

THE NEW MOON

gifts for the spirit

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Mandala Wall Decals at The New Moon
Store Hours: 6 days a week
11am to 5pm Closed Wednesdays
2246 Alberni Hwy. Coombs, B.C.
250.586.MOON www.thenewmoon.ca



THE ZEN DEN
AT THE NEW MOON
BODY & ENERGY WORK
PRACTITIONERS
YOGA CLASSES
& WORKSHOPS

FOR CLASS SCHEDULES & EVENTS
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WWW.ZENDENOASIS.CA

*Beryl's Landing
The Healing Cup*



We are happy to return
to The New Moon
in Coombs from
California for another
awesome season.
It will be magical.
We are excited to open
May 1st /2010

*Beryl's Landing & The Healing Cup
Services Offered*

- Life Path Readings • Life Coaching •
- Reiki Healings • Reiki Drumming Healings •
- Integrated Energy Therapy •
- Working with your guides •
- Personal & Planetary Healings
using his Holiness Buddha Maitreya's
Shambhala healing tools •

You are sure to experience a wonderful Journey!

To register for Reiki & Personal
Development Classes,
or to make an appointment for
readings or services listed.

Please call 250.248.4519

We will be happy to be of service.

*Love & Light!
Beryl Hjordison*

Waking Ritual with Surya Namaskar

Peaceful movement and greeting to the Sun with Sun Salutations is a wonderful way to begin the day at anytime of the year. So much better is the lovely warming weather of spring for an outdoor practice.

Sun Salutations have been practiced for a seeming eternity and, done mindfully, brings light, energy and enthusiasm to one's spirit for the day, making it possible to move more gracefully and peacefully throughout each moment. This peaceful practice connects one with the vital energy of the Sun, Earth, and Spirit as we move to greet each direction and greet the day and all its' inhabitants with respect.

Connecting in this way is highly effective in bringing oneself into greater balance and harmony and is best applied when the ritual is authentically you. Getting in touch with the energies, spirits, or Goddesses and Gods that are most comfortable for you with a language that is yours will facilitate a natural process where you will feel most comfortable.

If you are unsure where to begin, try finding a place in nature where you can practice; a garden, deck, field, nature walk etc., bring a mat and a small blanket or cushion, water and a warming tea, incense and whatever other ritual comforts you need (or can carry comfortably) and if needed a small drink of juice or piece of fruit to have after your practice.

Begin by lighting incense and sipping your tea and water. Then, take time to quietly sit or engage in your meditation practice, connecting with your breath and the breath and energy of the natural world around you.

Peacefully face the East and greet the sun. When you are moved to do so, slowly rise and begin to engage in Surya Namaskar, moving to greet each direction. Begin slowly moving the pace with your comfort and energy levels, remaining connected with the movement and the breath.

Enjoy the process as duality and separation dissolve while you deepen in your understanding of self and no-self. As you continue in your practice, your ritual will deepen and the day ahead will become infused with your practice bringing a sense of deep peace off the mat as well as on.

Be sure to learn the basics of Sun Salutations from a qualified Yoga Instructor and remember to honor your process and body and be peaceful while grace moves in and brings you closer to Spirit. Om Shanti...Peace

Tara Christensen welcomes you to visit her at New Moon in Coombs for gifts/workshops/Yoga instruction. Call her at 250-586-moon tarayogashanti@gmail.com www.zendenoasis.ca