

## Anubhuthi – Fullmoon Retreat



Moonlight floods the whole creation and fills with the nectar of love, healing, compassion and acceptance. It grants a great dignity in celebration and blesses with spiritual knowledge. Get ready to bask in Full Moon's glow and shine from within. Experience the knowledge building within.

A full moon fills us with the power to know and heal, which at its height is the essence of creativity. It encourages us to actively celebrate our existence and participate in the creation. It's the time to test our spiritual value. In the light of full moon light, you are discovering the forgotten real you.

At full moon, we are in our full glory and have the full support of the moon's grace. Let us break the shackles of limitations and self-identification. See that the shell around is breaking by the power of knowledge. All you understand that you are the very source of healing moon light, that you give, share and celebrate instead of getting it. In this moon light, you encounter all your previous friends fear, anxiety, complex, inhibition and so on...they appear and dissolve in the lake of moon light.

When the moon is new it's a time of renew, rejuvenate and introspect. This maintains our health, wellbeing and both physically and mentally creativity. In this Full Moon Retreat we will cover yogic and life practises to harness the power of the Full Moon. This will include pranayama, meditation and asana sequences, activities and inner journey exercises that take you face to face with your thoughts.

It implies we can do a little more than usual because we know we are creative. Just go with the flow and see what it enables you to do. This is a great time to start a new endeavour, breathe moon life into the life, and crystallize ideas that have been floating around in your head, create a plan and succeed. Enjoy a more energetic yoga practice in the moonlight and meditate by the glow of the full moon. Take a walk in the moonlight and drench, soak and dance in it. Thank mother moon for bringing her abundance to you...unlimited abundance. We are sure you are participating in this retreat. The retreat will happen at an enlightening environment on every full moon day; come, discover and live a renewed life!