

New Moon Circle

Laura "Puma" Passmore

At QuietStar

2010 dates; 6:30pm-9:00pm (beginning in March 6:00pm to 8:30pm)

- January 16th Saturday
- February 15th Monday
- March 15th Monday (note time change)
- April 14th Wednesday
- May 14th Friday
- June 12th Saturday
- July 11th Sunday
- August 11th Wednesday
- September 8th Wednesday
- October 9th Saturday
- November 6th Saturday
- December 5th Sunday

No Fees: \$10.00 suggested donation to QuietStar facility for providing space for this ceremony

Course Description

- A Native American based circle with intentional focus for your growth in the New Moon Cycle. Grandmothers gathered around the "Birthing (NEW) Moon" to plant seeds of hearts desires, aspirations, healing for All Our Relations. We are adapting this Native American teaching to re-connect and work with natural cycles of the Moon and Earth.
- Re-gain your energy, give to yourself natural healing
- Tribes have gathered though out time to heal, it's time again.....

Instructions for the Participants:

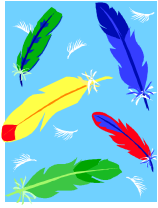
- Wear comfortable clothing as to allow energy to flow, Ceremonial attire suggested (skirts/sarongs for women, medicine bags/jewelry with meaning, colorful clothing)
- Invite your Drums, Rattles, Rain Stick, Bells, etc.
- Optional: Simple snack to share cheese, crackers, nuts, fruit, to help in grounding
- Optional: A "Give-a-way" simple stone from your yard, shell, a bead, small item for each member in memory of Ceremony if you so desire.

Adult Co-Ed Environment: Minors upon consultation, must be mature to be in ceremony

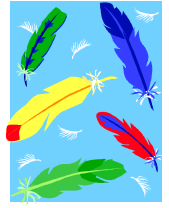
- New comers ok. Ceremony experience or Spiritual Grounding technique recommended, but not required to experience in this ceremony.

Please note Quiet Star is a perfume free environment. There will be Smudging, it will be limited. Pre-registration appreciated online at <http://clients.mindbodyonline.com/ws.asp?studioid=2354&stype=-7&sVT=85>. Call or email us!

QuietStar Center for Transformation
11549 Los Osos Valley Rd., Suite #109
San Luis Obispo, Calif., 93405
Quiet Star: 805 783-2662
Laura's Cell: 805 310-1375



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