

Moon guide

A journal to connect with yourself



November 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.



November

Get inspired with our monthly art.





NEW MOON IN SCORPIO 04

05 VENUS ENTERS
CAPRICORN

MERCURY ENTERS
SCORPIO 05

PALLAS GOES DIRECT IN
PISCES 08

JUNO ENTERS CAPRICORN 14

16 VESTA ENTERS SAGITTARIUS

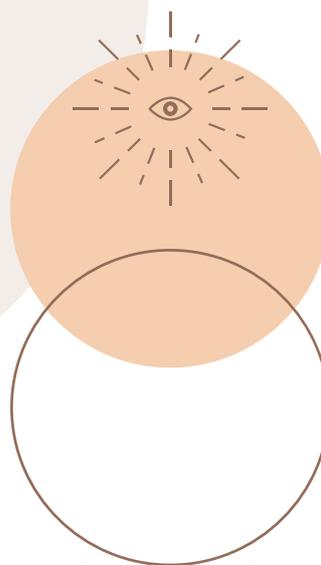
FULL MOON LUNAR ECLIPSE IN TAURUS 19

21 SUN ENTERS SAGITTARIUS

24 MERCURY ENTERS
SAGITTARIUS



Major cosmic events





Monthly insight

Evoking lustful & desirous energies.

Welcome to November Moon Yogi! We have an interesting month ahead of us so let's see what our future holds, lunarlike and astrologically!

On November 4th we will experience our new moon of the month. And it's a Scorpio New Moon! We are going to feel all the feels! We are going to get into the nitty gritty of trauma and sexuality, among other things! Depending on who you are, these two may be connected or they may not. Either situation, working to heal ourselves is the ultimate goal of this new moon! We promise this month will be fun!

On November 5th, Venus will enter Capricorn + Mercury will enter Scorpio. The themes of Scorpio season and the New Moon both invite us to reconnect to our speech. These astrological events will guide us to a healthier speech will loved ones as well as making our voices heard in society.

How do we talk to others in intense moments? How do we talk to ourselves? What are our general thought- set in daily life? How can we start communicating from a place of love rather than a place of autonomy?

When Mercury enters Scorpio will we feel this tenacity to more intensity and emotional depth. Mercury is the planet of communication, technology, and intellect. So when it moves into Scorpio, there is a smooth insight that flows in our interactions with others.

If we have been seeking truth or wondering how to connect with our life's purpose; this transit will make it easier for us to find our path and walk in the right directions.

On Nov 8th, our Asteroid Goddesses begin their journey through the Zodiac once more. The Divine Feminine will start stirring up ancient energies and we will feel some type of way about it. It will be important to harness our own feminine energy but to also help along the societal shift into a more 'the future is female' flow.

Pallas will make her journey to go direct in Pisces on Nov 8 and she will spend the rest of 2021 there stationing a retrograde in July 2022. The last time Pallas was in Pisces was April 2016 to March 2017. One of the most popular overlays was the US election of Trump and the use of social media as a manipulation tool.

The point of this transit is to be mindful of the impulse to use manipulation as a fighting style, to promote agendas that allow us to maintain our privileges (Pallas as the daughter of the patriarchy), while denying others their own (humans are incapable of comprehending the pantheon's "righteous objectives"). We should avoid using logic that elevates sacrifice, service, and martyrdom above personal embodiment, self-actualization, and love.

On Nov 14th, Juno will enter Capricorn. The energy themes are are romance and relationships/partners. This asteroid was names after the Goddess Juno. She was a devoted wife/mother but worried about her husband's numerous affairs. The embodiment of this event is both the light and dark of relationships.

On Nov 16, Vesta will enter Sagittarius. Vesta, the asteroid, is the largest in the asteroid belt and its the last rocky protoplanet that participated in the formation of the terrestrial planets.

What does that even mean? Why do we need to know this? Vesta is a blueprint, a map, DNA if you will.

In astrology, Vesta was a Roman virgin goddess who represents family, home, and hearth- which can all be represented as the foundations for strong, positive DNA. *I.E: It all starts with the Mother.* Vesta is the 'mother' of our Celestial beginnings.

Carving a new path for future generations to openly accept the Divine Feminine will be prominent in the coming months.

Our asteroid Goddesses will help fight patriarchal norms, help us to communicate in our relationships (both light and dark), and pave a safe path to normalize a woman's right to choose.

With that huge amount of information to absorb; here's some more: On November 19th we will experience a Full Moon Lunar Eclipse in Taurus and that's a mouthful to have to say!

We can use this magical phenomenon to help with our finances. We can harness this lunar energy to remove blocks to stability and security and gain more insight on our finances. We can also harness this energy to help us find what makes us confident and help improve our sense of self worth.

On Nov 21, the sun enters Sagittarius. This energy is all about exploration, expansion of the mind, and the attraction of abundance.

Opportunities are knocking, celestial doors are opening, and a wave of positivity washes over our Collective Consciousness during this time.

While this has certainly been a challenging year, we can start looking toward the light when cheery Sagittarius comes into the picture. Take a sigh of relief you made it through broody Scorpio season!

We need more love and light than ever, and Sagittarius season 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 own dreams and helping fulfill the dream of a peaceful, loving planet is what this season is all about!

There is an opportunity to share the love during Sagittarius season that will not only help those around us, but it will also allow our true spirit to shine and evolve- making room for security, love, and career success that we all desire. Living in harmony with our Soul urges the Universe to step up and support us in all of our endeavors.

Our last astrological highlight in November is on the 24th when Mercury enters Sagittarius.

We have to remember to think before we speak while Mercury is in Sagittarius!

That's because things could come flying out of our mouths without checking to see if they're true, or before considering other's feelings. We need to triple-check our words during this transit, so we don't end up saying or doing something we don't mean.

Mercury has a reputation for being a wild card when it moves into this bold sign. That's because Mercury is all about ideas and words, and Sagittarius is all about action.

This combination could lead to speaking without thinking, accidentally saying something rude, or spouting off things that simply aren't true.

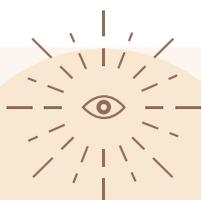
On a lighter note, Sagittarius will encourage us to broaden our horizons. Because Sagittarius is such a visionary, our minds end up wandering far and wide during this transit.

If accepted, Sagittarius can help us find a new passion or discover something new about ourselves through expansion of the mind. It is encouraged to just let loose with your imagination, so long as we watch our words.

November Tarot Reading



My notes



Your month ahead



Name 3 things of October you are grateful for.

A large, empty rectangular area with a light beige background, intended for writing the names of three things of October you are grateful for.



What is the feeling behind those things?

A large, empty rectangular area with a light beige background, intended for writing the feelings behind the three things mentioned above.



If this month went the best it could possibly go, what would happen?

Blank space for writing the answer to the first question.



If you could pick one word to define this month, what would it be?

Blank space for writing the answer to the second question.



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

Blank space for writing the answer to the third question.

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

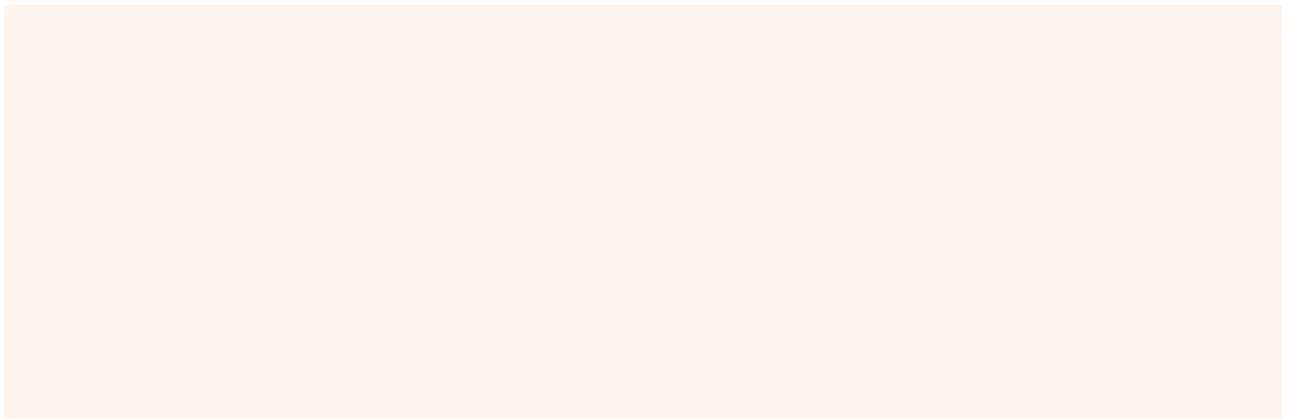
DEADLINE

November Moon Phases

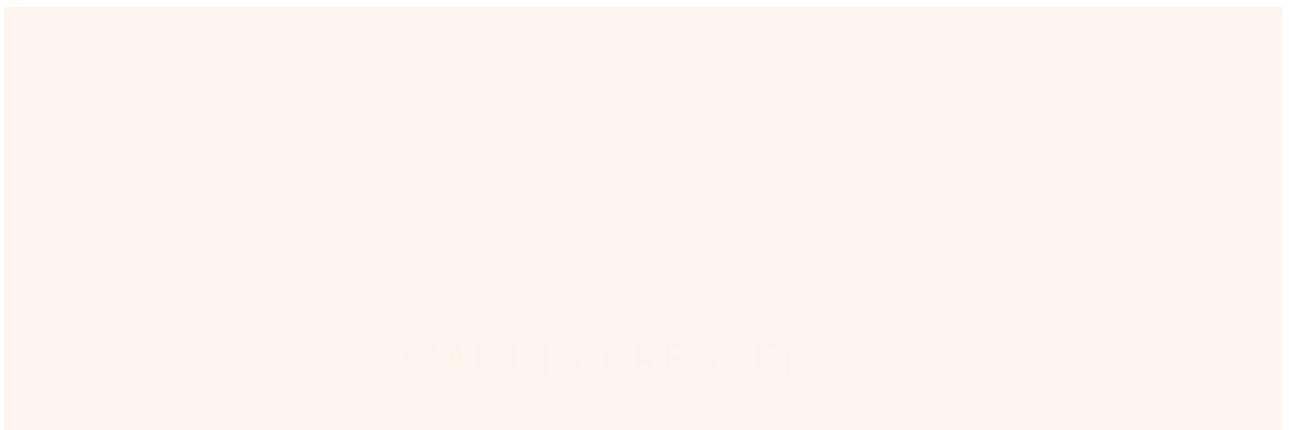


Plan your month according to the moon phases.

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



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

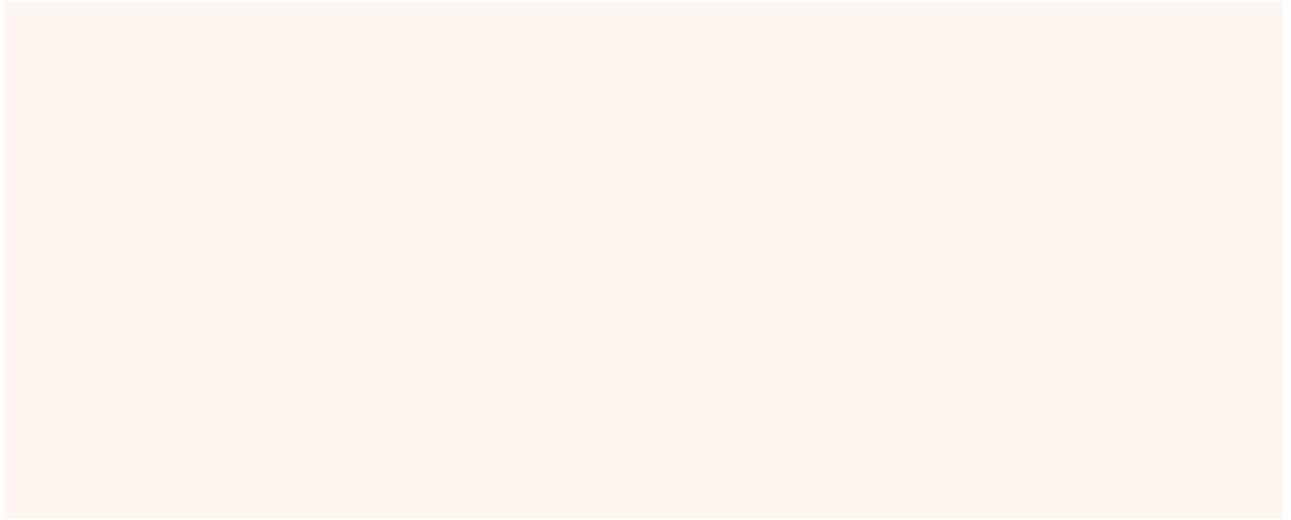


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WAXING CRESCENT

Practice self-care & trust to receive abundance

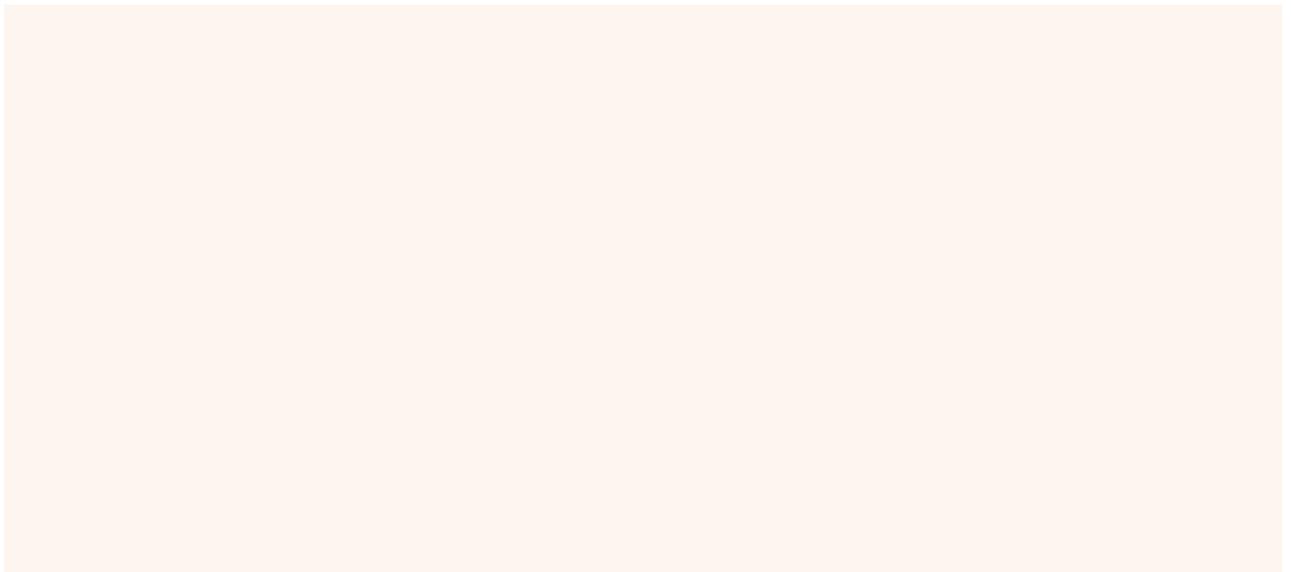


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WAXING GIBBOUS

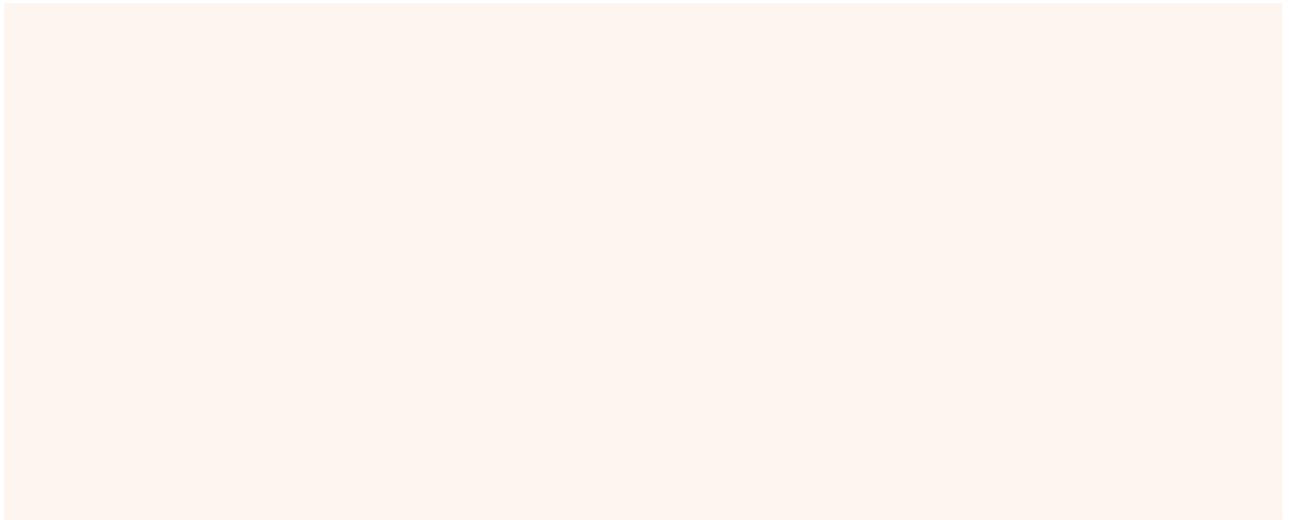
Review and check everything off your to-do list



WANING CRESCENT

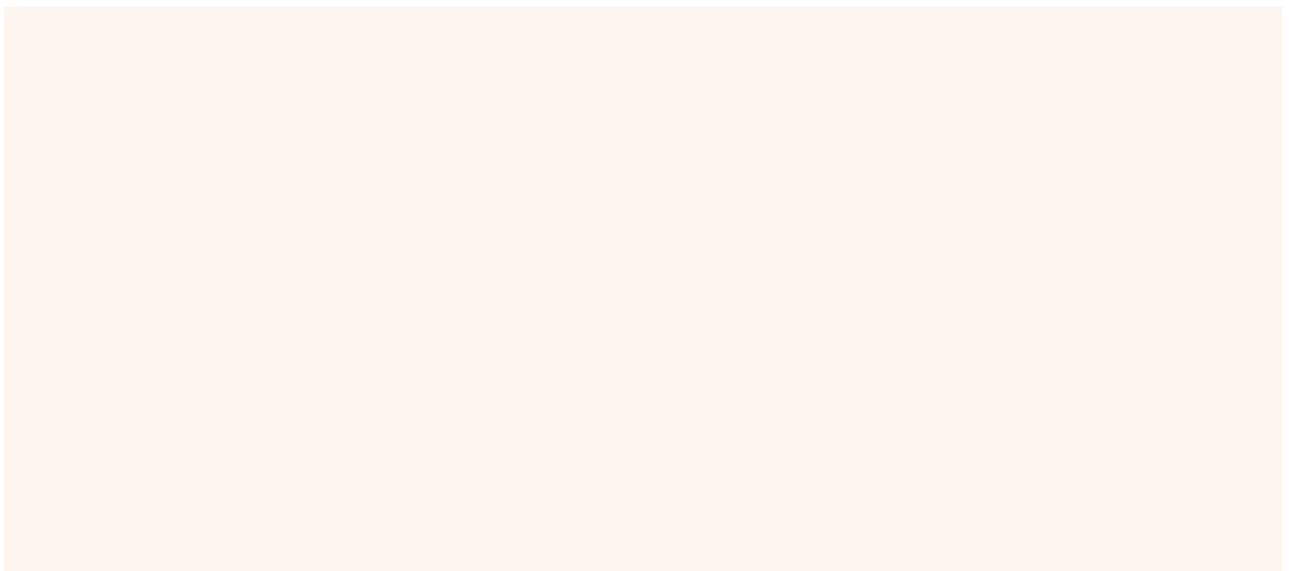
19 ○ FULL MOON

Connect with your emotions & release the tensions



21 ◐ WANING GIBBOUS

Release your energy and connect with your soul



WANING CRESCENT

Scorpio

October 23 - November 22



Sun season + New Moon + Full Moon

Yoga illustrators.

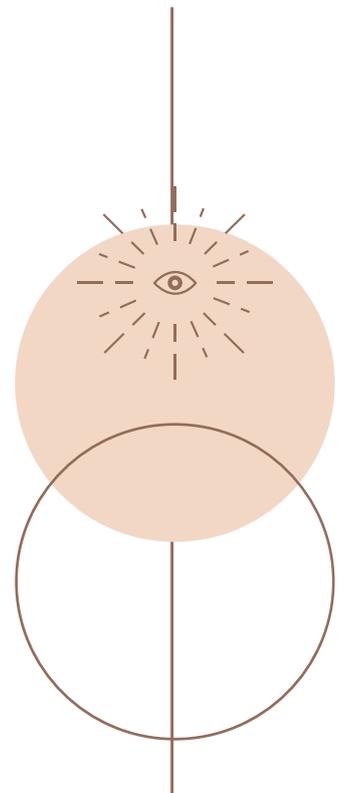


My passion and my presence are my gifts



Scorpio

Period: Oct. 23 - Nov. 22
Mode: Fixed
Element: Water
Ruling Planets: Mars and Pluto
House: Eighth
Polarity: Negative
Genre: Feminine



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Scorpio Season

Nourish deep awakenings.

If you have ever known a Scorpio, you've experienced their intensity! So when the Sun enters Scorpio, we won't be doing anything halfway.

This season, we will want to give our all to any situation or experience that comes our way. We will feel it in its entirety. We will enjoy and embrace our surroundings with all our *heart and soul*.

While many people talk negatively about Scorpio's reputation, she actually has a heart of gold and a mind full of wonderment.

Scorpios gained a lot of popularity from their personalities & intensity. They even have their own acronym that is both convenient and well known.

- **Secretive** – Scorpios enjoy keeping their own secrets and discovering the secrets of others.
- **Complex** – There's more than meets the eye about this water sign.
- **Observant** – You can try to hide something from a Scorpio, but they'll always figure you out.
- **Romantic** – Scorpios love with all their heart, and they aren't afraid to show it.
- **Psychic** – Scorpios are extremely tuned in to the energies around them.
- **Intense** – As a Fixed sign, Scorpios are fairly extreme when it comes to their emotions and beliefs.
- **Obsessive** – This can be both positive and negative. A Scorpio will never rest until they feel the job is done.

Scorpio is like an investigative journalist. She will dig deep, at any cost, to find the answers- almost to an obsessive level. This can be a blessing and a curse for us this season.

Scorpio's connection to the 8th house of transformation, its intensity and desire for the truth, makes Scorpio season an excellent time for facing our inner demons and doing some healing shadow work.

We've heard that word thrown out a few times before. What *is* shadow work?

The *shadow* is a psychological term for everything we can't see within ourselves. Social media has been a huge contender in only advertising the neat, pretty and perfection in our society. Our houses; clean with nothing out of place. Our lives; perfect and without problem.

But what has it done to our minds?

One thing our Collective Conscious is becoming aware of is shadow work. In nature, we see duality as a necessary event. Every season has a important job to Mother Earth thriving. Every creature, every plant has a small job to do to keep the world spinning. The same can be said for humans, all of our seasons are necessary to thrive in our environment.

Shadow work is important to move forward, forgive and lead us to a healthier mindset. And a healthier mindset can open doors to new opportunities and possibilities.

If there are any traits or behaviors that we've been trying to suppress or avoid, this is the season to pay them some attention and embrace them. Avoiding certain parts of ourselves will only make these aspects more prominent in the end.

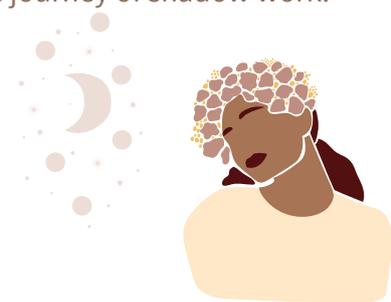
When we thrive in Scorpio season, we have more drive and a longer attention span. This makes it easier to focus on things and follow through on projects.

Scorpio season is the time to shed the light on the darkest, most hidden spots of our minds as we will finally be able to heal ourselves. Scorpio is a creature of darkness, she will make it easier to navigate these waters.

With Scorpio shedding light on our shadows, we can get overwhelmed by it. Its normal to have BIG, over the top emotions. It's also really importantly to have a healthy outlet for our larger than life emotions.

Since Scorpio s are naturally creative , an artistic outlet is highly favorable during this season. Enjoying our favorite hobbies and yoga workouts are our staple outlets for when our emotions get the better of us.

Scorpio's association with the Root Chakra means we should incorporate yoga flows that have grounding energy to enhance the season. It's another healing outlet to begin the journey of shadow work.





Energetic anatomy

So Scorpio season can seem a bit crazy, deep and scary, right?

Scorpio is mainly ruled by the solar plexus chakra, the Manipura, located in our stomach area. If flowing properly, Manipura is responsible for our self esteem, willpower and confidence. Scorpio also operates in the sacral, heart & crown chakras energies as well.

We know our solar plexus is blocked or out of balance by common physical cues like gastric or digestion issues or feelings of shame. It can be unblocked and balanced by acknowledging our true identity and our will power to choose.

We know Scorpio's themes are dark. So it makes sense that she's associated with the 8th Zodiac House. The house of sex, death & rebirth.

Yes, that's right. All the things that make us uncomfortable enough to run for the hills. As I said before, Scorpios are known for their intensity and we are stepping into Her house now!

This season we will dive deep into our sexuality. What parts of our sexuality need healing? What parts of our own sexuality can be celebrated? Like death, it's a necessary part of life.

We will question death. What chapters need ending? What routines need changed? Being present and honest with ourselves, what just isn't serving us anymore?

How can we harness all this energy for Scorpio season?

Energetically, Scorpio operates from our sacral, solar plexus, heart and crown chakras, activating an intensity to create with fierce passion and knowing.

If you need a physical representation for balancing your chakras; amethyst, obsidian and aquamarine.

These will work well paired with Scorpio.

The best thing about crystals are we really don't have to do anything to harness it's energy. Simply placing it on a desk can activate it. Others love having physical contact with their crystals by holding it in their hands or placing them on the body area associated with the Chakras.

Redirecting and refreshing our yogic anatomy and yoga flows will be a main focus as it is a loving way to connect to the body, activate and align our chakras and honor the present Zodiac season.

Being Scorpio season, our yoga flows may initiate an emotional response. It's completely normal and encouraged.

Heal the inner to help the outer.

It would help to engage our Mula Bandha, which involves contracting the perineum muscles inward, then lifting them upward to hold energy.

Adding bridge pose and shoulder stands to our routines will help the energy flow and stimulate the pelvic and urogenital organs. This action activates sexual energy. Emotions will be high if restless traumatic energy has not had the chance to heal. This is the time to take control and begin our journey to healing.

No one is going to do the shadow work for us, take advantage of Scorpio season!



Physical body

Scorpio rules the reproductive system, sex organs, bowels, and excretory system.

We all have learned from science that each system has an important function to keep the body going as a whole.

Scorpio, solar plexus, the 8th zodiac house all come to play the same game here. The goal is simple. The journey is not. Heal the inner to help the outer.

So how can we embody this Scorpian theme?

Taking care of our bodies from the inside out, of course. Eating and drinking intentionally, exercising and finding healthy outlets will help us on our journey to becoming our best selves. Taking care will open the door to healing and finding out the best versions of ourselves!

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 Scorpio 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.

A recipe for Scorpio season

As Scorpio season is known for being passionate, intense but with a bit of a dark side, this rich cacao vegan brownie is a perfect match!

Ingredients you will need:

- 1 cup virgin coconut oil
- 1 cup vegetable milk
- 1 teaspoon vanilla extract
- 2 cups raw sugar
- 2 cups all-purpose flour
- $\frac{3}{4}$ cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1 teaspoon sea salt

Instructions

Preheat oven to 350 degrees F (175 degrees C)

Place the coconut oil in a microwave-safe bowl and heat it about 1 minute.

Mix it with your favorite non-dairy milk alternative milk and vanilla extract.

Mix sugar, flour, cocoa powder, baking powder, and sea salt together in a large bowl.

Pour in the coconut oil and milk mixture.

Mix everything until batter is thick and blended.

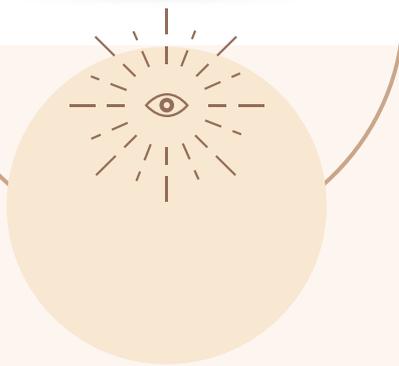
Spread batter into a baking dish.

Bake in the preheated oven for 25 to 30 minutes.

Let cool for 15 minutes before cutting into squares and enjoy!



Scorpio Yoga Flow



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.



Bridge pose



Shoulderstand



Scorpio New Moon

Adoration and affection flows.

There is a child-like curiosity that sets about when the new moon is in Scorpio. It is also extremely tender and affectionate.

The energies evoked here are lustful and desirous, with much focus on seduction. This Scorpian new moon might trigger the need for sexual relationships and adore the courtship process. An ex-lover may even come back to the picture!

Life has its ups and downs, its light and dark, its fun and boring stages. So of course, Scorpio wouldn't just let us have all the fun parts of a relationship!

That would be too easy and we all know Scorpio is not about easy!

We will also take this new moon phase to deal with the harder and sometimes darker parts of our relationships.

Scorpios are sensitive and have an inherent wisdom about them. And they are determined to the max.

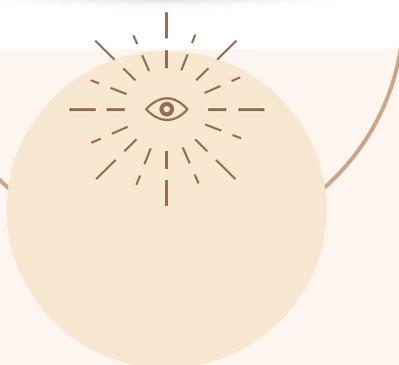
We will get to the root causes of our emotions and begin the process of healing old wounds and resentments. This would not be a Scorpio new moon if we didn't try our healing processes her way!

Activating sexual energy will be important during this transit as it's the chance to begin healing sexual trauma or hang ups society has begrudged upon sex.

How public or *not* public we decide to 'heal' ourselves is completely and utterly up to the individual! We understand that sex and sexuality can be a very tough subject to bring up so let's make this whole Scorpio new moon process fun, healing and mindful that this is a painful subject for many.

We can activate sexual energy with yoga flows that center on the pelvic area or any poses we find that energy from. Again this is meant to be a fun, healing process! We can also activate our sacral chakra to loosen any blockages.

New Moon Ritual



Paulina will guide you through the strong energies of the Scorpio New Moon. She will lead a gentle lunar flow to let go our emotions during this strong season. Scorpio is all about transformation, the very cycle of life. She will offer you a creative ritual to transition from one state to another. She will end the ritual with a journaling session to set intentions for this new cycle.

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New Moon Journaling

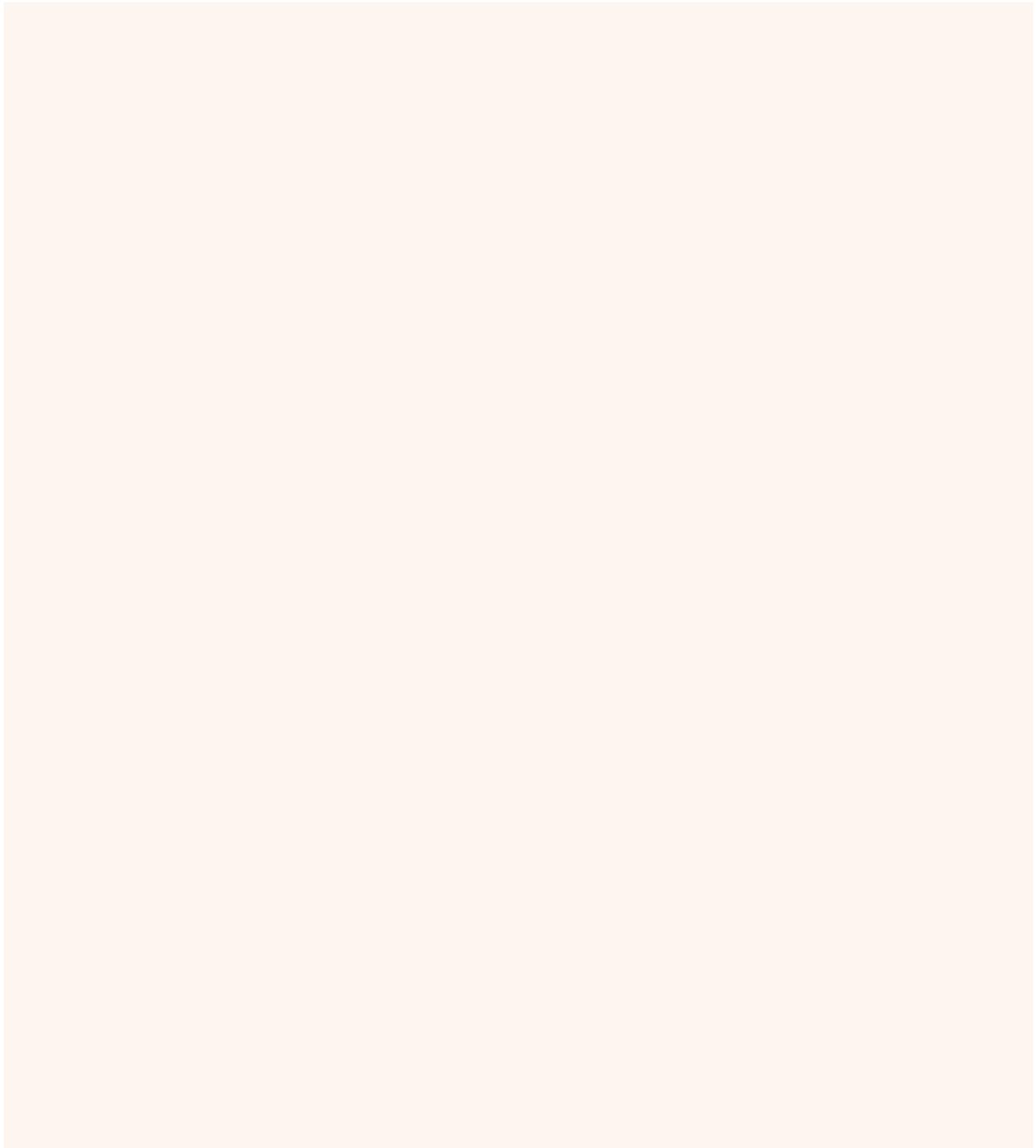


Prepare a piece of paper and cut it in the middle. On one of them, write down the 3 inner critic thoughts that you tell yourself on repeat. Write them, as if someone else was telling them to you (i.e. "you're not good enough").

A large, empty rectangular area with a light beige background, intended for writing the journaling prompts.

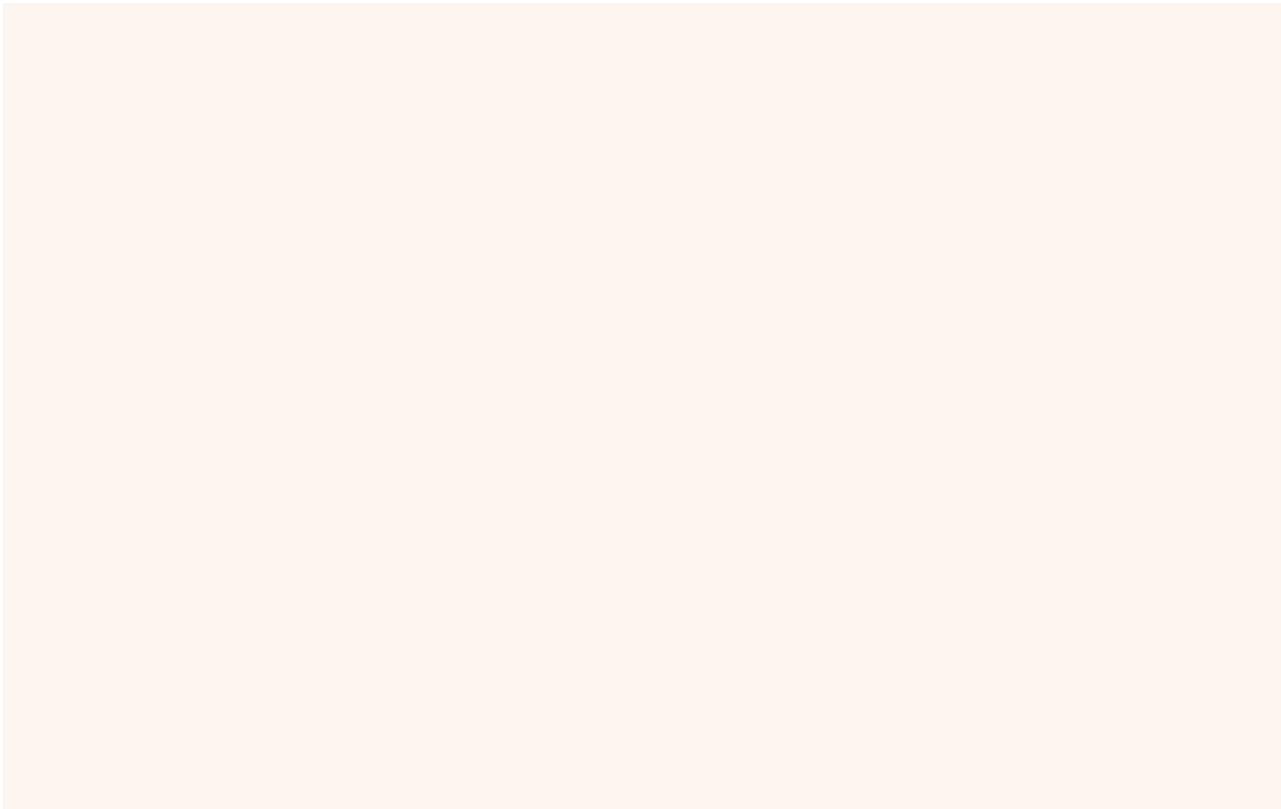


Read those 3 thoughts out loud in front of a mirror, maybe even scream them at yourself. Feel within. How does it make you feel to say those thoughts out loud? Do you believe them? Do they hurt?





Take the other piece of paper and transform the 3 inner critic thoughts into 3 empowering and loving thoughts. Turn them into the opposite and write them this time, as if your best friend was telling them to you (i.e. "you're perfect, just as you are. You deserve love and happiness."). Say these thoughts out loud again in front of a mirror – this time with empathy and kindness.



Remember change and transformation begins within. Hug yourself after this transformative journaling exercise, re-mother yourself and burn the first piece of paper with the inner critic thoughts as a symbol of transcendence. Allow your inner critic to die and your inner best friend to be born.



Full Moon Lunar Eclipse in Taurus

Bringing awareness to our shadows.

A lunar eclipse is when the sun and moon oppose each other with the Earth in between. The Earth blocks the sun's light from fully hitting the moon, and it's so awesome to witness. In astrology, eclipses bring about an awareness to our shadows we tend to keep hidden within ourselves.

Eclipses help us take stock of any triggers or deceptions we hadn't noticed before.

Once we observe these emotions we can ultimately choose to release those correlating traumas, people, or places.

Eclipses happen exclusively during the Full Moon, a time of reflection. When we pair that with the realizations of the shadows we keep, a very powerful need for balance becomes apparent.

During the eclipse, we can take stock of what we need to balance within our lives. Make this a priority!

Taking part in a few lunar eclipse rituals will help us with the process of finding balance, and understanding those triggers in our life.

Once you've done a few of these rituals for yourself, you'll be able to clearly see what your next steps are to take your life into your own hands.

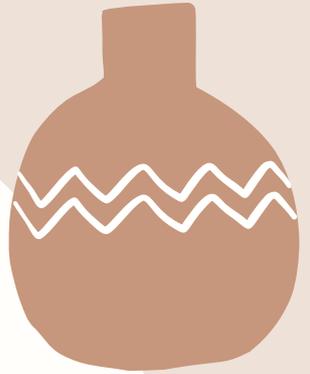
The following page is yours to use during the eclipse. Try noticing your triggers and writing them down all month long. Then when the eclipse happens use your *'taking stock'* printable to come up with a plan of action (POA).

Just as new moons are linked to beginnings and full moons are tied to culminations, eclipses serve as celestial checkpoints.

Taking Stock

Lunar Eclipse Full Moon in Taurus

DATE : FRIDAY NOV 19TH



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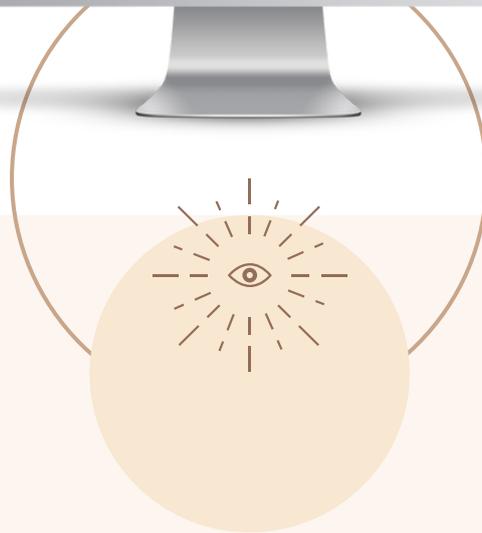
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Full Moon Ritual



Joanna is a yoga and meditation teacher. She founded Luna Wisdom, an online spiritual community, where she leads different healing modalities from journaling, vision boarding, spiritual guidance, and meditation. She will guide you through the energies of this Full Moon by inviting you to release any tensions and celebrate your achievements through meditation and journaling.

Full Moon Journaling



What is the difference between "intentions" and "goals"?

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



What is your "goal"?

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



What are your "intentions" to get to that goal?

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How did it feel to you to visualize the journey towards that specific goal?

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How can you provide safety for that goal and that process?

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How can you help you get to that goal? Name your strongest assets.

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



How could you need help to get to that goal? Name your weaknesses.

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



Lastly, name 3 words of alignment towards that goal.

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Sagittarius

November 23 - December 22



Sun season

Yoga illustrators.

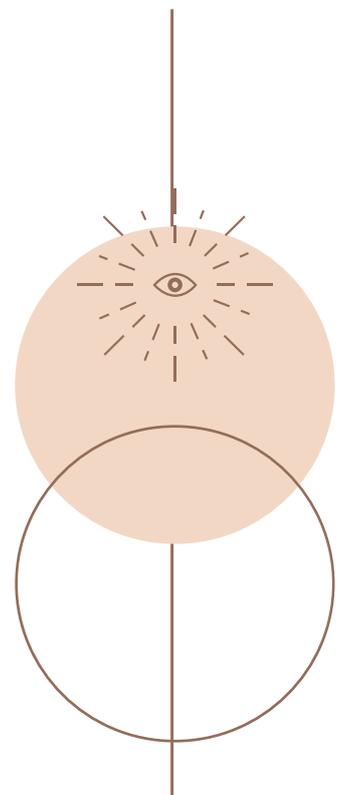


I seek new realities to feel truly free



Sagittarius

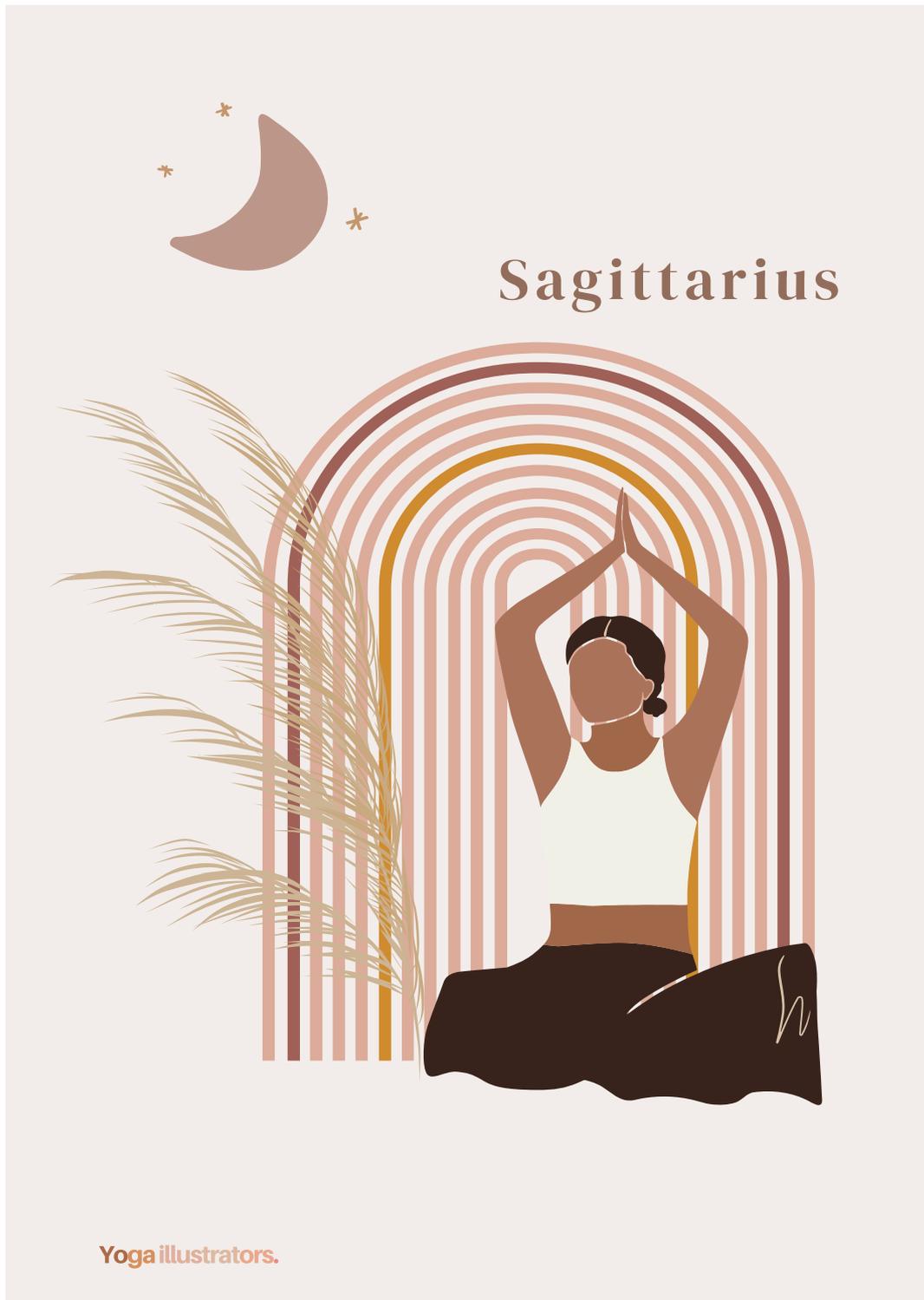
Period: Nov 23 - Dec. 22
Mode: Mutable
Element: Fire
Ruling Planet: Jupiter
House: Ninth
Polarity: Positive
Genre: Masculine



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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?

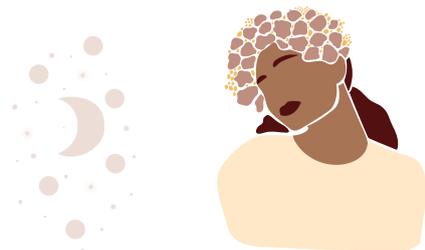
Finding the balance between reaching for our dreams and helping fulfill the dream of a peaceful, loving Mother Earth is what this season is all about!

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.



Being totally free from all worries and cares is a feeling that I practice every day.



By letting go, I set myself free.



Each new moment provides me with the opportunity to create my life anew.



Everything I am and everything I become is under my own control.

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 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:

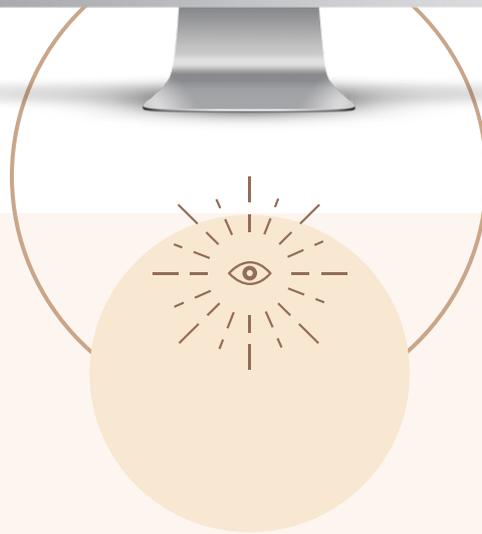
- 2 20-ounce cans of jackfruit packed in brine or water
- 1 tablespoon vegetable oil
- 1 large white onion, thinly sliced in half moons
- 3-4 garlic cloves, finely chopped
- 1 14.5-ounce can chopped tomatoes
- 1 cup vegetable broth
- 1 tablespoon tomato paste
- 1 tablespoon chipotle paste
- Juice of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



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



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 Yogaiillustrators to spread the beauty of Art and Yoga, both as a journey for self-transformation.