



November

2020

Rhythm

Full Moon: 10/31 | New Moon: 11/15 | Full Moon 11/30

*** SUNDAY, NOVEMBER 1: *** Yoga Practice followed by Sacred Circle via Zoom
9 – 10 am: Yoga / 10 – 11 am: Sacred Circle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:00 – 10:00 am: YOGA 10:00 – 11 am: SACRED CIRCLE	2 7 – 7:30 am Yoga	3 7 – 7:30 am Yoga	4 7 – 7:30 am Yoga 5:30 – 6:30 pm: YOGA 6:30 – 7:30 pm: SACRED CIRCLE	5 7 – 7:30 am Yoga	6 7 – 7:30 am Yoga	7
8 9:00 – 10:30 am: YOGA 10:30 – 11 am: SACRED CIRCLE 1 – 5:30 pm: Optional Lodge Build	9 7 – 7:30 am Yoga	10 7 – 7:30 am Yoga	11 7 – 7:30 am Yoga 5:30 – 7:00 pm YOGA	12 7 – 7:30 am Yoga	13 7 – 7:30 am Yoga	14
15 NEW MOON <i>Personal Sacred Fire Connection – with vigil</i>	16 7 – 7:30 am Yoga	17 7 – 7:30 am Yoga	18 7 – 7:30 am Yoga 5:30 – 6:30 pm: YOGA 6:30 – 7:30 pm: YOGA SUTRA STUDY	19 7 – 7:30 am Yoga	20 7 – 7:30 am Yoga	21
22	23 7 – 7:30 am Yoga	24 7 – 7:30 am Yoga	25 7 – 7:30 am Yoga 5:30 – 7:00 pm Yoga No evening Yoga	26 7 – 7:30 am Yoga Thanksgiving	27 7 – 7:30 am Yoga	28
29 FULL MOON 9:00 – 10:30 am: YOGA 10:30 – 11 am: SACRED CIRCLE Optional <i>Personal Sweat Lodge or Sacred Fire Ceremony – with vigil</i>	30 7 – 7:30 am Yoga	NOTES: <ul style="list-style-type: none"> • 7 – 7:30 Yoga classes are optional and encouraged as often as you are able to attend. Recording of ALL classes are available if you are unable to make a class time. • All Mountain Medicine events are in red. “<i>Personal</i>” ceremonies are solo, at your home or alternate private location of choice, on your time in a relaxed way. Christina or a fellow student will always hold vigil during ceremonies. • Guidance around all things, including additional personal practices and reflections based on moon cycles, will be discussed in SACRED CIRCLE meetings. • Contact Christina if you have questions or need to miss a Sacred Circle. • If the dates provided do not work for you let Christina know asap. Changes can be made to benefit the group, so that all of us can be involved. 				