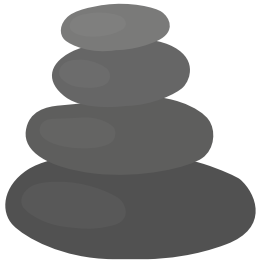


»»» NEWS OF THE MOON «««

MAY



MOONLIGHT TALE



Open yourself to the gentle whispers of the season and embrace the dance between light and shadow. **As we journey through this cycle, let's find harmony amidst the chaos and order that surrounds us.** Like a playful melody on the wind, let's listen and sing along, embracing the wisdom that flows through every moment. Listen to the wind wisdom and live your life with lightness and a childhood heart. **Because this Moon cycle is beautifully perfectly imperfect...**

Our path may be adorned with stones and hills, yet amidst them, they are spaces to pause, to reflect, and to grow. **Each obstacle is like a little stone and an opportunity to craft our own sandy shores, to mend and fix the roads we tread, and to sow seeds of beauty along the way.**

Embrace your truth, for within it lies the strength to forge a new foundation, rooted in authenticity and power. This month, let's ground ourselves in the fertile soil of the earth, drawing inspiration and guidance from its ancient wisdom.

Like a spider weaving its intricate web, **let's see our lives as a delicate tapestry, resilient and ever-evolving.** With each challenge, we have the power to mend and strengthen, to dance with joy amidst the storms, and to embrace the fullness of our being.

The time to take possession of your power is coming slowly and before you roll up your sleeves and make your dream your reality **choose to see joy in challenges and waves, to dance with delight and love to the fullest of yourself under the rain.**



As we journey onward, **let's ground ourselves in the essence of Taurus**, taking leisurely strolls in the garden, feeling the earth beneath our feet, and letting joy rise within us with every breath. Lets step in together, connect with the wisdom of our earthy May cycle. **Allowing healing through balance, grounding and renewal to come... You will rise on time.**

For now, whenever you can **offer yourself this time and space to make a good foundation, to rest if you feel it is needed, to be patient and go with ease.** You are walking through the path to Abundance... It is not yet time for new projects but mostly a space to finish up a cycle and make it through all the details. The end of this cycle will bring renewal.



Don't hide yourself and imperfection, transform it to a stronger and powerful foundation. It's an earthy month where if you choose to connect and ground you will **get inspired and guided.** Just remember you have all the knowledge and wisdom of life before you to find peace and growth in each step. Together, let's align with the nurturing energy of May, allowing healing and renewal to flow within.



**TAKE TIME TO REST, TO NURTURE YOUR DREAMS,
AND TO LAY THE GROUNDWORK
FOR ABUNDANCE TO BLOSSOM.**

This reading is connected with my sensitivity and a runes reading. Always take what resonates and feel true to you. As well as for all the different thematic I open space to in the News of the Moon letter.



EARTHING YOUR SELF

A RITUAL FOR THIS MOON CYCLE



May is in taurus so let's Ground ourselves, take off your shoes and take a walk in the garden... Feel each breath of your body as a breath of the world, slowing down between each step as you begin a meditative and resourcing walk. Sense the ground and its nurturing power... Sense Earth and let Joy rise within you. Just walking slowly and connecting within each breath and steps... And when you feel ready take a minute to stretch your body then sit to go fully within. Go visit the center of Earth, let it come to you and nourish you, heal you and empower you... Let the melting warm Earth warm your body to your first chakra creating a space within... And let this space take you to your vision and growth.

**WALK YOUR
PATH WITH
TRUST**



GUARDIANS OF THIS CYCLE

THE HORSE AS GARDIAN OF THIS CYCLE

RIDING YOUR HORSE SPACE AND FEELING THE WIND

The horse accompanies you and allows you to find the courage and determination to go through life stages, to see beyond difficulties, and to find your truth. It is the guardian that frees you from your chains. It offers you the ability to overcome stages and obstacles. Look at what limits you, what are these attachments, what do you aspire to? Ask the horse to accompany you on your quest. It will show you the nuance between "ME" and "BEING ONESELF".

The horse is also the mirror of our mind, of what is domesticated, tamed within oneself, and what awakens, guided by the heart. It offers you the opportunity to pass the test of balance. Welcome these feminine energies that come from the earth into the heart of your sacred space. It is time to no longer repress but to balance.



THE STONE OF THIS MOON - SEPTARIA

ROOTING YOUR SELF IT WILL LIBERATE MEMORIES AND CANALISE YOUR FEELINGS



It is a powerful gemstone. It invites you to ground and work on your foundation. Energy will be channeled through the body and healing will be offered through grounding and transformation. It offers gentleness, love, and renewal energies. It serves as a powerful catalyst for personal growth and spiritual transformation. This stone not only calms emotions but also enhances communication with oneself and others, fostering harmony within and with the world around us. It facilitates the release of blockages, allowing memories that no longer serve us to dissipate, making room for new insights. It reminds us of the interconnectedness between our inner selves and the external environment.

Its gentle yet potent energies guide us on a journey of self-discovery, renewal, and alignment with our truest selves. Grounding us to here and now.

PRITHVI : GODESS OF EARTH

Prithvi is the embodiment of the earth and the mother in the deities of India. She represents the essence of the earth element, the one who holds and supports everything. In Sanskrit, Prithvi translates to the Vast.

In addition to her role as the embodiment of the earth and the mother in Indian mythology, Prithvi is often revered as a nurturing and fertile force. She symbolizes fertility, abundance, and stability, providing sustenance for all living beings. Prithvi is also associated with the cycle of life, death, and rebirth, as she nourishes and replenishes the world with her bounty. Her presence is felt in rituals and ceremonies that honor the earth and its blessings, reminding humanity of the importance of respecting and preserving the natural world.

Let us invoke the goddess of the Earth, rediscover our connection and our place.



THIS MOON ASANA

MALA A NECKLACE OF 108 PEARLS - GROUNDING TO EARTH AND PRAYING

MALASANA



Malasana also known as the yoga squat, is a posture where you squat low to the ground, mimicking the natural position of resting or performing daily tasks. This pose not only symbolizes giving birth and cleansing but also provides physical benefits such as relieving tension in the lower back, strengthening the abdomen and thighs. It's a grounding posture, allowing you to connect deeply with the earth's energy and recharge your own.

I like to see it also as an offering to Earth, Offering my blood and as I give I also Receive from Earth Strength and Power. I complete a purification process and create a space to recharge, connect with Mother Earth

Let's bring our bodies to Malasana:

I invite you to start with

- Marjariasana (the cat),
- then Baddha Konasana: the Butterfly posture, a
- continue with the Hero posture.

After these few floor asanas, stand up in Pavistha Konasana, the goddess, and finish with Tadasana (the mountain).

To enter the posture, remain in Tadasana, anchor your feet to the ground feeling the triangle in each of your feet. Place your hands in front of your shoulders and gently lower to rest your buttocks between your thighs. You can place a cushion or two bricks to support your buttocks. If your heels do not touch the ground, you can also place a brick under your heels. Hands in prayer now, stay for a few moments drawing energy from the earth. Then, if you can, place your hands on the ground in salutation. Stay for a few breaths and return.

If you feel comfortable, you can deepen the posture by grasping your right knee with your hands and looking to the right. Do the same on the left.

After this posture, you can complete with Bhujangasana (the cobra), Adhomukha Asana (the downward-facing dog), and Balasana (the child's posture).

Variant:

- With arms closed around the body, I create a loop of energy, becoming the pearl.
- Hands in prayer, I anchor my intentions and connect.
- Hands to the earth, I let go and offer to the earth.

Do not force, be cautious, and listen to your muscles and joints



MEDITATION

ROUTINE OF THE MOON



THE GALAXY STONE WITHIN YOUR HEART



This month we rest and visualise...
The movement is within and through our connection with Earth.



THIS SPACE IS FOR YOU TO GROW

CREATE YOUR NOTEBOOK AND BEGIN TO WRITE YOUR CYCLE
STORY THROUGH THE WEEKS, DAYS OR MOON PHASE...

May Moon Phases :
New Moon : 8 May 2024, 05:21
First Quarter : 15 May, 13:48
Full Moon : 23 May 15:53 Called The Flower Moon
Third Quarter : 30th of May, 19:15

EVENTS & CALENDAR

THE MONTH OF MAY WITH ANAHÉ



Every Week

At Seddwell Center - Dreihackengasse 32, 8020 Graz

- **Wednesday 18.10-19.00 Simply Yoga**
- **Thursday 18.15-19.15 Sacred Fusion**
- **Thursday 19.30-20.20 Simply Yoga**
- **Saturday 9.00-10.00 Gentle Ease**
- **Saturday 10.15-11.15 Prenatal Harmony**

- Tuesday 19.20-20.20 Online Bliss from the Confort of your home



Special This Month

- **Serenity Spa Brunch Sunday 12th from 10 to 12**
- **Moon Wisdom Circle Monday 24th from 16 to 17.30**

At Seddwell Center

Dreihackengasse 32, 8020 Graz



Sacred Space

And Individual space also offers Online, @yourhome or @Seddwell

- **Individual Yoga Class** following your availabilities
- **Ayurveda Consultation** Online or Outside on Donation for practice
- **Massage Practice** Friday afternoon availabilities 6pm on 24th + 3PM on 31st @Seddwell only on Donation I am now missing a min of 30 practices to be continued from August to December...



Soon to come

- **Indian Week in June from 12th to 22th Check the calendar here**

During this time you can also meet a Vaidya in Ayurveda, my teacher and offer your self a treat with a massage or a meeting with him to get to know your Doshas and support your path to well-being.

- **Summer Camp during the first 2 weeks of July - 3 days a week**

with Yoga, cooking class, dance, movement, games, creativity, painting and more... Soon more info...



EACH CYCLE BRING ITS NEWS & EMPOWERMENT

JOIN US FOLLOWING THE MOON CYCLE THROUGH
THE BODY-MIND-SPIRIT PATH PASS
OR SIMPLY THROUGH THE NEWSLETTER



Lets bring ourselves home
with a sacred monthly routine

BODY MIND SPIRIT PATH

Included within this transformational journey.

- **1 Newsletter a month**
- **1 routine video a month**
- **1 Individual Session**
- **Circle of talk once a month**
- **A support space to share and become**
- **Your Yoga Journey for a few extras € (optional)**

From
55€
per Month



TO REGISTER OR MORE DETAILS CONTACT ME

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