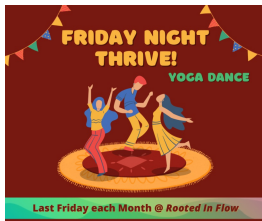




With the New Moon as harbinger, this newsletter invites renewal each month. Read on for events & invitations, resources & highlights.

## Upcoming Events



*Friday Night Thrive*

~ **Friday Night Thrive - YogaDance** is back! Celebrate this final Friday of 2023 with us - December 29th, 6 - 7:15pm. Enjoy an evening of energizing movement balanced with compassionate stillness - 4th Friday, monthly at **Rooted in Flow**, Berwick, ME.

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~ The Winter season of the **Lunar Light Wellness Circle** begins January 9th for creative connection & wellness awareness hosted by **Flourish** monthly in Biddeford, ME. (Tuesday closest to the New Moon.)



*Monthly Wellness Circle*

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## Resource: Wellness Access... Need Financial Support?



The **Wellness Access Angels** have been busy this year. Donations are ready and available to support members in our community. Service options:

- ~ A monthly Emotion Code® session for a military veteran (or active duty) in need.
- ~ A Wild Child Yoga program for a local family.
- ~ A Customized Flow session tailored for a brave person requesting support. And more....

Winter's gift...gratefully shed what you no longer need.

[Request Financial Assistance](#)

OR

[Become a Wellness Access Angel](#)

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### Solstice Season Highlight: The 10 Day Count-Up!



### **Ascending To The New Year - The 10 Day Count-Up!**

Following Winter Solstice's long descent through the shortest day of the year, we begin growing in daylight on December 22. I invite you to join me in embracing the days between the solstice and the new year as a time of renewal and preparation for an amazing 2024. For each of the **10 Day Count-Up!**, I will provide a free gift for your wellness toolbox. Each gift carries the intention of helping us to "ascend" to a happier state of mind, body, & spirit as the new year approaches.

"Open" your gift each day or when the spirit moves you. Expect to find presents of a spiritual and practical nature, inspiration, and a sprinkle of holiday joy. May you discover something that assists you in ways unexpected as you step into 2024.

#### **How to access:**

- \* Follow on [Instagram](#) or [Facebook](#).
- \* Or go to [DeneenBernier.com](https://DeneenBernier.com) for each day's **Count-Up** gift.

Blessings and gratitude to All as we close out '23 and step into the grace of '24.  
Deneen

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**Book sessions & more at [deneenbernier.com](https://deneenbernier.com)**



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