guidance and to express yourself in a more vibrational way.

At any moment, the choice is
always yours.





CHAPTER II

YOGA & THE MOON

Balance your feminine &
masculine energy



THE MOON

While the sun wants you to dedicate your energy to specific body parts, the moon is associated with the intensity of your practice.

Every two and a half days, the moon changes signs. As the sun and the moon exert a gravitational pull on the Earth, their relative positions create different energetic experiences which are embodied in the moon cycle.

The moon cycle is 28 days long: as the moon grows (waxes), we expand.

As it lessens (wanes), we release. The full moon and the new moon are turning points where our energies are highly unbalanced.

The full moon is synonymous with emotion while the new moon brings calm and discipline.



THE MOON CYCLE

set intentions

Get inspired
to dream

New Moon

listen to
your intuition

Waning Crescent

Waxing Crescent

Rest & nourish
your soul

Be open to new
possibilities

Last quarter

First quarter

Find room to
release

develop & take
actions

Waning gibbous

Waxing gibbous

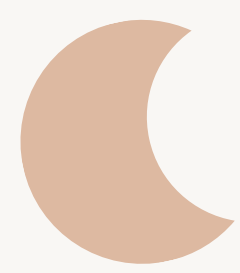
Express your
creativity

Commit & improve
your plan

Full Moon

Celebrate your
progress





FLOW WITH THE MOON

OUTWARD ENERGY :

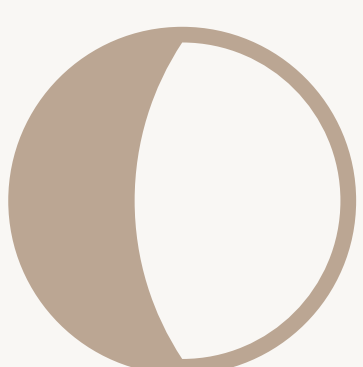
TIME TO TAKE

ACTIONS



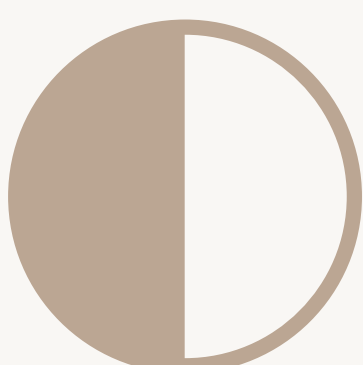
NEW MOON

Take some time by yourself and set your intentions



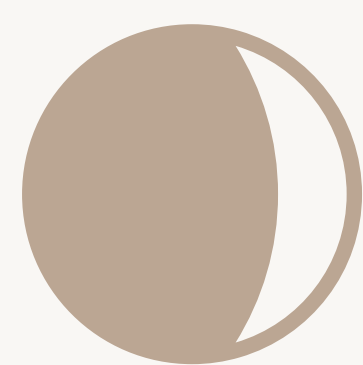
WAXING CRESCENT

Detail your plan and trust in the universe



FIRST QUARTER

Stay grounded with your goals in your mind

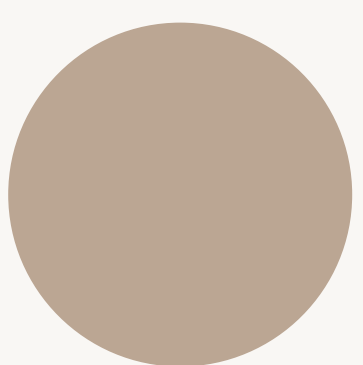


WAXING GIBBOUS

Review and check everything off your to-do list

INWARD ENERGY :

TIME TO REFLECT



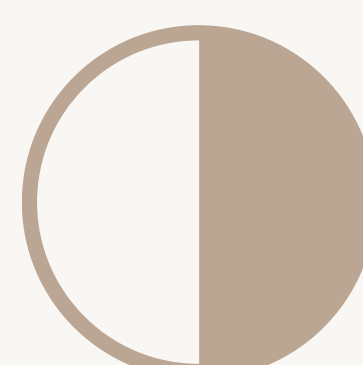
FULL MOON

Connect with your emotions & release the tensions



WANING GIBBOUS

Release your energy and connect with your soul



LAST QUARTER

Listen to your intuition, look inwards



WANING CRESCENT

Practice self-care & trust to receive abundance



New Moon

WELCOME THE NEW
CYCLE

The beginning of the lunar cycle, when the moon is between the earth and sun, is our time to turn inward and connect with our intuition.

The alignment with this energy of birth deepens our connection with our inner self. We just have to listen to what our intuition wants us to take on next.

When we release any external expectations, we allow subtle messages to come to the surface. We experience clarity with our souls.

EXPAND WHAT YOU
BELIEVE POSSIBLE

This moment of bliss and clarity is the perfect time to set intentions and start something new with a blank slate. It can be in any area of your life: work, love, friendship, anything that is important to you in this present moment.

How empowering is that feeling of intention? Our power is unlimited if we believe that is possible.

So dream big, don't limit yourself. You can plant a seed to unlimited possibilities to whatever is calling your name.



New Moon

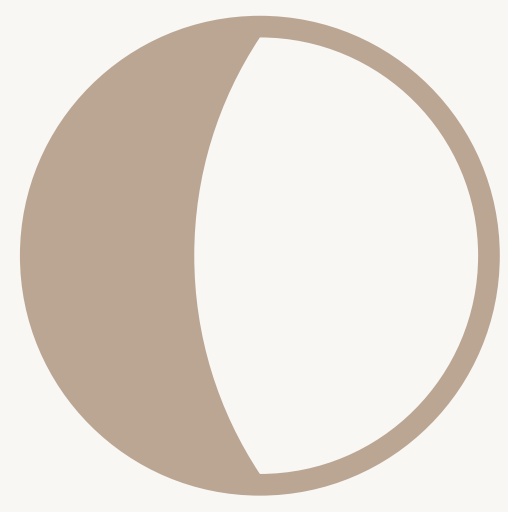
YOUR YOGA PRACTICE

Start your practice with a deep meditation about your vision of life. Focus on what you are feeling inside.

Observe your breath and try to connect with your heart. Start a gentle flow, listening to your body and its needs. Focus on your breath during the whole session, trying to find the union between you, your breath, and your intuition.

Your savasana is the most important part of this practice. When your body will have released any tensions, close your eyes and dream.

Leave the flow of desires coming to you, don't resist. Accept what your intuition is whispering to your ears to set your intentions after the practice.



Waxing Crescent Moon

BECOMING VISIBLE

The moon is moving from being invisible into her full power. And you are too!

This is the time to commit to your dreams. Don't let them down. This growing phase is not less important than the birth one.

This is a crucial moment for your dreams to blossom. You are the only one who can make them flourish.

IT'S ALL ABOUT THE
DETAILS

The Waxing Crescent Moon phase is the perfect time to use your fresh energy to plan and focus on the details you will implement to achieve your goals.

“Waxing” means that the moon is growing in light and energy. “Crescent” means less than half so use this time to gain momentum and set yourself up for the following moon phases.

Keep the faith and trust intuition: this is your power. Be brave, don't let your dreams down even if obstacles come on the way.



Waxing Crescent Moon

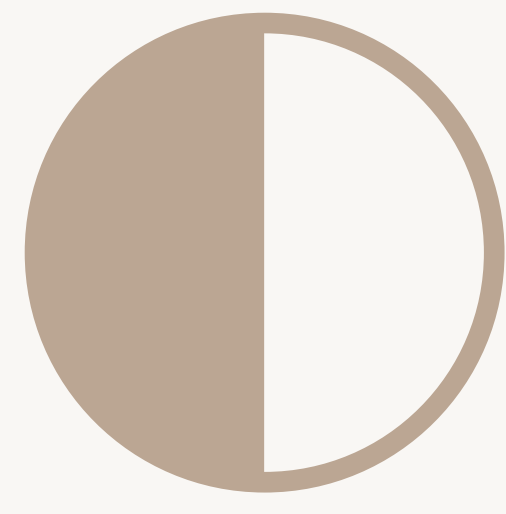
YOUR YOGA PRACTICE

To set yourself up for the following phases, you need to feel grounded. Prepare your foundations for your dreams: focus your energy to find balance and strength.

Try new Asanas, commit yourself to them and practice every day. The achievement is not the Asana itself but your intention and your commitment day after day.

During your Savasana, practice gratitude. Thank yourself for showing up. Thank yourself for not letting your dreams down.

Thank yourself for working every day for your dreams and not the ones society wants you to have.



First Quarter

BE STRONG FACING THE
OBSTACLES

As the power of the moon continues to become more visible, your intentions and project are evolving and growing.

You are now about to start seeing your actual vision come to life. With the realization of your intentions taking shape, challenges will naturally occur.

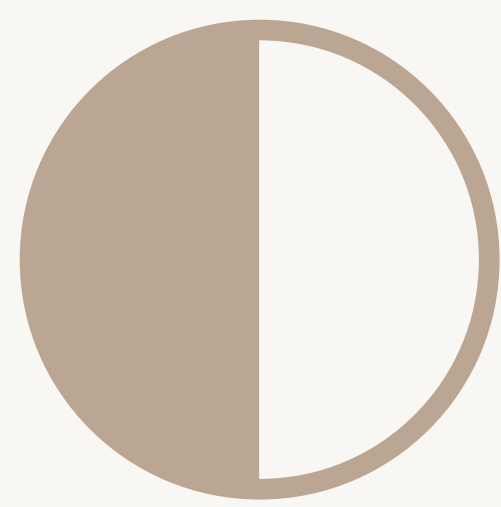
Do not let those obstacles distract you from your goals, they are here for a reason: challenges reinforce your desire to achieve your goal.

BOOST YOUR ENERGY

We are half-way to the Full Moon. When the moon is exactly half illuminated, that is the time of decision-making.

So, use this energy boost to direct it into your intention. Take care of yourself during this time to let your full potential explode.

Practice yoga every day, eat well, and get lots of sleep to have a clear head when challenges come up. This is a time to trust the process and lean into the confidence within you.



First Quarter

YOUR YOGA PRACTICE

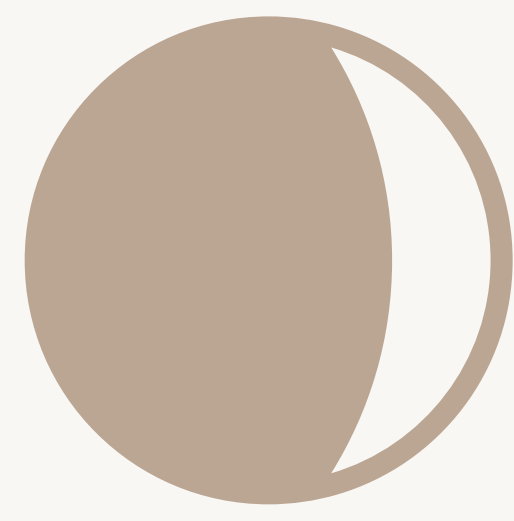
Stay grounded with the result of your goal in your mind.

Work on Asanas that require mobility and strength such as the warriors series.

Feel how strong you are in these postures and also on your journey through the lunar cycle.

During your savasanah, try to visualize your goals. How good it feels once your intentions come into visualizations?

What do these intentions mean to you? Why do you deserve your intentions?



Waxing Gibbous Moon

YOUR DETERMINATION
IS KEY

It's time for courage. "Waxing" and "Gibbous" means that the moon's illumination is growing and it's almost a full moon.

Don't give up and don't let fear get in your way.

This is the time to refine your process and prepare for your project or intention to launch.

REVIEW AND ADJUST

This is the perfect time to look back at all your efforts you did since the New Moon. Review your plan, adjust it if needed.

There is no such thing as a perfect plan. A perfect journey is not about the events that have occurred: it's all about your reactions to those events.

From the momentum that you have been implementing towards your goals, ask yourself: where can I still make a difference?

Your patience and perseverance will make the difference. Bring enthusiasm and excitement into your being and let it energize your final efforts.



Waxing Gibbous Moon

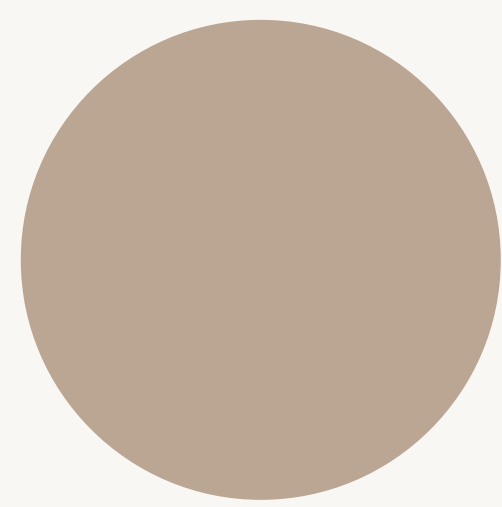
YOUR YOGA PRACTICE

Practice standing poses that require balance and strength such as the Eagle Pose or the standing Pigeon Pose.

Stay grounded with a strong focus on centering your energy to the present moment. Bring firmness into your practice and let it energize you for your last steps towards your goals.

During your savasanah, try to relax from any tensions. Any efforts deserve a break. You deserve a break after long hours of work.

Give your body and your mind the time of self-care they deserve.



Full Moon

THE PEAK POWER

When the sun illuminates the entire moon, this is the time of peak energy and emotion. We are deeply connected to the Moon at this point: her full manifestation is flowing to our beings.

As this energy is invading our body and our mind, our emotions may be high and feelings may be intense.

RELEASE AND BE HONEST WITH YOURSELF

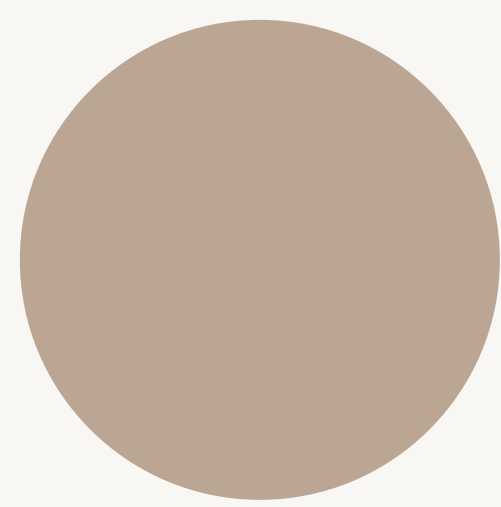
The Full Moon accentuates what we have been working on and how we feel about it.

It will bring to light what was not visible on the surface.

You will feel emotional revelations while reflecting on what you have done since the New Moon.

This is why the Full Moon is such a powerful moment for inner work.

Look to your past but don't resist your emotions. Keep what makes you feel good, release what you don't need anymore.



Full Moon

YOUR YOGA PRACTICE

There is no perfect practice for the Full Moon: it all depends on your needs during this emotional and spiritual breakthrough.

Some yogis will need an intense workout to use the moon's strong energy to put everything out on the table.

Others will prefer a more yin practice, to release any tensions that no longer serve them.

Releasing what is heavy for you will allow your light to shine, with no regrets, only love, and gratitude. During your Savasana, take long exhalations through your mouth.

Release any tensions you are holding back. Don't resist: if you need to cry or to release sounds, do it. This is your safe place.



Waning Gibbous

FOCUS INWARDS

The Full Moon was the culmination of our outward energy, which is translated into taking action.

After this, we move now to an inwards energy, bringing us into a reflective phase.

The moon will now appear to become smaller every night until it disappears for new beginnings.

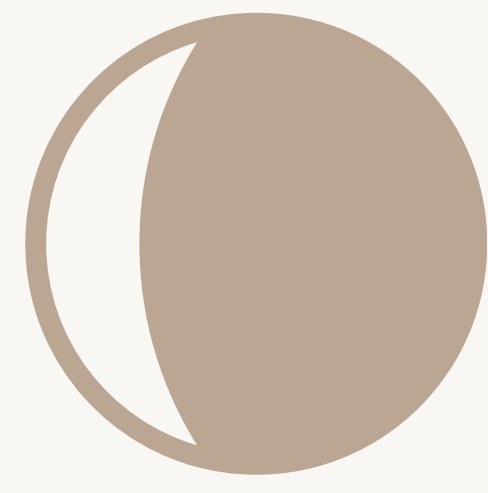
YOU DESERVE TO TAKE A DEEP BREATH

This moment of decreasing energy is essential for our body and our mind to regenerate.

Reflecting on all your actions during the two first weeks doesn't mean that you are not doing anything. On the contrary, this reflective phase is the most productive one in terms of wisdom.

If you accept to slow down and to trust, you will come to conclusions that you wouldn't have time to observe during a more active phase.

Remember that this time is just as effective in achieving your goals as is rest. Resting will allow you to refill your creative intentions.



Waning Gibbous

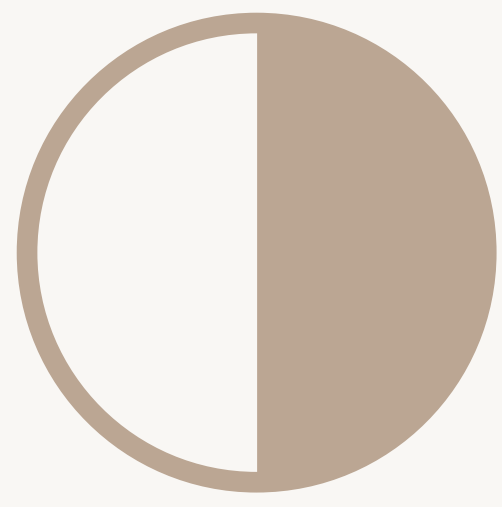
YOUR YOGA PRACTICE

Start your practice with a chakra meditation and feel. Allow your mind to rest and observe your energetic knots.

Feel the vibrations of your body. Work on side-stretching poses that will release any tensions. Spend more time building your flexibility, connecting deeply with your body and mind. During your Savasanah, breathe deeply.

Nothing more. Listen to your body, observe your thoughts, let them flow.

Don't judge them: they are just passing, they are not you.



Last Quarter

CREATE SPACE FOR THE NEWNESS

The last quarter is the half-way point of making decisions. It's not an ideal time to start something new, but rather a time to decide in which directions you want to focus in the future.

The key here is to understand what makes you feel good and what doesn't serve you anymore. It's not about putting doubt or insecurities on yourself for changing what you originally set out to do.

It's time to create space for newness as the new moon is approaching once again.

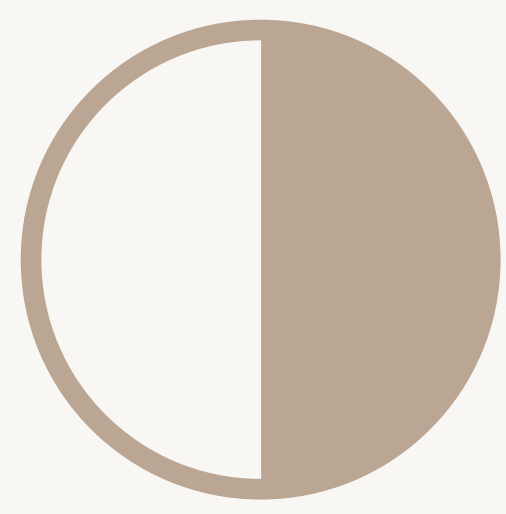
COMMIT TO GROWTH

This moment of connection with your soul is the perfect moment to ask yourself what habit you could change to make yourself feel better.

Start small: release any possessions you don't need, reorganize your environment to feel at ease.

You are preparing your foundations for the next cycle of life.

Listen to yourself and your intuition: you will find where to guide your energy for the next beginning.



Last Quarter

YOUR YOGA PRACTICE

Focus your practice on deep stretches that require releasing any resistance. Forward Fold (Paschimottanasana) is the perfect posture to release.

It's all about letting go and turning inward. Send deep breaths to your entire body.

Let every exhale serve as a release of tension both physically and mentally.

During your Savasana, focus your attention on your body, every part of it.

How does it feel? Do you see any difference between the beginning of the practice and now? Do you feel more space?



Waning Crescent Moon

PRACTICE GRATITUDE

This final phase of the lunar cycle is all about surrender, which is not an easy part.

The Moon is asking you to create space and to fully embrace what you have been working on so hard on the past few weeks.

This is the time to look back to your New Moon intentions and just sit in gratitude.

Thank yourself for all you have learned, allowed, adjusted, and flowed. Be proud of yourself even if you didn't achieve everything you wanted.

Speak kindly to yourself.

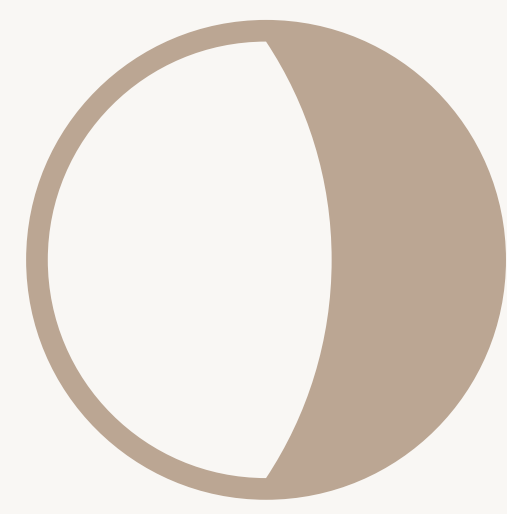
LET YOURSELF GET INSPIRED

This moment before the New Moon is powerful to seek out inspiration for the upcoming new beginning.

Read a new book, listen to an interesting podcast, discover new artists. All these external stimuli will bring beauty and dreams into your life.

Connect with the energies around you: meet enthusiastic people who will share with you a piece of their soul. And last but not least, dream.

Dream big to create your new intentions for the New Moon. [rgy](http://www.rgy.com) for the next beginning.



Waning Crescent Moon

YOUR YOGA PRACTICE

Create space when you normally struggle to breathe. This is the perfect time to work on your chest openers and backbends.

Be gentle with yourself, with little steps day after day. Feel grateful for any little progress: your heart is opening to the sky.

During your Savasanah, focus your attention on your heart chakra: how does this part feel after the practice?

Do you feel less stuck?

Breathe deeply, connect with your chest with one hand.



This perspective of the moon allows us to align our yoga practice with the cycles of nature. In our busy modern lives, it is easy to forget that we are part of nature.

The moon's regular rhythm marks the time for an active practice to a more yin releasing one and everything in between.

If our practice is in step with the cycles of the moon, the pace of life becomes easier and our energy is restored.

We feel more grounded and connected with our inner rhythm.



CHAPTER III

YOGA & THE PLANETS

Flow with each day



While the zodiac signs guide you over the year and the moon cycle over the month, the planets have ownership over the days of the week.

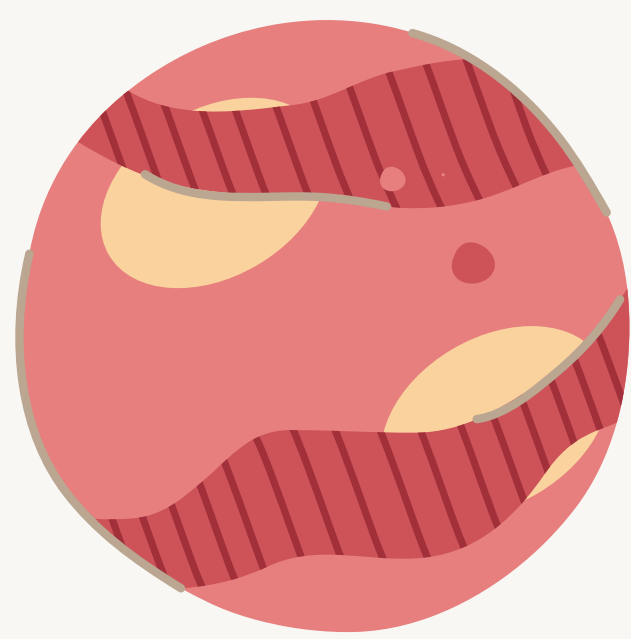
Acknowledging that each weekday has a planet that goes with it allows you to plan your week in a more intuitive way.



MONDAY
The Moon



WEDNESDAY
Mercury



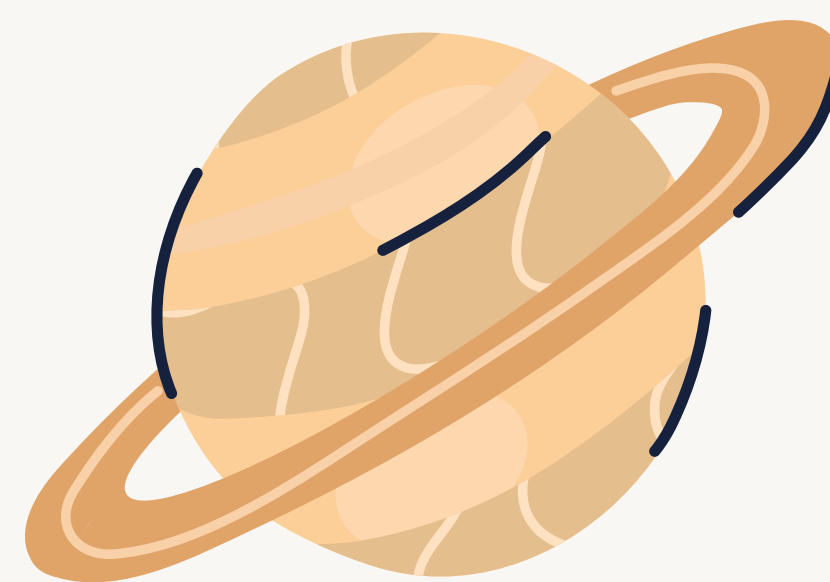
TUESDAY
Mars



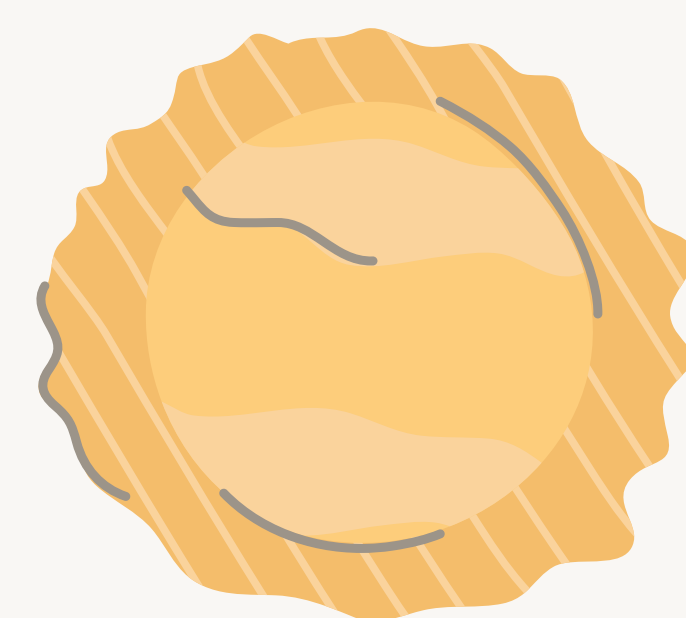
THURSDAY
Jupiter



FRIDAY
Venus



SATURDAY
Saturn



SUNDAY
The Sun



Monday

MOON DAY - I FEEL

Mondays can be difficult: this is the day we have to return to work or school. But in astrology, Mondays is highly emotional because it is ruled by the moon! T

he energy of the moon is so changeable, with its waxing and waning, that it can make our Mondays even worse. The good news is that we can balance this highly emotional energy by acknowledging it.

An easy way to adapt to this flow of emotions is to be in a receptive state.

Instead of focusing on action, focus on nurturing yourself: slow down, take time to look at the bigger picture and reflect.

THE MOON AND THE SUBTLE BODY:

The Moon is associated with the fourth chakra, Anahata, the heart chakra. It deals with love and can be unbalanced by our fear to not receive enough love.

Monday is the perfect time to show self-love and accept the circular dance of your emotions.



Monday

YOUR YOGA PRACTICE

Even if you think that you don't have time, take some time for your body and your mind. Your Monday yoga should be intuitive.

Let it flow according to your needs, starting by a gentle flow into a more yin practice to release any frustration.

Bring creativity into your practice: the moon is deeply connected to your inner child. Let's welcome your younger self with no judgement : be free in your practice!

Asanas that will help you on Monday



Meditation pose



Backbends



Dancer pose



Tuesday

MARS DAY - I ACT

Tuesday is ruled by Mars, the planet that was named after the Roman god of war. Tuesday or Mars represents your engine, your ability to act.

This is a powerful day to feel motivated: be proactive, courageous and brave.

The energy of Mars wants you to believe in yourself and be mindful of your actions. This is a great day to start a new project, to take important risks and decisions.

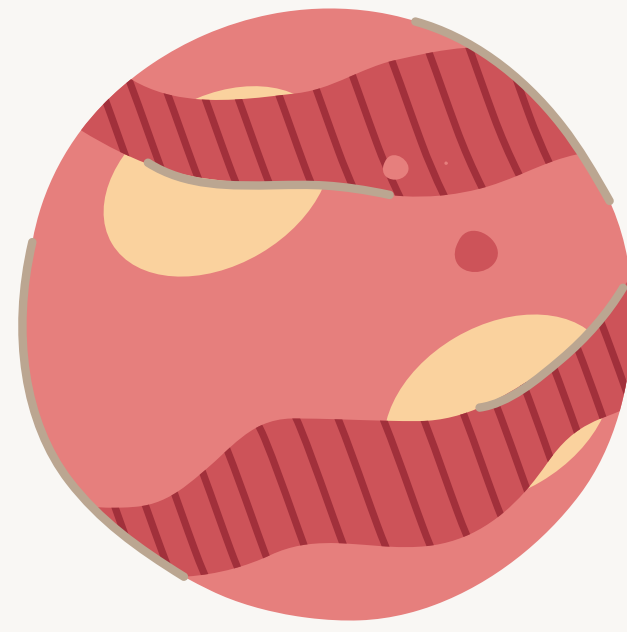
Don't forget your bigger vision: use this bright energy for projects that will fulfill you deeply.

An easy way to make the most of Tuesday's energy is to move your Monday's meeting to Tuesday. You will feel relieved to have one more day to reflect before taking actions and decisions.

MARS AND THE SUBTLE BODY

Mars is associated with the first chakra, Muladhara: the root chakra. It deals with our instinct of survival and can be blocked by our fears.

Tuesday is a day to stay grounded and focused on your goals. Bring light on your abilities rather than your weaknesses.



Tuesday

YOUR YOGA PRACTICE

A dynamic vinyasa would be the perfect practice for a Tuesday.

Start your practice with an intention and keep it in mind during challenging poses.

Your breath is your constant reminder of that intention: each time you exhale deeper, visualize that intention a bit more intensively.

The warrior series is the perfect way to make the most of your Mars.

Asanas that will help you on Tuesday



Triangle pose



Arms balance



Navasana



Wednesday

MERCURY DAY - I SPEAK

Mercury is intimately associated with your thoughts and your communications. In mythology Mercury was the swift messenger, representing the power of intellect, which is why Wednesday is ruled by the mind.

Wednesday is a good day to work on your beliefs and patterns and more concretely on your language skills.

Don't be afraid to challenge your mindset, to reconsider your connection with change and growth.

An easy way to make the most of your Wednesday is to do anything that requires your attention such as planning or strategies. Your brain is your energy, let it flow!

MERCURY AND THE SUBTLE BODY:

Mercury is associated with the fifth chakra, Vishuddha, the throat chakra.

It deals with our truthfulness and can be blocked by illusions and lies.

Wednesday is the perfect time to give a voice to your inner self and not your ego.



Wednesday

YOUR YOGA PRACTICE

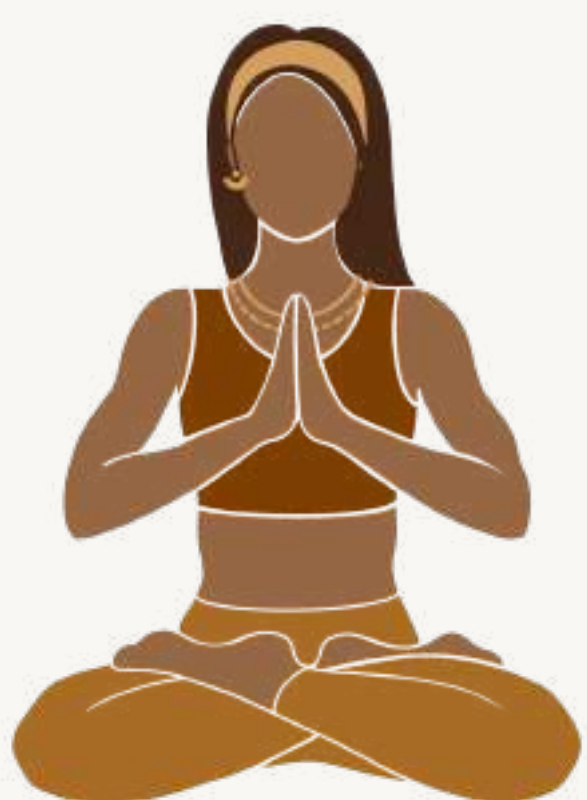
Start with a meditation practice. Bring your attention to your breath: what do you feel inside?

Your yoga practice can be around your breath, trying to connect your movement with each of your inhales and exhales.

Let your body and breath guide you through the practice.

The only way to make the most of your Wednesday is to be present, away from your thoughts to balance the productivity of your Mercury day.

Asanas that will help you on Wednesday



Lotus pose



Wild thing



Upward plank



Thursday

JUPITER DAY - I CONNECT

Thursday is ruled by Jupiter, which represents expansion, abundance, gratitude, and optimism. It makes Thursday a very positive day with Jupiter as a jovial teacher to remind you why you can be happy right now.

This is the perfect time to have a lay-back attitude and enjoy every little moment your day can offer you.

Start early in the morning by enjoying your favorite breakfast. Connect with your gratitude: this vibration can only attract positive vibes.

An easy way to make the most of your Thursday is to keep a gratitude list over the day: write down every little thing you are grateful for. You will feel a sense of accomplishment at the end of the day.

JUPITER AND THE SUBTLE BODY:

Mercury is associated with the seventh chakra, Sahasrara, the crown chakra. This energy center deals with your spiritual connexion and can be blocked by attachment.

Thursday is the perfect time to reconnect with your spirituality by practicing gratitude. Remember that all transformations happen in the present.



Thursday

YOUR YOGA PRACTICE

Your yoga practice can be centered around the connection between your movements and the universe.

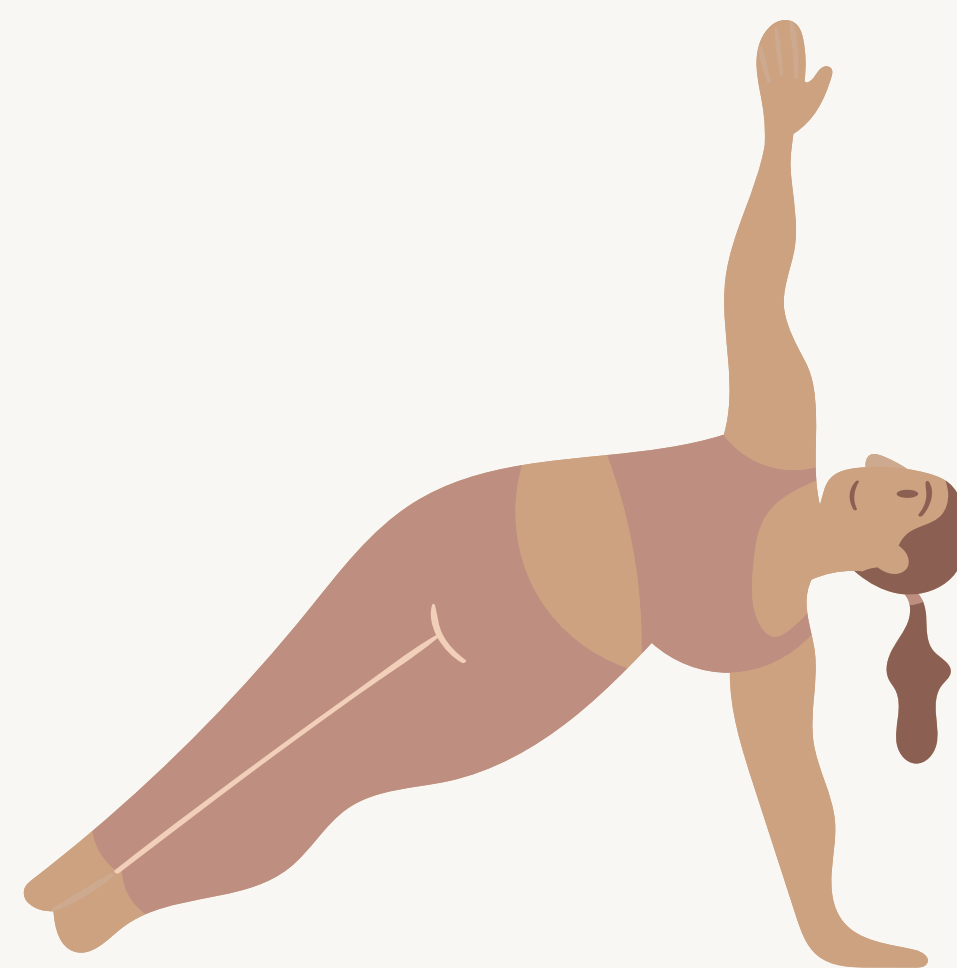
This connexion can feel different for each of us, there are thus no recommendations on how you should practice on Thursday.

The important thing is to do what fulfills your needs.

Asanas that will help you on Thursday



Crow pose



Side plank



Inversions



Friday

VENUS DAY - I LOVE

Friday is ruled by Venus, also known as the goddess of love, beauty, and fertility. Venus represents receptivity, harmony, and peace.

Friday is for most of us a good day as it means the start of the weekend. However, this positivity is highly influenced by its ruling planet, Venus.

Friday is a day to receive: nurture yourself with what makes you happy and create harmony around you. The energy of Venus encourages us to talk more and be more open to others.

An easy way to make the most of Fridays is to connect with others. It can be by physically meeting

others or by practicing this sense of oneness with other living beings. To do so, you can dedicate 5 minutes of your day to meditate on this connection with others around you.

VENUS AND THE SUBTLE BODY:

Venus is associated with the second chakra, Swadhisthana: the sacral chakra. This energy center is connected to our creativity and pleasure and can be blocked by guilt.

An easy way to balance Swadhisthana is to acknowledge your authenticity as a part of the universe. By being yourself every day, you honor your dharma or your soul purpose.



Friday

YOUR YOGA PRACTICE

Your yoga practice can be centered around your pleasure and your sense of guilt.

You can practice strong poses that will help you connect with your pelvic floor.

Don't forget to balance those poses with relaxing poses such as child pose or savasana.

Asanas that will help you on Friday



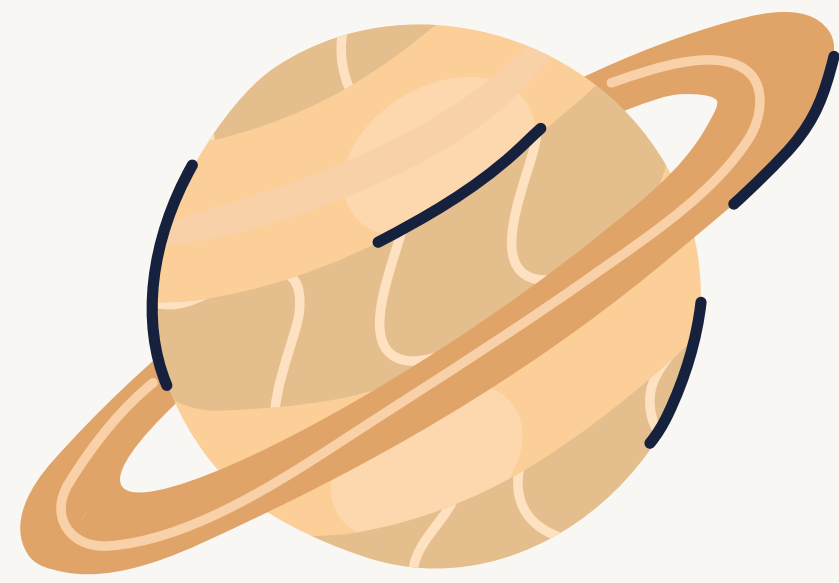
Bridge pose



Goddess pose



Bow pose



Saturday

SATURN DAY - I DO

Saturday is ruled by Saturn, an authoritative teacher that encourages us to take action. Saturn is dedicated to showing us the lessons we have just learned from our week.

Being active does not mean working on weekends, not at all. Actions can also mean taking care of yourself to organize the foundation of your life. Self-care is a building block of growth: self-care leads to self-love, which leads to gratitude and trust in the Universe.

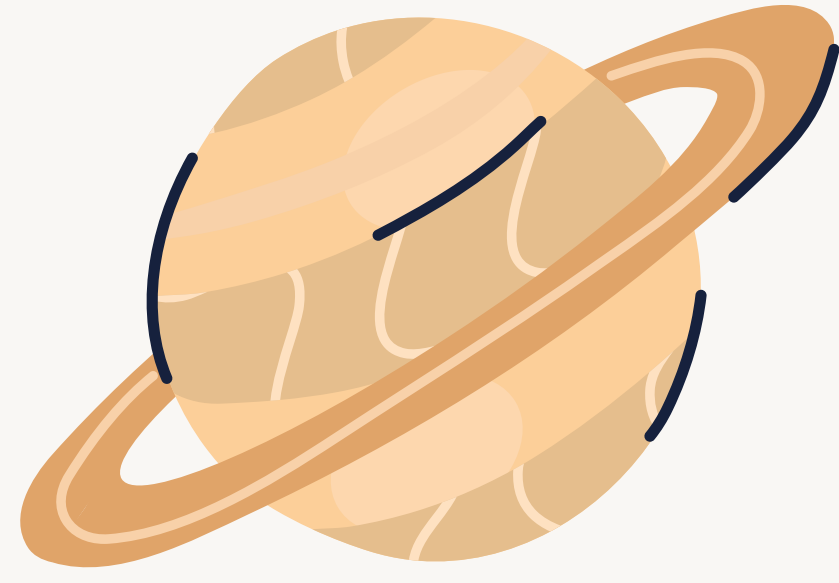
So, Saturday should be a day where you should do what you enjoy doing.

Take this time to take actions without any financial goal in mind such as drawing, painting, dancing, reading... Anything that brings you joy and energy.

SATURN AND THE SUBTLE BODY:

Saturn is associated with the sixth chakra, Ajna: the third eye chakra. This energy center is connected to our intuition and wisdom and can be blocked by our fear to not follow the rules.

An easy way to balance Ajna is to do more things that energize you daily. To trust your gut is the greatest gift you can give to yourself.



Saturday

YOUR YOGA PRACTICE

Your yoga practice should be playful: try new positions that you usually don't practice.

This is the perfect day to practice inversions, arms balance, or any positions that require training and focus.

Your yoga practice should be dynamic, to balance Saturn's energy of actions.

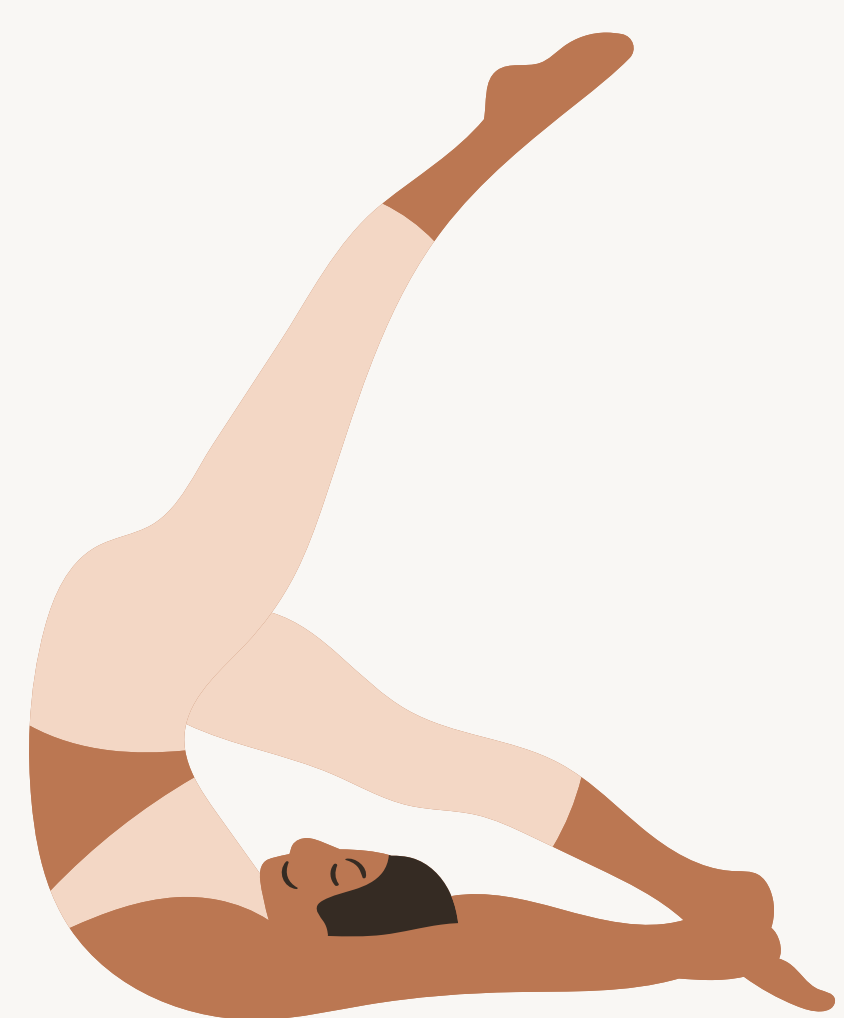
Asanas that will help you on Saturday



Upward facing dog



Inversions



Plough pose



Sunday

SUN DAY - I AM

The sun represents the essence of who we are. The sun is all about warmth, love, and light. This is the day where we need to connect with the image of ourselves to decide who we want to become.

The sun encourages us to seek meaning in our being: how do I want to evolve?

What are my bigger vision and my final goal?

This is the perfect day to visualize your dreams and redefine them if needed.

An easy way to make the most of your Sunday is to take some time for yourself. A powerful practice is journaling: write down your thoughts. This exercise can be surprising to find answers without any effort.

THE SUN AND THE SUBTLE BODY:

The sun is associated with the third chakra, Manipura: the solar plexus chakra. This energy center is connected to our confidence and willpower.

It can be blocked by the shame of being ambitious and strong. Trusting your inner desires will help you go beyond this fear.



Sunday

YOUR YOGA PRACTICE

Start with an intention meditation: ask yourself what is the most important value in your life?

Don't forget that your life is a mirror of your values. How do you feel about it?

Follow with a strong practice that will help you find confidence.

Standing poses are, for example, the perfect tool to challenge your focus and your willpower.

Asanas that will help you on Sunday



Side stretches



Goddess pose

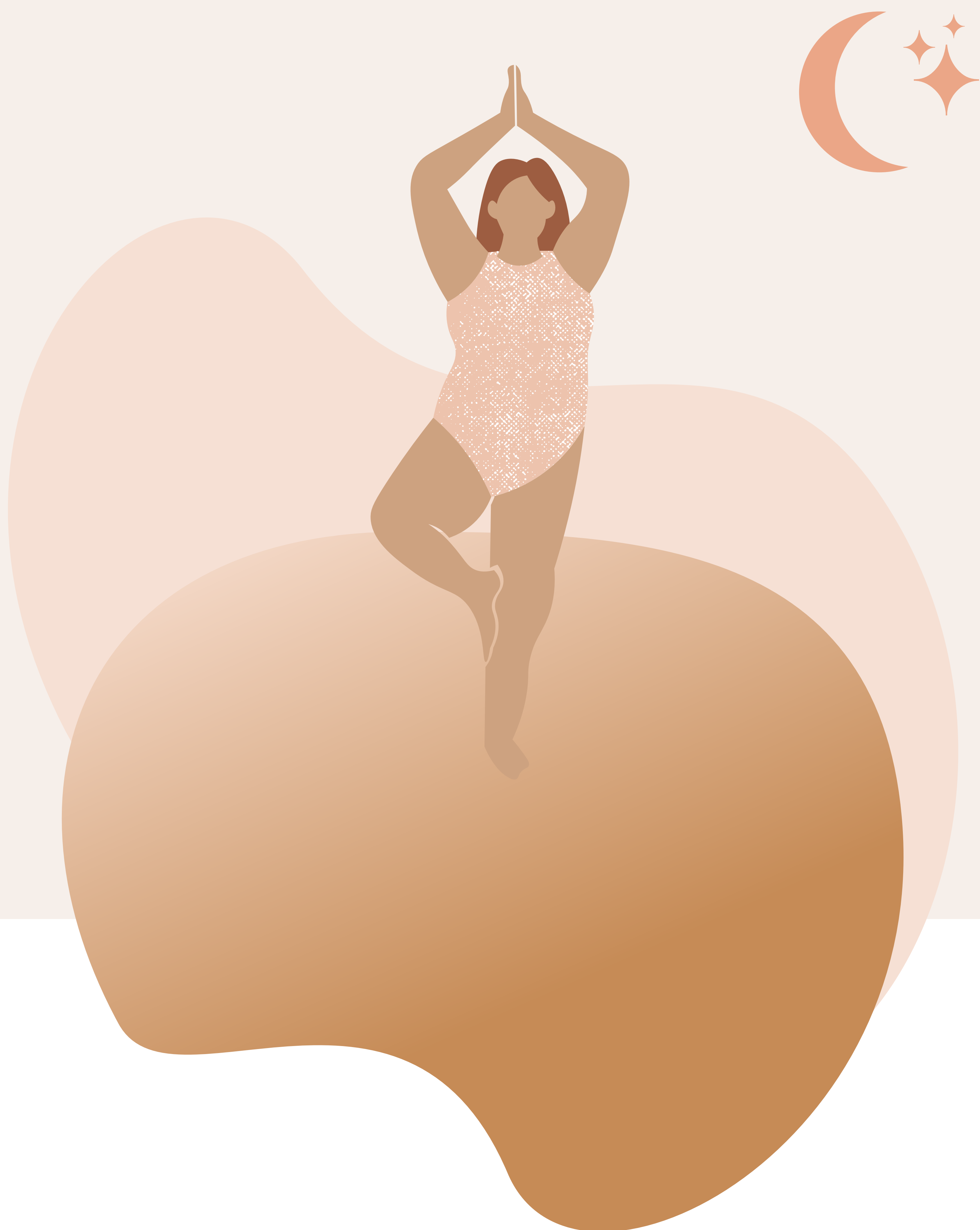


Dancer pose



CHAPTER IV YOUR NATAL CHART

A personalized experience

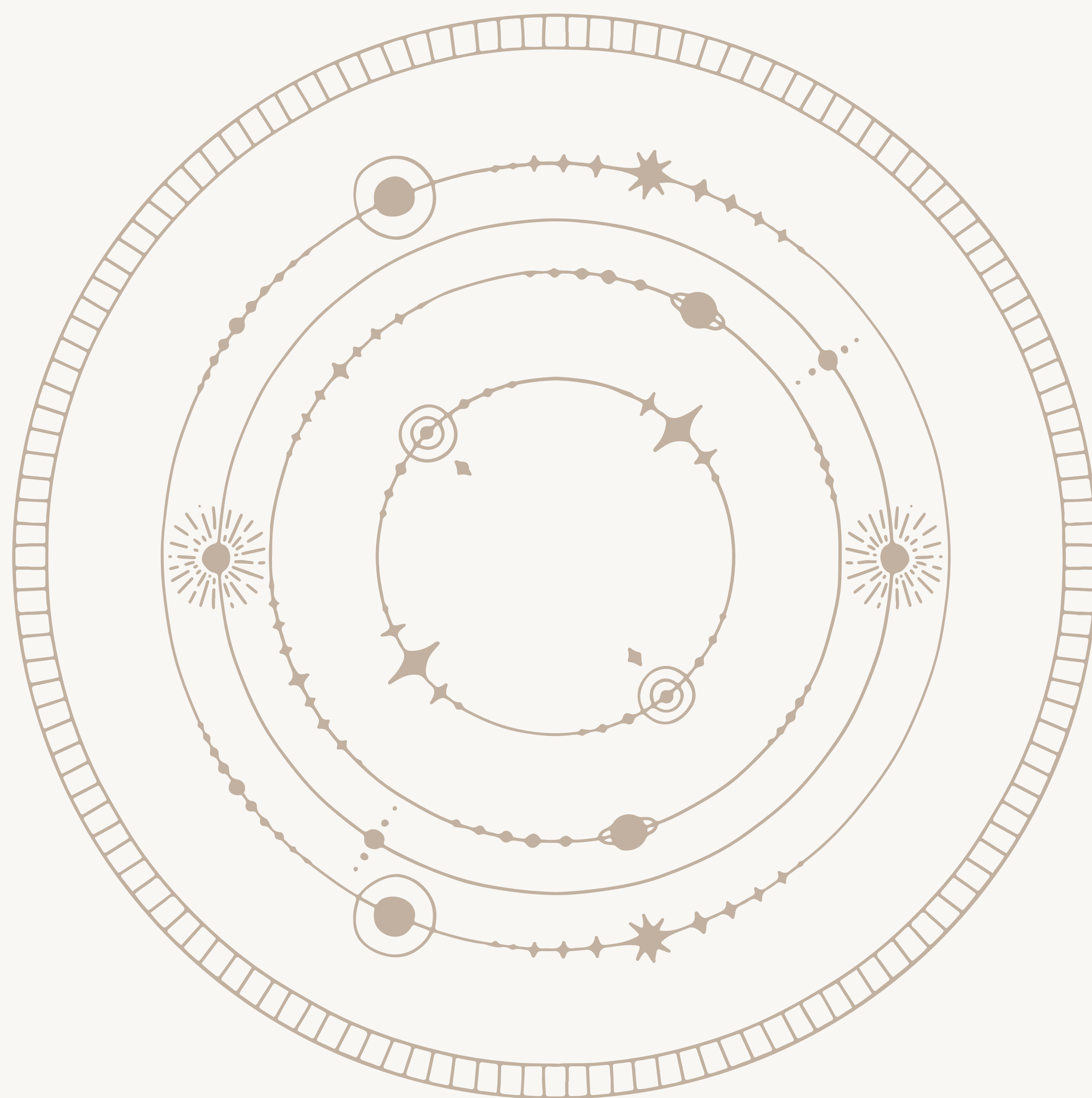


Another way to incorporate astrology into our yoga practice is by creating a sequence based on our birth chart.

The astrological birth chart is a circular map showing the positions of the planets in the twelve houses at the time of our birth.

In other words, this is a snapshot of the sky at the moment we were born.

This cosmic background can reveal our personality traits as well as point the way to our strengths and weaknesses and opportunities for soul growth.



Typically, the astrologer will have a look at what zodiac sign and which of the 12 houses are in the chart.

The angles formed between two planets are also important, a “stellium” (3 or more planets in one sign) creates a heavy concentration of one specific energy for example.

The balance of elements (planets in a fire, earth, air, and water signs) and the balance of qualities (planets in cardinal, mutable, or fixed signs) play an important role in the interpretation of the birth chart.

Finally, the astrologer will look at the pattern formed by the planets (there are 7 classical charts “shapes”).



The astrologer will be able to define unbalanced areas in our personality or areas of life.

The advice is always to bring more equilibrium into our lives.

This is the art of balancing, and yoga is here to help towards this journey of finding balance.

The incorporation of our natal chart to yoga is a strategy that requires the help of a practitioner, as there are many layers and specific configurations to consider.

If you are interested to book a reading with our trusted astrologer, you can visit our Astrology offers on yogaillustrators.com/astrology.





CHAPTER V

GLOSSARY





ASTRO YOGA: is a type of practice that combines yoga and astrology.

YOGA: The word yoga means to join or unite, and yogis view this unison in different ways – the unison of body, mind, and spirit, uniting all the aspects of yourself, or uniting with a higher power or spiritual force (God or the Universe).

DHARMA: our mission in life.

VEDAS: are roughly 5,000 years old and constitute the ancient sacred texts of Hinduism.

HA-THA YOGA: is the common expression we use to refer to yoga as a physical exercise. However, the meaning of the word Hatha could be translated by "willful" or "forceful". In Sanskrit, ha means “sun” and tha means “moon.”

PRANA: a breath of life or life, it is the energy behind vital phenomena.

CHAKRA: term in the Sanskrit language which means "wheel" or "vortex", referring to the 7 energy centers of our body.

MULADHARA: the root chakra.

SWADHISTHANA: the sacral chakra.

MANIPURA: the solar plexus chakra.

ANAHATA: the heart chakra.



VISHUDDHA: the throat chakra.

AJNA: the third eye chakra.

SAHASRARA: the crown chakra.

NADIS: energy channels (coarse or subtle).

SUSHUMNA: 1 of the 3 main subtle energy channels, it extends in a vertical line from the top of the skull to the pelvic floor: it is the crossing point of the Kundalini.

IDA: main subtle energy channel, associated with the left nostril.

PINGALA: main subtle energy channel, associated with the right nostril.

MULA BANDHA: involves contracting the perineum muscles inward, then lifting them upward to hold energy. Performing Mula Bandha promotes energy flow to the rectum, stimulating the pelvic muscles and urogenital organs.

NATAL CHART: the astrological birth chart is a circular map showing the positions of the planets in the twelve houses at the time of our birth. In other words, this is a snapshot of the sky at the moment we were born.



Hey, I'm *Laura*

PAID ADS FREELANCER

YOGA TEACHER & STUDENT

FEMALE ENTREPRENEUR

A BOHO-loving girl, craft enthusiast, digital marketer, yoga teacher and student. Born in the grayish Belgium, I left the country to chase the sun in Southern Europe. I lived a few years in Italy before falling in love with Barcelona. After a few years working in marketing agencies, I decided to live by my rules by creating my own business. Today, I help solopreneurs and small businesses to reach their

DREAM clients through ads. I believe I was put on this earth to create. I love spending hours in creating strategies and designs to make the world a bit more BOHO! I'm inspired by the beach, old and messy architecture, bright, natural light, artistic interiors, traveling, and sunsets. I created Yogai llustrators to spread the beauty of Art and Yoga, both as a journey for self-transformation.



THANK YOU !

Namaste!

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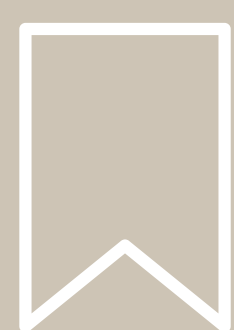
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SAVE OUR POSTS SO YOU CAN
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YOU NEED IT.

