

Moon guide

A journal to connect with yourself



December 2021

Yoga illustrators.



This membership is about you and only you



This means that, even if we offer guidance, you are the only one who can decide what is right for yourself.

Take this guide as a support that you can adapt in many ways to fit perfectly with yourself.

If you want to skip a section, don't feel guilty for missing something out.

The important thing here is to connect with your inner voice, to learn how to listen to it and to build a routine around it.

The moon cycle is an indicator that helps us manage our rhythm between action and nurturing. But the key indicator is what you feel.

Don't forget that if you need, you have a private community on facebook that is here to help you.

I wish you a beautiful moment with your sweet self.



December

Get inspired with our monthly art.





NEPTUNE GOES DIRECT IN PISCES 01

04 NEW MOON SOLAR ECLIPSE IN SAGITTARIUS

MARS ENTERS SAGITTARIUS 13

MERCURY ENTERS CAPRICORN 13

FULL MOON IN GEMINI 18

19 VENUS GOES RETROGRADE IN CAPRICORN

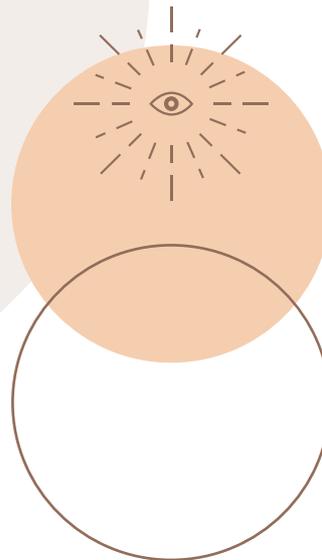
CHIRON GOES DIRECT IN ARIES 19

21 SUN ENTERS CAPRICORN/WINTER SOLSTICE

28 JUPITER ENTERS PISCES



Major cosmic events





Monthly insight

Closing the chapter, inspiringly.

Welcome Moon Yogi! Here we are again, saying goodbye to yet another year. It's true. "*The years start coming & they don't stop coming.*" Yes, we just quoted *Smashmouth* with clear gratitude for the years we've been given!

This December will be full of closing loose ends, thinking of new adventures and considering making new chapters in our lives- astrologically speaking. Spiritually, our guides are excited for a fresh breath and will have your back carving new adventures. Virtually, we at *Yoga Illustrators* will help you realize your path.

December starts off with a bang! On the 1st, Neptune directs in Pisces. What this means for us is a clearing in the fog. A light in tunnel. If we have been struggling with something, this day will be the day to look for that light, that clearing. The opportunity will be there and we would be a fool not to take it.

December 4th is our New Moon in Sagittarius- with a twist! It will be accompanied by a Solar Eclipse. This eclipse will tie directly in with this shift of energy December brings. We will use this time to carve our new paths for ourselves, close old chapters or continue the goals we have.

We can also harness this special time to figure out something new for ourselves. Have we felt stagnant this year? Our *chance* to change the course of our lives begins here.

Fun Fact: New Years' Resolutions are rooted in this solar eclipse from our ancient, pagan days. In summation, this eclipse brings about that News Years Resolution energy we all feel this time of year where we crave a change!

On the 13th, we get a double dose of astrological goodness! Mars enters Sagittarius and Mercury enters Capricorn. Our closest planets are always moving & shaking things up!

We can expect to go wild when Mars enters Sagittarius. We will have all kinds of inspo for our lives. We will be filled with ideas and thoughts about how we want our lives to be.

Channel that inspiration into a Pinterest board or even a physical inspo board! Painting, poetry, yoga. Whatever channeling tool works for you!

When Mercury enters Capricorn, we will stand back from our boards and take it all in. We can expect to fall out of the inspo high, and get our heads back on earth. We will use this time to eliminate unnecessary inspiration. Basically, we get really real with ourselves. It's nice to dream, but reality will always win. We will make our goals, inspirations, challenges more practical.

These events tie in with the end of the year as well. If we didn't have any idea what life moves we wanted to make during the eclipse, we will have some direction now.

Our Full Moon of the month comes on December 18th and she will hang with Gemini during her reign. We can expect to see the fruits of our labor from the last lunar cycle and we can expect to finalize our plans for the next year.

We will utilize this time to finish the final draft of our lives for the year.

Finish that book series, sign up for those classes, start a budget for moving into that new space! *Shift your perspective.*

Take. Care. Of. Business!!

After we've taken care of that business we are hit with a Retrograde! yes, another retrograde. Life's fun isn't it?!

On the 19th, Venus begins her retrograde in Capricorn. If we haven't healed recent wounds, they will bleed again. And this might cause us some anxiety.

We can expect to speak our minds. *Example:* If our partner isn't shouldering some of the load- we will speak on it.

Frustrations, annoyances, all the little things will come to a head. Don't fall back into past behaviors. Venus is the planet associated with love and to love means loving ourselves first.

Toxic behaviors from others will not be tolerated either. But more importantly it will not be tolerated from within ourselves.

Toxicity within ourselves isn't spotlighted as much as another's toxicity. We are only human. We will use this retrograde to check ourselves, before we wreck our spiritual paths!

Another dose of double astrological goodness happens on the 19th as well, Chiron goes direct in Aries.

Chiron, discovered in 1977 & located between Uranus and Saturn, is the infamous asteroid known as "*the Wounded Healer*," and a catalyst for personal growth. Chiron is responsible for spiritual wounds, the incapacity to move forward, traumas, the situations where we feel vulnerable and unable to help ourselves.

What does this mean for us? This is another opportunity to close the 2021 book and make room for new adventures in 2022! Are we seeing the themes for this month yet?!

At the same time, Chiron helps us realize these traumas have made us who we are and have given us the experience and energy to guide and heal others.

In the simplest terms: create beauty from our traumas.

December 21st, our life giving Sun enters the zodiac sign of Capricorn. This zodiac sign will be a staple in our end-of- the year bag.

Capricorn is strong and resilient. Old habits and behaviors have a way of slipping back in when we are trying to change ourselves.

Just like the sea-goat, we will need to headbutt these somewhat unattractive habits or behaviors out the door. They will no longer serve us in 2022. They may have been prudent to our survival then, but are no longer needed now.

December 21st is also the first day of winter, or the *Winter Solstice* and the turning point in Mother Earth's season. The days will begin to get longer and warmer.

From a spiritual perspective, the Winter Solstice is a time to celebrate the rebirth of life in all forms. Leaves will begin to bud. Animals begin spawning rituals. Life is about to flourish again! Our hope starts to bloom. We can begin raising that hopeful energy again on the Winter Solstice.

Our last astrological highlight of the year is on December 28th when Jupiter will enter Pisces.

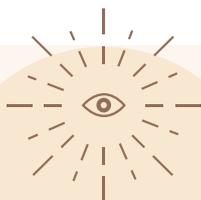
We can end the year by focusing on the soul, the subconscious mind, the past, letting go of baggage, taking time to work alone, and tending to spiritual needs. We can step in 2022 with a healthier mindset and a clear focus on what to do with the wonderful lives that has be given to each and every one of us.

To each and every one of our Moon Yogis, we wish you a healthy and happy 2022!

December Tarot Reading



My notes



Your month ahead



What was your favorite thing you did in November?

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



When did you feel the most light and free?

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



What did you accomplish last month?

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



What's something you want to do but you're afraid?

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



Bringing it all together, what are your intentions and goals for December?

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

Plan your goals



Write down ONE big goal in your personal life and ONE big goal in your professional life. We will follow the principles of SMART goals to make them achievable.

S

SPECIFIC

M

MEASURABLE

A

ACTION-ORIENTED

R

REALISTIC

T

TIME-BASED

GOALS: BE SPECIFIC &
REALISTIC

HOW WILL YOU
MEASURE IT

LIST THE
ACTIONS NEEDED

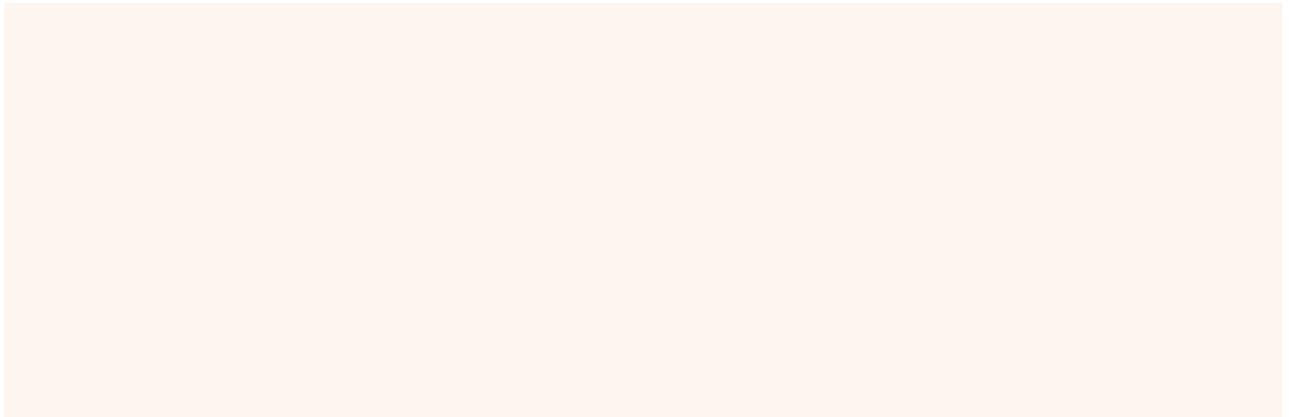
DEADLINE

December Moon Phases

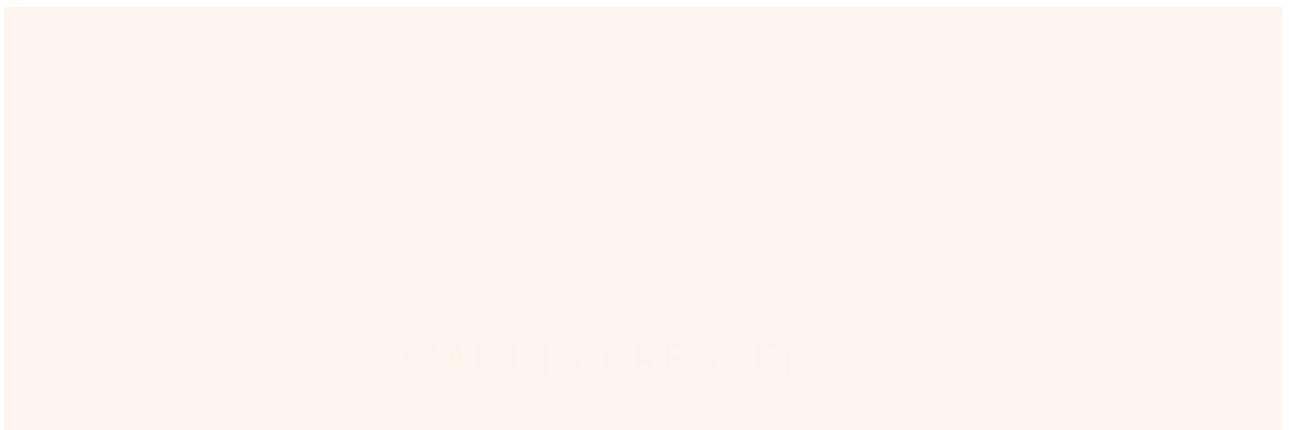


Plan your month according to the moon phases.

- I  WANING CRESCENT
Practice self-care & trust to receive abundance



- 4  NEW MOON
Take some time by yourself and set your intentions

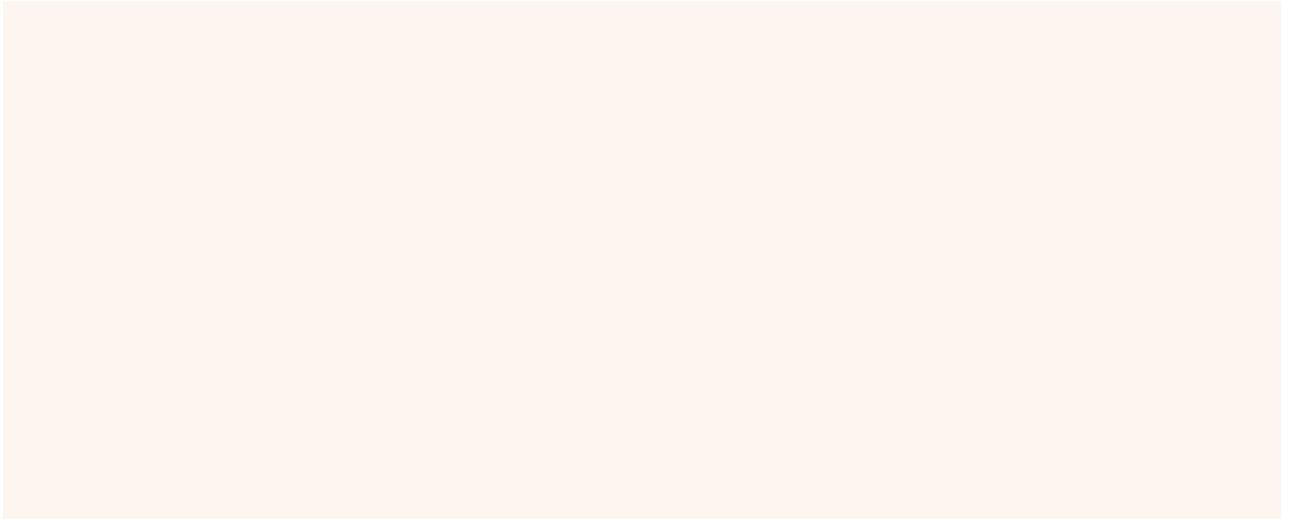


5



WAXING CRESCENT

Practice self-care & trust to receive abundance

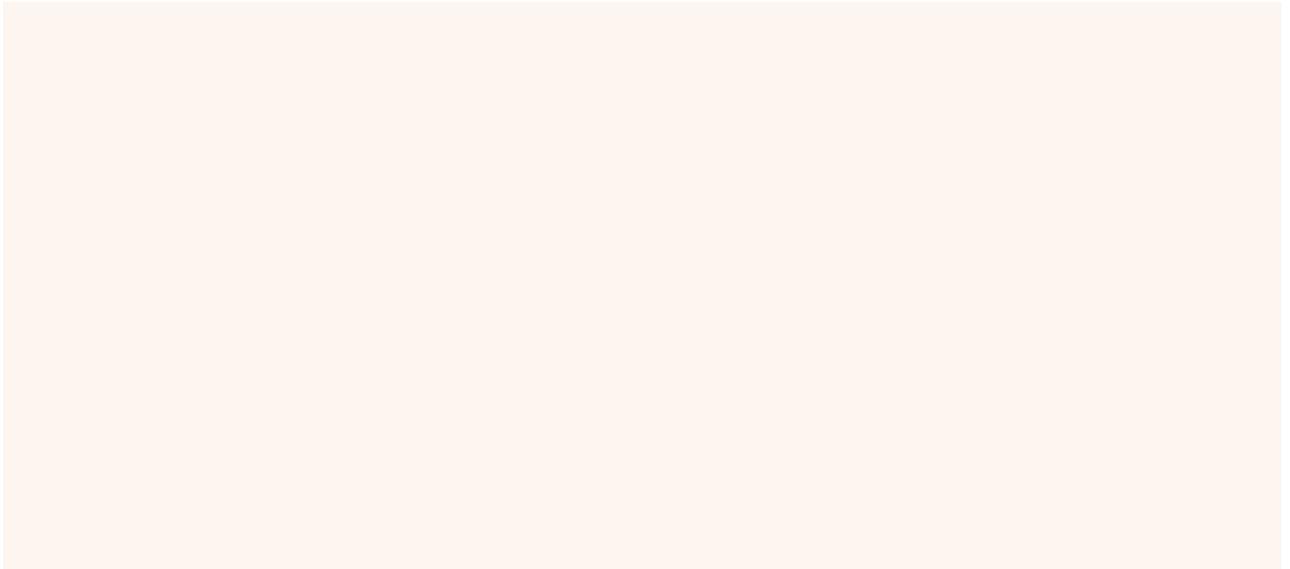


12



WAXING GIBBOUS

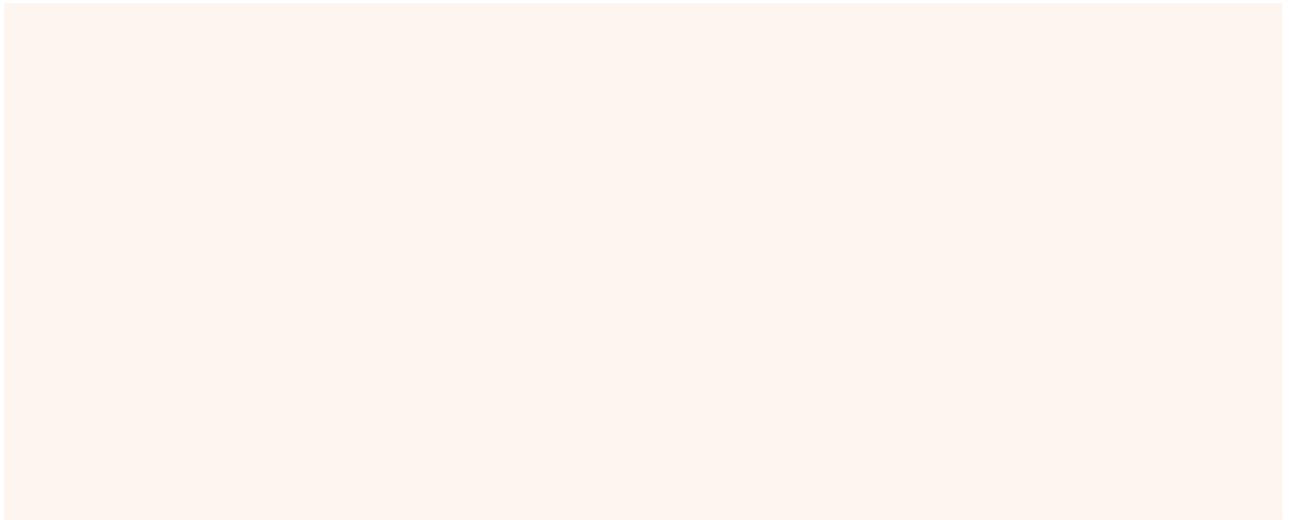
Review and check everything off your to-do list



WANING CRESCENT

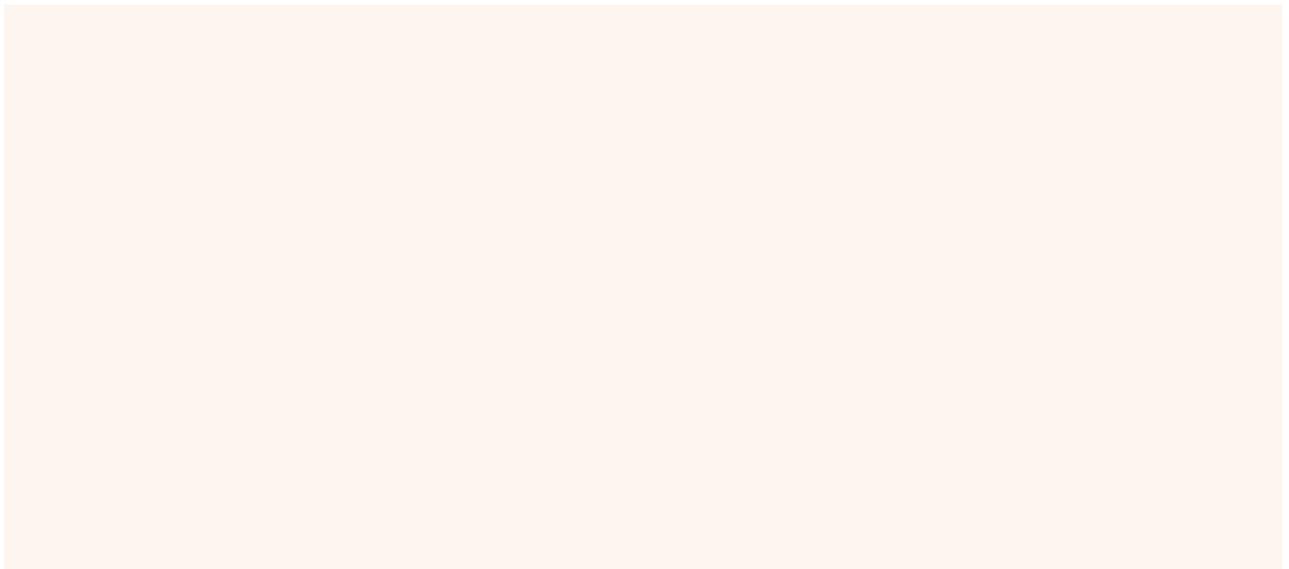
18  FULL MOON

Connect with your emotions & release the tensions



20  WANING GIBBOUS

Release your energy and connect with your soul



WANING CRESCENT

Sagittarius

November 22 - December 21



Sun season + New Moon + Full Moon

Yoga illustrators.



I seek new realities to feel truly free



Sagittarius

Period: Nov 23 - Dec. 22

Mode: Mutable

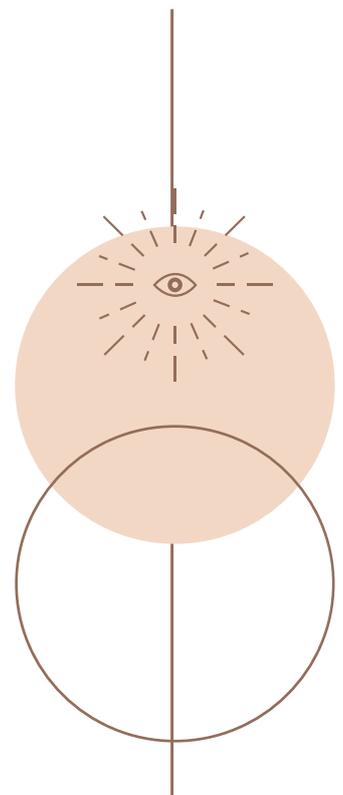
Element: Fire

Ruling Planet: Jupiter

House: Ninth

Polarity: Positive

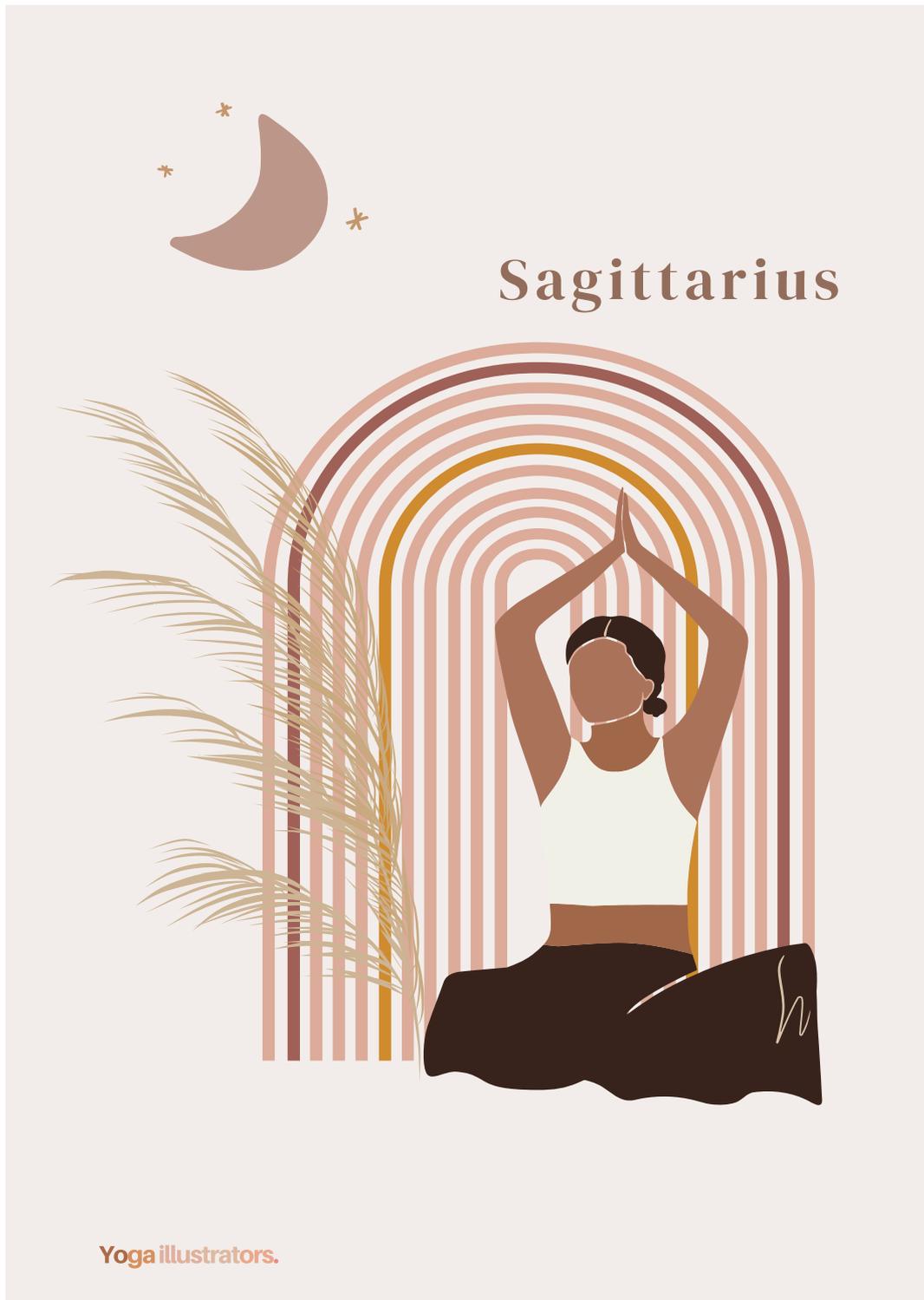
Genre: Masculine



Print me

Hang me

Remember me





Sagittarius Season

Taking us back to the Light.

Welcome to Sagittarius season Moon Yogi! As the archer, or rather the centaurs and centaurides of the Zodiac, people born under the Sagittarius sign have a unique mix of confidence and curiosity!

Sagittarius is a fire sign deeply connected to the sense of identity. Sagittarius is also ruler of the 9th House- the house of spirituality, philosophy, ideologies and perspectives. And she rules over Jupiter as well!

This sun season we can expect to start rewiring our brains and noticing our thought patterns.

During Scorpio season, we did A LOT of shadow work. We have all this new information about ourselves with nowhere to put it just yet.

This is when Sagittarius comes in. Her energy is all about exploration, expansion of the mind, and the attraction of abundance. Opportunities can knock, Celestial doors will open, and a wave of positivity can wash over our Collective Consciousness during this time.

It's certainly been a challenging year, we can start looking toward the light when cheery Sagittarius comes into the picture!

Scorpio season had us learning the 'shadow' parts of ourselves. Sagittarius wants us to see these shadows in a new light, a new perspective.

Almost like when we begin a yoga practice. Our energy can be stagnant, tired, cranky. But after a few poses, our hearts begin to beat faster, we begin to breath deeper, we *expand*.

Fresh blood and oxygen is sent to all parts of the body and a shift in perspective happens. We have more energy and our minds are alive! We feel more awake and present after the flow is over and it carries throughout the day.

Metaphorically, this could be what Sagittarius season does to the Collective.

The ruling planet for Sagittarius season is Jupiter- the planet of expansion and luck. We may see an increase in abundance, opportunity and the ability to manifest the things we want in life.

Sagittarius is represented by the archer's symbol, highlighting Jupiter's connection to personal and global goals.

Sagittarius wants to see society's spiritual evolution, to see us rise on a cosmic level, and begin to fulfill our potential as a Collective Consciousness.

The archer is also known as a philosopher, who learns how to help our culture advance spiritually and philosophically. The wisdom of the archer, the Sagittarius sage, helps us understand that love is the only ingredient needed to overcome fear!

We need more love and light than ever, and this encourages us to begin sharing ours with the world around us.

How can we lift our neighbors while attracting our own desires?

Finding the balance between reaching for our dreams and helping fulfill the dream of a peaceful, loving Mother Earth is what this season is all about!

This year, let's end on the highest and brightest note we can and let this friendly, giving Sagittarius energy shower us with Light.

These suggestions are simple but beneficial, and following them will help us make sure we are getting the most from lucky Sagittarius season.

Sagittarius swoops into fill our hearts with wanderlust and a desire for adventure, right on the heels of a year that started out a little uncertain.

- Be a 'Yes Man'
 - Sagittarius aren't known for saying no to opportunities.
- Find your way to optimism
 - Optimism makes you more magnetic in the Universe.
- Finalize decisions
 - Best time to trust your instinct to lead you in the right direction.
- Lean into Luck
 - The Archer and Jupiter are guiding us toward our destinies.
- Stay close to home
 - Embrace adventures in our minds.





Energetic anatomy

Sagittarius is associated with the second chakra, Svadhisthana, AKA the sacral chakra. This chakra is accompanied by the color orange and can be located two inches below our belly buttons.

This Sagittarius season our yoga practices should focus on the sacral center along with poses that focus on the hips flexibility.

Sagittarius relates to the hips and thighs due to it's energy of taking risks and exploring. We hold a lot of tension in our hips along with emotional vulnerability and deep wounds.

Our spirits need a break from the heaviness energy that was felt during this year.

Sagittarius is swooping in to lift our vibrations and help us find the magic again.

This season allows us to view the world with that same wonder that we had during childhood, reveling in the beauty and color all around us.

This energy is strong for those natural born Sagittarius' but also for the rest of the Collective! She's forever *giving* of herself for the betterment of humankind.

So, we should embrace the optimism, look forward to the luck, and allow ourselves to see the world for its magic and complexity! It's time to start looking seeing the positivity and opportunity that the future holds. Our perspectives really do make our reality. Make it something wonderful!

Focusing on being playful and free is how we should approach our yoga practice this season as well.

Sagittarius' love the outdoors and just being in nature so a completely free range yoga practice could be fun and bring us out of our bubbles.

Try finding a spot you are drawn to to flip that mat out and flow! Breathing in outside air is enough to shift any stagnant energy.

We will harness the yoga energy of Sagittarius season by doing a lot of hip openers and thigh stretches. This is the area where we hold a lot of energy, both old and new.

Yoga flows to enhance our Sagittarius season:

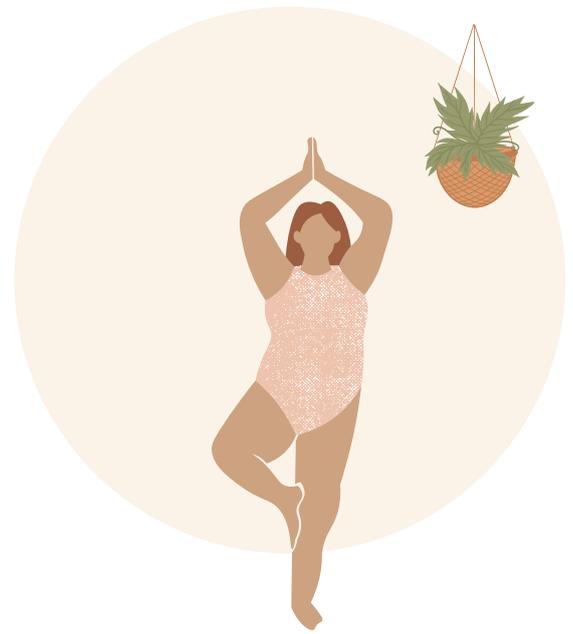
- Lion's Breath
- Happy Baby Pose
- *GODDESS* Pose (because you are one!)
- Downward Dog
- Runner's Lunge

Breath is key to find stillness in these poses.

We can also enhance our Sagittarius season yoga flows with crystals and herbs, if you resonate with them.

Crystals that attract vigor and abundance will be our allies this transit! Tiger's Eye, Jade or Citrine will boost our physical and mind power.

Dandelion is Sagittarius's main herb for it's general wellness and they are very common! Sipping dandelion tea during a outdoors, hip opening yoga flow will be the ultimate way to connect our minds, bodies and spirits this light and airy transit!



Physical body

We now know that Sagittarius is associated with the hips and thighs. She is also associated with the sacral chakra. This energy center deals with creativity and pleasure. When this energy center is block we feel isolated, detached, we have a low libido and have zero creativity.

We open and flow this center by tending to the sacral area. This chakra is connected to water so we suggest guzzling some water or make that dandelion tea!

Working from the inside out to clear any blockages also starts with food. Eating high vibrational, nourishing food associated with the chakra center we want to unblock is a surefire way to clear any blockages. We find these foods by the color associated with the chakra. So fresh, healthy foods that are orange should be added to our grocery lists!

Print me

Hang me

Remember me



Affirmations

Affirmations are like mantras: they are powerful tools to control our minds. The spiritual meaning of each mantra is planted like a seed in our inner soul. Each time we focus on repeating a mantra or an affirmation, we give water and light to our inner seeds to encourage them to flower one day.

The Sagittarius season is a powerful season to connect with your inner truth and understand your inner dialogue. By feeling comfortable within your own body, you are building your temple.



I am more than a human being: I am a loving being.



I am on the right path.



My dreams are accessible.



I deliberately choose the feelings I want to generate.

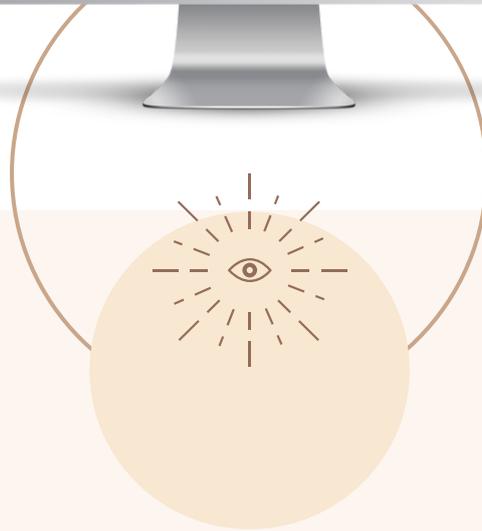
Affirmations



Create your own affirmations for this season and repeat it until the next astrological season.

A large, empty rectangular area with a light beige background, intended for writing affirmations.

Sagittarius Yoga Flow



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.



Low lunge



Downward facing dog

A recipe for Sagittarius season

Sagittarians are known for their love of travel and freedom. Try this globetrotting and adventurous recipe of vegan tacos!

Ingredients you will need:

- 2 20-ounce cans of jackfruit packed in brine or water
- 1 tablespoon vegetable oil
- 1 large white onion, thinly sliced in half moons
- 3-4 garlic cloves, finely chopped
- 1 14.5-ounce can chopped tomatoes
- 1 cup vegetable broth
- 1 tablespoon tomato paste
- 1 tablespoon chipotle paste
- Juice of 1 lime
- Salt, to taste

Instructions

- Drain and rinse the jackfruit thoroughly. shred the jackfruit so the stringy bits come away from the tougher core and set aside.
- Heat the oil in a large saucepan over medium heat.
- Add the onions with a pinch of salt and cook until translucent, around 3-4 minutes, stirring often.
- Add the garlic and continue to cook for around 1-2 minutes, making sure not to let the garlic burn.
- Add the rest of the ingredients except for the lime juice. Bring everything up to a boil then reduce to a simmer and cover, cooking for 20 minutes.
- Remove the lid and continue to cook until the sauce has reduced and thickened, around 10 minutes.
- Remove from the heat and add the lime juice.
- Serve the pulled jackfruit with warm tortillas, pickled onion, coriander, and salsa!





Solar Eclipse New Moon in Sagittarius

Listen first, act later...

December is a month of endings. From a more positive perspective, it's a month seeding new beginnings.

This is not only our last new moon of the year, it's also the last solar eclipse on this axis.

In astrology, a solar eclipse is a turning point. Any decisions made around this time will have lasting impact.

In modern times, 'New Years Resolutions' resulted from this particular solar eclipse.

Eclipses reveal what's been hidden. We use this season to reminisce over the current year and think over situations, relationships, choices we've made.

What could we have done differently? How have we grown over the year? Are there any behaviors or habits we wish to carry on to the new year? Are there any we wish to diminish?

The cherry on top of the gracious New Moon is Sagittarius' influence during this transit. This means we will approach this new year with curiosity and confidence. We will pursue new paths where stagnant ones once laid.

Our New Moon ritual will start by watching the New Moon Yoga Flow with Paulina to clear and neutralize our energy!

We will use this energy to reminisce over the year. What characteristics resolute? What do we want to carry onto the next year? What do we wish to let go of?

We will use the following page as a guide throughout 2022. A list of things we want to resolute to and things we wish to discard.

Harness this flow of new energy heading our way. Breathe in fresh and step into a new beginning!

Solar Path: Our Sun 2022 Journey

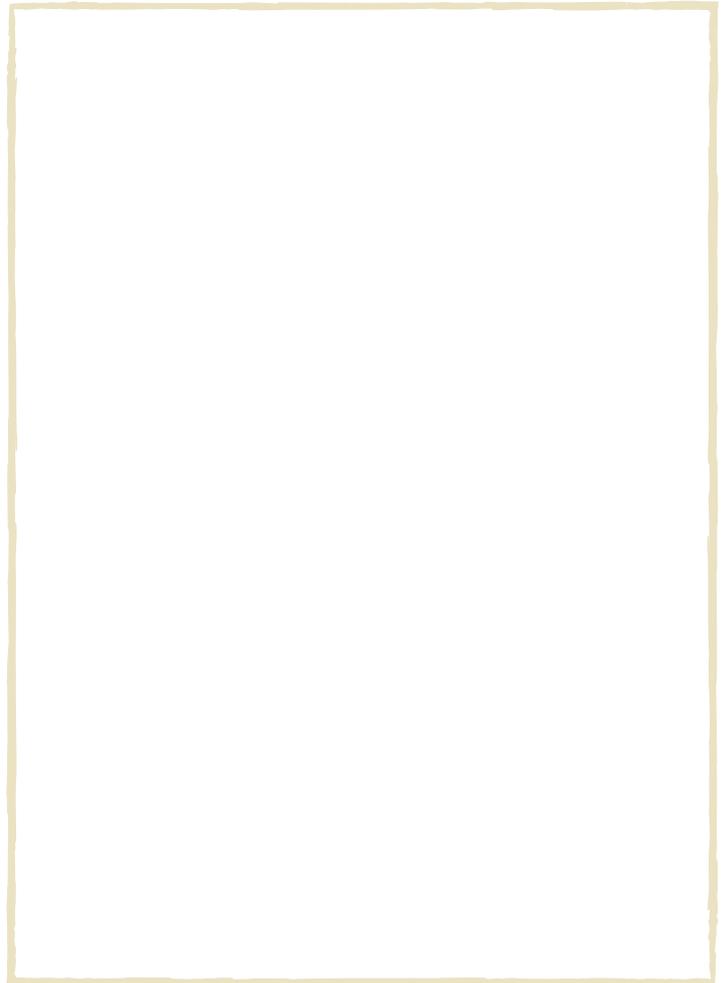
Resoluts

Actions, relationships, behaviors, habits, anything you want to carry into 2022.



Discards

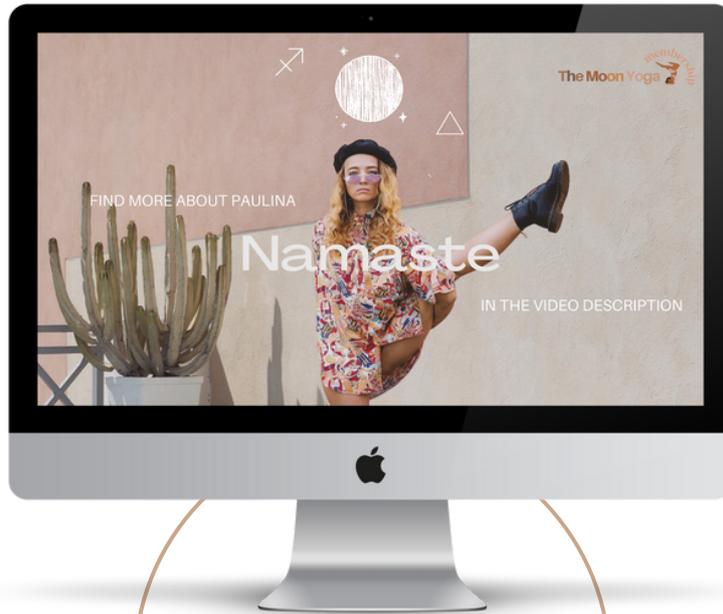
Actions, relationships, behaviors, habits, anything you will not carry into 2022.



This page will benefit any who feel lost from time to time. If you find that your light has gone out, come back to this page to set the fire again. Make your World better than when you found it!



New Moon Ritual



Paulina will guide you through the strong energies of the New Moon in Sagittarius. This is the time to lay down your aims in relation to how you want to explore the world and find inspiration. Let's collect inspiring quotes that we can refer to throughout this moon cycle and set intentions to hone our personal life philosophy.

Print me

Hang me

Remember me



Moon Ceremony Cacao Recipe

Prepare yourself a hot cacao with chilli for our little cacao ceremony to ignite your inner fire.

Ingredients you will need:

Your favorite plant-based milk
Good quality raw cacao powder
Coconut oil
Chilli powder
Cinnamon
Maca
Vanilla
Turmeric (optional)

Instructions

Gently warm your plant-based milk or water in a pan, add the ceremonial cacao paste (or good quality raw cacao powder and coconut oil) mix it well with a sweetener of your choice (like maple syrup).
Add Chilli powder, Cinnamon, Maca, Vanilla and/or Turmeric
Make the process sacred: while you prepare the cacao, be mindful of why you are preparing your cacao.
Take your time, send your prayers and intentions to the drink as you make it.
Hold love in your heart as you do and serve in your favorite ceremonial cup.

After sipping your cacao with all intention, feel your heart opening and start journaling down to the following questions.



New Moon Journaling



What is holding you back from being free?

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



What are old beliefs that are not yours anymore and you wish to release?

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



What in your life feels misaligned with your own philosophy?

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



To work with the fire element, burn the piece of paper to burn away all the old energy that holds you back from being free. Burn away the old you and make space for the new, real you.



Oracle Card Pulling Notes

A large, empty rectangular area with a light beige background, intended for writing notes.



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.*



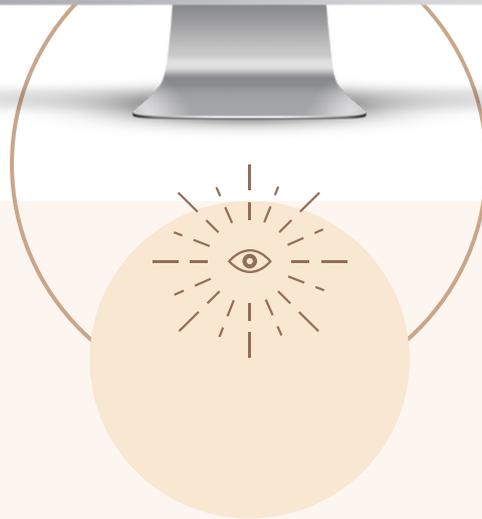
Print me

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.

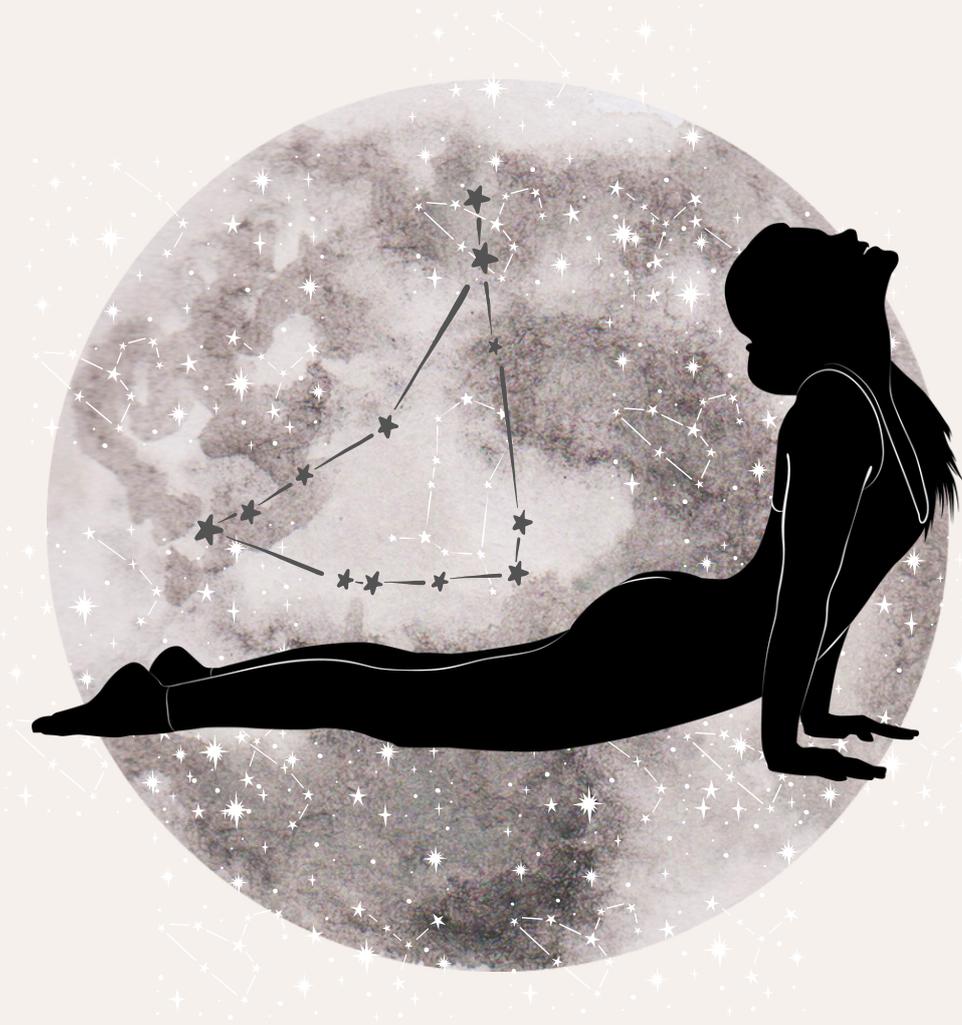


Keeping yourself logical and versatile to help your journey flow with ease, what is one change you can commit to that will make you flow and stay accountable?

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

Capricorn

December 21 - January 22



Sun season

Yoga illustrators.

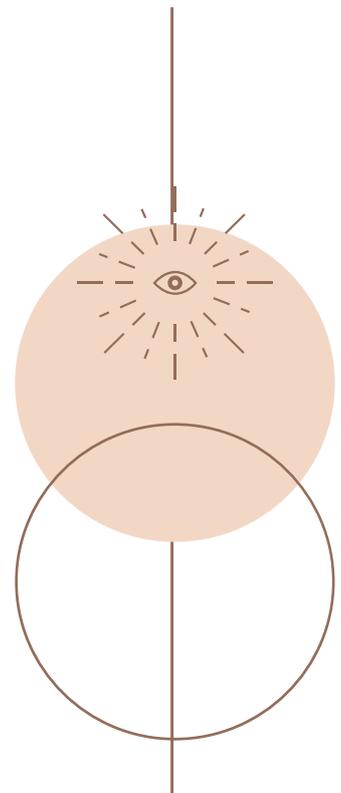


My imperfections make me beautiful

Period: Dec 21 - Jan 22
Mode: Cardinal
Element: Earth
Ruling Planet: Saturn
House: Tenth
Polarity: Negative
Genre: Feminine



Capricorn



Print me

Hang me

Remember me





Capricorn Season

Softhearted dappled with
strength & resilience

Capricorn Season is very underrated. These Sea-goats are the zest of life on the wheel of Zodiac signs. They love seeing the best in everything and everyone. This can take Caps on so many great adventures but Caps are not immune to hurt.

Being a Sea-goat means Caps are solid, confident and enjoy creature comforts. These are attributes the other Zodiac signs look upon Cap with envy.

Stability and comfort are the themes of this warm hearted season.

Capricorns attract all with their warming energy. So it's no wonder Caps associate with the 10th Astrological House- the Social House making Capricorns very social.

This aligns with holiday season. We visit family, have parties, celebrate the New Year. We all feel that warm 'Capricorn spirit'. Some refer to this as '*The Christmas Spirit*'. We can take advantage of Capricorn season by taking on social fears.

Have you lost touch with a dear friend? Are you thinking about making amends with a family member? Social communication is the key to unlocking the Capricorn spirit.

Though social, the Sea-goat has her boundaries and exercises them. Sometimes being social, taking in a lot of energies, and peer pressure can lead us out of our bounds. This leads to burn out, guilt or other stressors. Capricorn asks us to always stay present minded.

Example: *Even though I made a new friend and want to continue having fun, I will only drink 3 glasses of wine. I have a rocky relationship with alcohol and do not want to end up on a destructive path that leads to financial, psychical or emotional turmoil.*

Capricorn just wants us to explore socially while maintaining the path we've journeyed on during the year.

As the Cardinal Earth sign ruled by Saturn, Capricorns have a serious side that is very driven by their instinctive responsibility as well.

To others, this can read as cold and boring, but really, they just know what they want.

They may not trust others to do things the way that one wants them done, and this is why they are often burning the midnight oil at work or at home to make sure things are done right.

With Saturn and Capricorn in our corner, responsibility can be our middle name, and we can really focus; work first and play later. The fruits of this endeavor can be very successful.

The fruits may be the emotional and physical goals we worked on the past year. They may also be what we've brought to light from the Solar Eclipse.

Every Zodiac season seems to fly right by and then before we know it another year has gone by. We can strive to juice this Capricorn season for all she's worth.

She will start her journey around the Sun again and will close the book on this year even if we have not finished the chapter yet.

To amplify this seriously social season, there's no reason we cannot make yoga a successful ingredient to this season!

Asking that amendable friend to a yoga class is a perfect way to honor Capricorn while patching up relationships and becoming closer to our Highest Self.

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

Our yoga flows can focus on knee strength and flexibility in our legs; the roots of our being. Since legs, joints and knees can be fussy; listen to your body and know your limits.

Variations of triangle pose and variations of Goddess pose incorporated into our yoga flows this season will be key to staying on course and striding strong into 2022!





Energetic anatomy

We now know that Capricorn season 's chakra is the Root Chakra; from which we grow from.

What if our root chakra is blocked? How do we even know if it's blocked? And what can we do to unblock and flow this chakra?

Chakra blockages will bleed into every area of life and its so important to look out for warning signs and symptoms. If left unhealed chakra blockages can affect emotions, relationships, sex, food, energy, anything.

Physical Symptoms include (but aren't limited to):

- sluggishness.
- colon issues.
- bladder issues and issues with elimination.
- lower back problems.
- left arm, leg, or foot issues.
- inflammation.
- cramping.
- prostate issues.

Emotional Symptoms include:

- anxiety/ nervousness
- emptiness or disconnection
- financial stress
- shopaholic tendencies
- anger issues
- fluid boundaries
- eating too much/ little
- identity loss
- afraid of change and the future
- career stagnation

If you identify with at least half of these symptoms its *crucial* to unblock your root chakra Moon Yogi!

.

A blocked root chakra is a matter of urgency because of all the negative consequences it has in our life.

There are simple techniques that will slowly help you open your Muladhara once more.

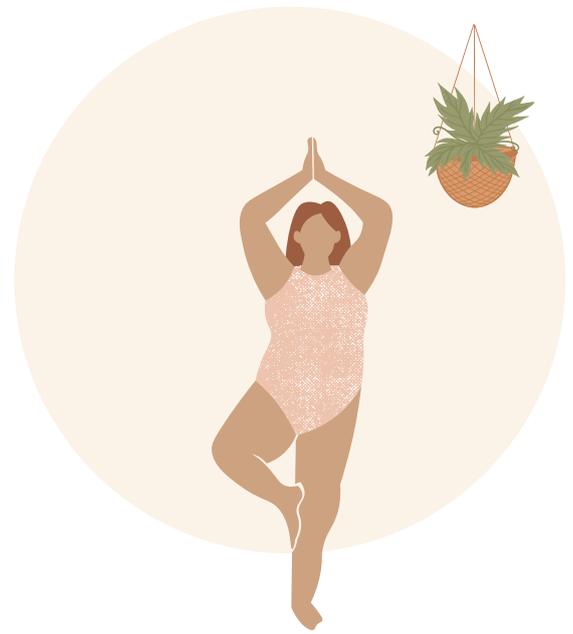
A walk outside in nature for at least half an hour every day. Even if you live in a city, find a park and do this. Make the effort. It will reconnect you with Mother Earth, which is the element of the root chakra, and thus, will slowly help you regain your confidence.

We can join a Hatha yoga class. Hatha yoga is an ancient practice devised to help us open our chakras.

Lastly, we can absorb food associated with the root chakra as well. But avoid red dyes and artificially colored foods.

Opt for high vibrational foods like red fruits; strawberries, raspberries, pomegranate, and cherries, and red vegetables; red bell pepper, beets. Red meat is a powerful protein that can help with healing in this area. Though if you identify with veganism you might want to avoid that!

Vibrational meditations are also quick, easy and everywhere on Youtube. Healing our chakras doesn't have to be money spent on a fancy spa in the south of France.



Physical body

When a chakra is blocked we feel it. When its healthy and flowing we try to maintain it.

We can eat all the red foods and listen to all the meditations till the sun goes down but if our hearts are not in on it, that root chakra will go back to being blocked.

How do we maintain? Our modern lives have us clicking and liking at zombie speeds. We might forget to eat our red foods or listen to our meditations (thats okay we are only human). The real maintenance, of course, remains in our yoga practice. The rest follows suite if our yoga practice is flowing regularly.

This Capricorn season is about being social and serious, mending relationships, showing up for ourselves and making it to the next chapter with gratitude. We are one step closer to our Higher Self!

Print me

Hang me

Remember me



Be both soft and wild,
Just like the Moon

Victoria Erickson

Yoga illustrators.

Affirmations

Affirmations are like mantras: they are powerful tools to control our minds. The spiritual meaning of each mantra is planted like a seed in our inner soul. Each time we focus on repeating a mantra or an affirmation, we give water and light to our inner seeds to encourage them to flower one day.

The Capricorn season is a powerful season to connect with your first chakra, Muladhara: the root chakra, located at the base of our spine. Capricorn relates to our connection with nature, which is our grounding energy.



I am deeply rooted and stable like a tree.



I trust that I am supported by the Universe.



I trust that I am supported by the Universe.



I am right where I need to be and things are going really well.



I breathe deeply and allow my breath to anchor me to the present moment.

Affirmations



Create your own affirmations for this season and repeat it until the next astrological season.

A large, empty rectangular area with a light beige background, intended for writing affirmations.

A spicy app for Capricorn Season!

Approach this recipe like a Capricorn would; with confidence and curiosity! This is a vegan/ healthier version of hot chicken wings and is oh so scrumptious to share with friends. If you are able, use eco friendly gallon bags to mix the ingredients together!

Ingredients you will need:

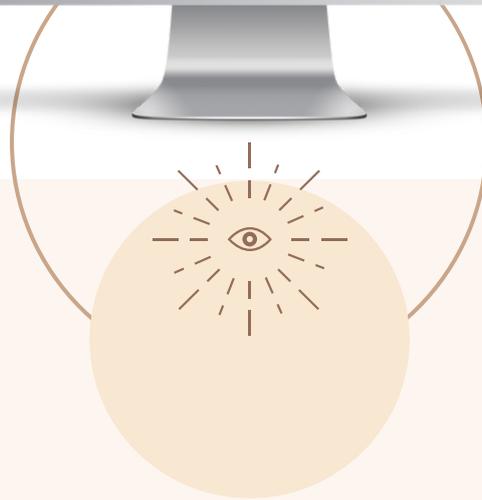
- gallon size bag
- 6 cups of fresh cauliflower florets (usually one head)
- 2 teaspoons garlic powder
- a pinch of salt
- a pinch of pepper
- 1 tablespoon vegan butter melted
- $\frac{3}{4}$ cup Frank's RedHot hot sauce(or similar)

Instructions

- Preheat oven to 450. Spray a baking sheet with cooking oil, or olive oil. Set aside.
- Mix the garlic powder, salt, pepper, melted butter, and hot sauce in a small bowl.
- Add the cauliflower into a large gallon-sized bag, pour the buffalo sauce into the bag. Shake until the cauliflower florets are fully coated. Spread on a baking sheet.
- Bake for 20 minutes.
- Serve with any vegan dressing you like!



Capricorn Yoga Flow



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.



Triangle pose



Goddess pose



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.