



KAPWA WELLNESS

ancient wisdom*modern healing

FULL MOON / EQUINOX / SOLSTICE

8:00 - 9:00 PM

DATE	THEME
MAR 14	Worm Moon: Renewal & Awakening
MAR 20	Spring Equinox: Balance & Growth
APR 12	Pink Moon: Love & Compassion
MAY 12	Flower Moon: Bloom & Flourish
JUN 11	Strawberry Moon: Harvest & Gratitude
JUN 20	Summer Solstice: Abundance & Joy
JUL 10	Buck Moon: Strength & Perseverance
AUG 09	Sturgeon Moon: Wisdom & Reflection
SEP 07	Corn Moon: Abundance & Gratitude
SEP 22	Fall Equinox: Reflection & Balance
OCT 6	Hunter's Moon: Preparation & Protection
NOV 05	Beaver Moon: Planning & Building
DEC 04	Cold Moon: Rest & Renewal
DEC 21	Winter Solstice: Rebirth & Inner Light



kapwawellness.com

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