

# Full Moon



Yoga illustrators.



## Libra Full Moon

Traditionally called the Pink Moon, this full Moon is also the Paschal Full Moon this year.

This year, April's full Moon is the first full Moon of the spring season, which began with the spring equinox on March 20, 2022. This means that April's full Moon is the Paschal Full Moon—an important Moon to those who celebrate Easter, since Easter's date depends on the date of the Paschal Full Moon.

The Full Moon in Libra marks the time when our connection with others come into full bloom.

After this abundant energetic feeling of the Pisces New Moon, this Full Moon is here to balance the the sun in Aries.

While Aries is all about your relationship with yourself, the opposite sign Libra is all about your relationship with others.

As we are all interconnected, this opposition is more a reminder that our independence and confidence can be used to inspire others.

This is the perfect time to identify your progress in this moon cycle and genuinely share them with your beloved ones.

Don't be afraid to open your heart and be vulnerable. This Full Moon in Libra is asking us to trust others as much as we trust ourselves.

So the question is: do you trust yourself? Are you ready to celebrate your growth and share it with others?

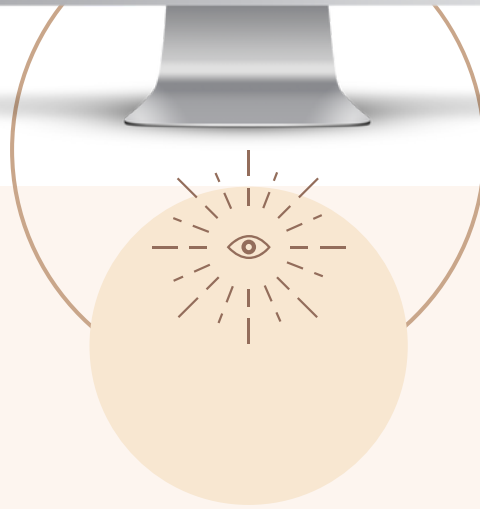
Print me

Hang me

Remember me



# Full Moon Ritual



Joanna is a yoga and meditation teacher and passionate about the moon cycle. She will guide you into through this full moon with a mindful practice and a blissful meditation.

# Full Moon Journaling



Do you usually show gratitude towards yourself when you make progress?

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Let's do it now. Write a small letter to yourself to thank you for your commitment.

A large, empty rectangular area with a light beige background, intended for writing a letter to oneself.



Do you usually encourage your friends in achieving their goals?

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How could you deepen this relationship with others in terms of growth?

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Is there any energy that prevents you to share your growth with others?

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How could you take advantage of the full moon to release this negative energy?

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