



CAPRICORN FULL MOON MEDITATION & GONG BATH WITH SIMON A

The energy of Capricorn is pioneering and hardworking. Ruled by planet Saturn, the Karmic taskmaster, Capricorn does not take the easy way out. With perseverance and great agility the Mountain Goat reaches the top of any mountain quickly and efficiently. Heightened perspective is their reward, yet they immediately set their sights on higher climbs, sometimes without even stopping to take a breath or enjoy the view. Since the Capricorn new moon in January, we have all made resolutions and efforts to improve ourselves and our lives. Full moons mark a time of fruition. Take time to appreciate the progress you have made and be grateful for even the smallest success.

Programme:

- Brief reading on the Capricorn Full Moon (effect of Moon phase)
- Pranayama
- Kundalini Yoga warm up kriya
- Kundalini Yoga meditation (usually 20min)
- 30min Gong Bath



**Words by Alchemy Astrologer
Zoe Hind**

**Zoe is available for private consultations
every Friday 3:00 – 9:00pm**

It is often during a time of quiet reflection that we are most able to see the bigger picture and realise what it is that we truly desire. Dreams and meditation during this sun in Cancer period will show you where you want to go. Once you know this, let the Capricorn full moon power your plans and activate your actions towards success. It's a perfect pair.

Join us at Alchemy for a sacred Kundalini Meditation and Gong bath!

TUESDAY, 7TH JULY 8:30PM – 9:45PM FEE: £10

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