

OCTOBER 2021

guide

SCIENCE & MAGIC

EARTH HOLIDAY Samhain - Oct 31st

SEASON 3rd & Final month of Autumn

NEW MOON Libra - Oct 6th

SCIENCE THEME Stress Resilience - Parasympathetic Nervous System

FULL MOON Aries - Oct 20th

LEARN



(15 min CLASS) [Monthly Sharing_w/ Amanda](#)



(35 min CLASS) [Samhain, Threshold Magick, & Resilience w/ Erin](#)



(15 min CLASS) [Seasonal Living for October w/ Sophia](#)

EMBODY



(28 min PRACTICE) [Breathwork for Autumn w/ Greg](#)



(30 min YOGA) [Attune to Spirit & Ancestral Guidance w/ Meg](#)



(8 min PRACTICE) [Meditation for the Nervous System w/ Amanda](#)

ENGAGE



Fill out one survey for a class/practice/yoga (located on class pages)



Build routine around sleep: go to bed & wake up at the same time every day for a week (for more context, watch Sophia's [Seasonal Living class](#))



Attend one of the live virtual restorative yoga classes (on [calendar](#))

QUESTIONS FOR REFLECTION

- 1) What activities and environments help me find rest?
- 2) What needs to change in my environment, schedule, etc so that I can instill more moments of rest in my every day life?