

# Full moons

(high energy time to release & celebrate)

10 Jan | 9 Feb | 9 March | 8 April | 7 May |

5 June | 5 July | 3 Aug | 2 Sept | 1 Oct |

31 Oct | 30 Nov | 30 Dec

# New moons

(reflective energy, set intentions & start plan projects)

24 Jan | 23 Feb | 24 March | 23 April | 22 May |

21 June | 20 July | 19 Aug | 17 Sept | 16 Oct |

15 Nov | 14 Dec

## Autumn - Luteal (Days 22-28)

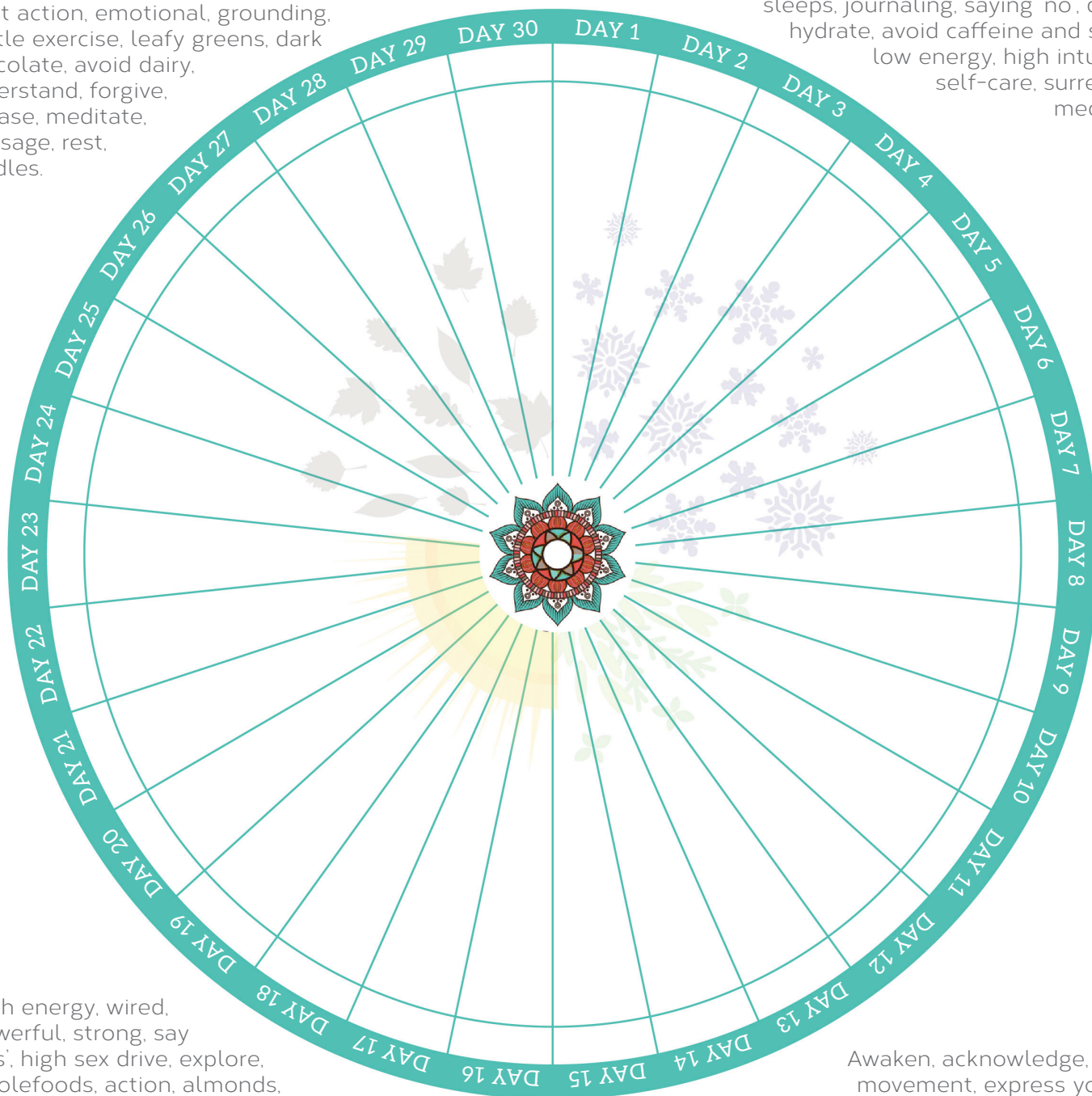
Estrogen and progesterone levels are high, followed by dramatic drop (if egg unfertilized)

Light action, emotional, grounding, gentle exercise, leafy greens, dark chocolate, avoid dairy, understand, forgive, release, meditate, massage, rest, candles.

## Winter - Menstruation (Days 1-7)

Estrogen and progesterone are low.

Rest, reflect, bleed, warming foods, long sleeps, journaling, saying 'no', detox, hydrate, avoid caffeine and sugar, low energy, high intuition, self-care, surrender, meditate



High energy, wired, powerful, strong, say 'yes', high sex drive, explore, wholefoods, action, almonds, high-intensity exercises, burn out, abundance.

## Summer - Ovulation (Days 15-21)

Estrogen peaks. Testosterone and progesterone rise.

Awaken, acknowledge, gentle movement, express yourself, creativity, fermented foods, plan, dance, playfulness, self-love, fun, friends

## Spring - Follicular (Days 8-14)

Estrogen and progesterone are on the rise.