



## *YogaMedicine Full Moon Healing Circle Series Begins January 9*

We are blessed to be part of a wonderful community here at Amherst Yoga. Gathering together on a regular basis keeps us connected, and conscious of the support which exists around us as a community. What better way to maintain our healing connection than to celebrate the Full Moon, and the healing powers that lie within. During the Full Moon, on an energetic level, the moon acts like a magnifying mirror. The strong lunar energy pulls everything out of hiding and reflects it back at us so we can reach a deeper level of understanding and transformation. This is a time to strengthen relationships and reaffirm bonds. Never underestimate the healing power of simply sitting in circle and listening with an open heart to those around you. This is not the time for isolation or introspection. The Full Moon draws all of life toward it. Even the solid ground rises several inches when the Full Moon passes overhead.

Please come and join us as we meet for the YogaMedicine Full Moon Healing Circle, on Monday evenings January 9, February 6, March 5, April 9, and May 7 from 7:30pm through 9:00 pm. We will be having some special guests, yoga, music, and of course the gong! This cost of this event is by donation. Please RSVP to [info@Amherstyoga.com](mailto:info@Amherstyoga.com) or call 603-673-7755.

**February 6, 2012 - Joseph Carringer will join us with his Australian Aboriginal didgeridoo which he has played for over a decade and a half, using it as a deep meditative tool.**