



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

Two New Events!

~ **Nourish at Flourish**

Friday, February 16th

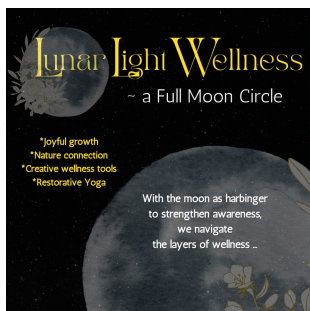
6:30 - 9:30pm

Relax & experience the power of wellness arts with a journey into the senses @ **Flourish**, Biddeford, ME.



A Special Event

I'm offering Intuited Essential Oil Blends customized for you to take home, lengthening your sensory experience into the weeks & months ahead.



NEW! Full Moon Circle

~ **FULL MOON - Lunar Light Wellness Circle**

Tuesday, February 27th

6:30 -8pm

Expect opportunities for joyful growth, connection, and creative learning of wellness tools to use at home. Each evening concludes with restorative yoga.

Hosted by **The Studio at One Earth** monthly in Shapleigh,

ME. (Tuesday closest to the Full Moon.)

Upcoming Monthly Wellness...

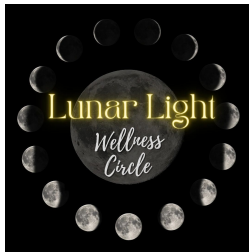


Friday Night Thrive

~ **Friday Night Thrive - YogaDance**

Friday, February 23rd, 6 - 7:15pm.

Enjoy an evening of energizing movement balanced with compassionate stillness - 4th Friday, monthly at **Rooted in Flow**, Berwick, ME.



New Moon Circle

~ **Lunar Light Wellness - A New Moon Circle**

March 12th, 6:30 -8pm

Join us for creative connection & wellness awareness tools to enrich your journey through the month ahead.

Hosted by **Flourish** monthly in Biddeford, ME. (Tuesday closest to the New Moon.)

Resource: Full Moon Tracker

A Lunar Tracking Invitation

Each month, allow the Full Moon to take you on a journey of discovery and connection. Note the Date, Time of moonrise, and the Direction (degree on a compass) for moon's rise over the horizon.

With excitement, I finally began my full moon tracking this year and am eager to see how the path of the moon changes with the seasons. I look forward to taking a picture each month as the moon rises above the pond in my neighborhood.

I invite you to find a way to embrace this witnessing of the moon in your months ahead. Enjoy!!

Download your Full Moon Tracker

a sigh, a scream,
a "thank you", a "love you".

Why do you wait?

Be in full present relationship with this. There is no space to judge, critique.
Just be in it.

You are gifted all these senses and emotions. Take them into your mind's eye with full awareness. Allow their full expression until they are complete.
There's too much pain walking around boxed behind walls. This serves no one, especially you.

Be your own witness.

Name not, simply notice.

Open the door to see, feel, dance your human destiny of NOW.

As you move through your days ahead, trust in your innate capacity to flow with these gifts, this keen awareness of you... your flow, flaws, and freedom.

Set yourself free!

So be it."

BF

Hope you found some nuggets of inspiration or curiosity to fuel your remaining winter days ahead. Until next time...

**Blessings and gratitude,
Deneen**

Book sessions & more at deneenbernier.com



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