

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

CAPRICORN FULL MOON MEDITATION & GONG BATH WITH SIMON A

This Full Moon has a deep and thoughtful feel about it. As a Partial Lunar Eclipse, there may well be some surprises at this time - sudden news indicating the need for change, calling us to take responsibility or to see the bigger picture. Eclipses have long been believed to have the power of 4 full moons.

Capricorn is ruled by Saturn/Kronos – God of Time, who is a serious and hard working soul. Saturn gets the job done with no corners cut and always demanding our best work. There are no excuses, no quick fixes and no half measures when Saturn is involved.

The beautiful rings of Saturn, made of ice particles, are a visual reminder of the crystalization and restriction for which Saturn is best known.

As an Earth sign, Capricorn is practically minded and persevering: strong yet agile like the mountain goat.

Full Moons are all about completion - whatever we started at the Capricorn New Moon in mid January can now be brought to culmination and the rewards enjoyed as we bask in the lunar limelight.

The Sun is opposite the Moon in the sign of Cancer. Cancer is emotional and nurturing while Capricorn strives for success. Here we have the ultimate Female/Male archetype.

Many are now coming to realize that, in order to create a harmonious future, the delicate balance of masculine and feminine needs to be respected and restored, in ourselves, in our societies and in the world at large.

This is the Honey Moon in the Celtic calendar so maybe we can find a way to marry these opposites and find a happy union.



Words by Alchemy Astrologer Zoe Hind

Programme:

- Brief reading on the Capricorn Full Moon (effect of Moon phase)
- Pranayama
- Kundalini Yoga warm up kriya
- Kundalini Yoga meditation (usually 22min)
- 30min Gong Bath

Join us at Alchemy for a sacred Kundalini Meditation & Gong Bath!

SATURDAY, 26TH JUNE 2010 8:15PM - 9:30PM

FEE: £12; NO CONCESSIONS

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