

## **moon circles | mini retreats with restorative yoga + reiki**

Moon ceremonies are spiritual gatherings that honor the power and energy of the moon. They can take place during any phase of the lunar cycle and typically involve rituals, meditation, and other practices to connect with the moon's energy. Our moon ceremonies are experienced in the yurt, surrounded by nature, at the edge of the forest, and creek.

During our moon circles, participants can expect to engage in a traditional ritual to honor the moon and its current phase. Following the ceremony, guests will be guided through a restorative yoga practice, designed to release tension and relax the body and mind. While in the restorative poses, a Reiki healing session, a form of energy healing that involves the transfer of universal energy to the client through the hands of two practitioners will be performed. The Reiki practitioners will walk around the yurt, placing their hands on the participants to transfer the healing energy, allowing for a deeper relaxation and healing experience.