Namaste Yogis and Yoginis

Welcome to December…to holidays and nice long, warm, lazy days.

As we head down this path in bringing the year to a close, it is important to look back to see, and acknowledge how we have grown. Without fail you are not the same person who started 2022. You are different …you have changed…you have taken great strides in becoming the person you are meant to be.

Yes, you have had many ups and downs, and more than likely you have had to overcome more challenges than any other previous year. But, you have come through it all, much smarter and much wiser.

With experiencing all the changes that have taken place this year, and at times it was like even your existence was under threat, but that was passing and now, having embraced these changes, your experience has allowed you to feel more settled and peaceful with your situation.

As you look back on your year, be sure to recognize all that you have accomplished spiritually, emotionally, and

physically.

As you look forward to the future, dream big and reach for the stars. Visualize yourself living

your life to the fullest. Imagine how you would like to feel, including the experiences you want to have, and

your impact on the world.

You have a glorious future ahead of you!

Now, having a look at the planets…..

We have 4 planets in retrograde this month…so it will be another period of growth.

Even though you will feel stuck and hindered, you will be making progress.

Only once you are at the end of a retrograde, can you actually look back, and see how much you have grown.

Neptune Retrograde June 28 – December 3

In astrology, Neptune represents intuition, spirituality, and compassion. This will bring you more clarity in terms of your goals, hopes, and dreams — which is definitely a good thing! Neptune stations direct on December 3, so you’ll be able to look back on the past few months and feel more self-assured than ever.

Uranus Retrograde August 24 – January 22, 2023

Uranus, is known as the planet of chaos, disruption and unexpected change. However, Uranus retrograde may inspire you to break free of all of the things that may be holding you back, which is essential as you enter 2023.

Mars Retrograde October 30 – Janauary 12, 2023

Mars retrograde was the main concern during November, and you will still be able to feel its power as you move into December and the New Year. Mars is the planet of war, action and ambition, but in retrograde it can help you in terms of how you communicate your desires, how you act on your goals, and how you exert your energy in relationships.

Mercury Retrograde December 29 – January 19, 2023

Finally, Mercury is going back into retrograde, this might not be the best time to start a new project, especially one that relates to your work.

However, this Mercury retrograde may inspire you to look closer at your career goals, and re-evaluate your plans to achieve them. Now is the time to keep your nose on the grindstone and stay busy — you will reap rewards!

Full Moon – December 7

This is a time to let go. you may feel torn between two decisions, however the secret is, to turn inwards and feel which decision fits best with you.

You can always stick with the old, but it might be the time to step into the new way of being.

Allow the light of this full moon to illuminate both sides, and then make a balanced decision.

New Moon – December 23

Time wise this falls perfectly, as it leads up to the end of the year…introspection is what a New Moon is all about.

Take this time to seek out all those dark and hidden areas of your life and your being.

See too, the good and wonderful areas of your life. Then acknowledge them and feel gratitude for them all, because they are exactly what you are all about. Then look to see how the good and the dark side can be used to create the life you truly want to live…plant the seeds of your desires!!

Boldly declare your intentions to the Universe!!

Summer Solstice  - December 21

The Sun reaches its highest point and we have our longest day and shortest night of the year. This starts the second phase of the journey of the Earth around the Sun, the start of which was the Spring Equinox. It is time to nourish all those seeds planted in that first phase.

The cycle of the Sun represents the cycle of our lives, and reflects the natural flow of energy moving inward and outward. There are times to initiate, times to grow, times to shed and let go, and times to pause. As we follow and align with the journey of the Moon each month, so too can we follow and align with the journey of the Sun throughout the year. This is the rhythm of nature. This is a natural alignment with the seasons.

Summer is the time to find the ability to see, enjoy and be the light, which will gives us meaning on our journey, allowing us to shed light into the darkness, that can all too easily consume us.

Dates to remember

7th   -  Full Moon…last full moon of the year

16th -  Day of Reconcilliation

21st -  Summer Solstice (Southern Hemisphere) Winter Solstice (Northern hemisphere)

23rd -  New Moon

25th -  Christmas Day

26th -  Family Day

31  -   New Years Eve

Now to matters on the mat…..

Thank you to all who have chosen YogiB Studio, and have made 2022 such a special year.

We have warmly welcomed new fellow yogis, and sadly also had to say goodbye to a few yogis.

We have also sent healing energies to those who have had the occasional mishap or period of ill health, but all are now well on the mend or have recovered completely.

Thank you to each one of you, for bringing your vibrant and beautiful energy, and love into our classes and the lives of our fellow travelers, as we make our journey through this world…you have made it a lighter and easier journey for others…you are all very special, beautiful and unique co-travelers.

Our last class for 2022 will be Monday 19 December.

Classes will resume early January 2023.

I will communicate with you all on our Whatsapp group regarding our re-opening.

All updates will also be posted on our website [www.yogawithyogiB.com](http://www.yogawithyogiB.com)

As we now move headlong into the “silly season” please remember to set aside some time to do a little yoga, even if it is just a few stretches, like forward bends, back bends, twists, maybe a few rounds of Sun Salutation, every day and most importantly your breathing practices. Cheat sheets are available at the studio.

From excessive eating (& drinking), late nights, stress in spending time with people and family you see only over the festive period, various anxieties that crop up, to just being caught up in the frenzy of the season, you will find immense benefit by taking time out to spend time on self-care and self-nurturing.

Get the body moving, the diaphragm activated and the mind still. Not only will you feel better, but you will enjoy yourself and all the festive activities even more.

Wishing you all a blessed Christmas. Safe travels to all those on the roads and in the air.

Enjoy the holidays, come back safely and we will see you in the New Year…2023!

Till we meet again on the mat……

Much love and blessings

Bev