

Sagittarius

November 22 - December 21



Sun season + New Moon + Full Moon

Yoga illustrators.



Full Moon in Gemini

Blossoming to authenticity.

Have we noticed the main themes of this lunar cycle yet? All during December we have really inspected our year, we have a list of resolute to carry and a list of don'ts to remind us not to pick up, and this Full Moon cycle will cement these intentions to the New Year.

Our last Full Moon of the year will transit into Gemini. This transit will be a renewing time as it's totally opposite the Sagittarius Sun. We will balance both these Zodiac signs as we close our year with gentle truths.

The Gemini Full Moon exactly opposes the Sagittarius Sun. The Gemini-Sagittarius polarity is a mental axis, where Gemini represents the “*lower mind*” and Sagittarius represents the “*higher mind*”.

A Gemini Moon encourages us to think logically, while Sagittarius persuades us to think in a far broader manner. Sagittarius symbolizes the quest for meaning and present ideas.

Gemini is quite comfortable in their immediate environment, while Sagittarius stimulates us to venture beyond. Neglecting either end of the axis will surely backfire on us.

Ideally, we would balance the two energies, and this is what the Gemini Full Moon invites us to do. This last Moon is about communication, attitude, and sense of adventure.

What's the point of this Moon? To get you clear headed and straight about what's next. Come to the next chapter of our lives with a renewed sense of hope.

The following page is sort of a commitment ritual. It's meant to inspire and start a fire within. We are getting in touch with our deepest selves and beginning the new year with positive loving energy.

Gemini Full Moon

Commitment Ritual



Don't worry! *Yoga Illustrators* would not ask you to commit to anyone except for **YOURSELF!** That's who/what you're committing yourself to!

Our Gemini Full Moon Ritual is so, so simple and is to be performed under the light of the Full Moon!

Find a quiet place to stand in Mountain Pose for a few moments while you clear your mind and begin focusing on your breathing. Preferably this should be performed alone as you will be shouting!! Do what you must- it's not mandatory.

Breathe in, breathe out that cold wintery air. Now that you are in the zone give the Universe a Lions Breathe. Circulate the cold air, bringing a rush of new energy and alertness.

Think about the past year. What hurt you. What made you get out of bed. What would you change? What would stay the same?

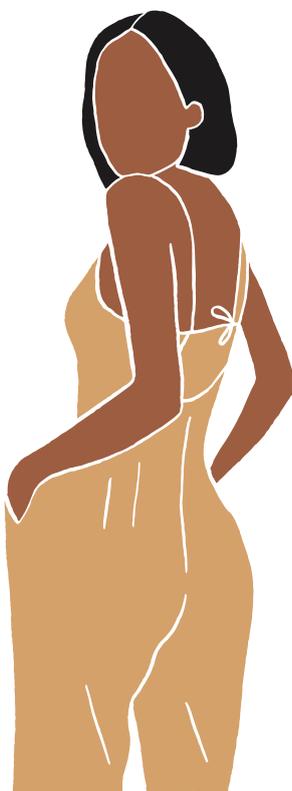
Has this stirred up any emotions? *Good.* Harness this stirred energy to shout at the Moon! Use the following as a guide!

I HAVE LEARNED FROM MY PAST! I AM COMMITTING TO A NEW SOUL PATH! I CREATE BOUNDARIES AND FLOURISH! I SEEK MY HIGHER SELF. I AM COMMITTED TO MYSELF!

If you feel the urge to yell anything else, please do! Get everything out. If it no longer serves, remove it.

Come back to mountain pose. Place your hands in Prayer Position at your heart. *Breathe in, breathe out.*

Close by quietly thanking yourself (or Whomever) and our Sun for another year. *Namaste.*



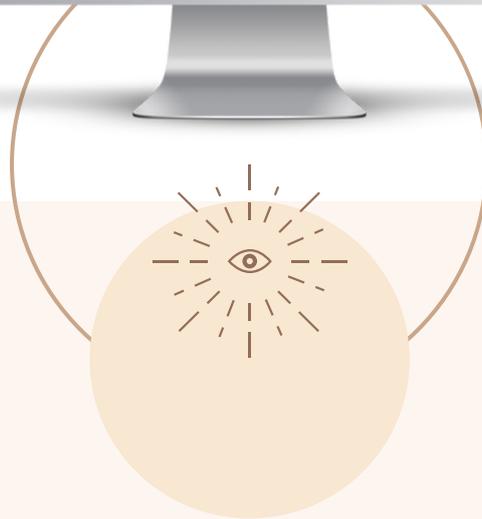
Print me

Hang me

Remember me



Full Moon Ritual



Joanna is a yoga and meditation teacher. She will guide you into through this full moon with a mindful practice of logic, adaptability, and self-knowledge. Journal with words of alignment from the Jar of Wisdom, and go into a guided meditation to connect with your solar plexus for commitment, and your throat chakra for mindful communication channeling the gemini quality of great communication.

Full Moon Journaling



What is one thing you would love to learn more of and practice more? Why?

A large, empty rectangular area with a light beige background, intended for journaling responses to the question above.



Look for facts about yourself that you know will keep you adaptable as you transition into the new year.

A large, empty rectangular area with a light beige background, intended for journaling responses to the question above.



Keeping yourself logical and versatile to help your journey flow with ease, what is one change you can commit to that will make you flow and stay accountable?

A large, empty rectangular area with a light beige background, intended for writing a response to the question above.