

WOMEN'S CIRCLE CHEATSHEET



Gathering with women is so important for our emotional and physical health. Starting to create a monthly gathering of some of the women that you know is an incredible way to deepen relationships and help draw attention to the moon cycles.

Creating a Women's Circle

How to

The best thing to keep in mind is that the magic is in the circle. But, it never hurts to have a bit of basic structure in place to keep the evening running smoothly.

► **A New Moon Circle**

Gather with women on the New Moon. You could...

- Discuss the astrology of each new moon
- Cook together
- Lead a Yoga or Qoya class
- Share the highs/lows of your week
- Or any other activity that calls to you!

► **A Full Moon Hike**

Gather with women on the Full Moon. You could...

Start a meet up group in your town, and plan a safe moonlit hike each month for ladies! Once you reach your destination, you could howl at the moon, say a prayer, set an intention, or simply turn around and hike back to your starting point.

► **A Women's Wisdom Circle**

Gather with women on a recurring date on the calendar. You could...

Take turns each month, so that a different woman in the circle gets a chance to lead in an activity or discussion. The idea is that every woman has wisdom to share!

