Return To Balance

FULL MOON RETREAT

Balance is living (your version) of the “middle path.” Whats does balance look like for you?

At home?

With Family?

Romance?

With work?

With Money?

Creativity?

What is your pattern?

Over Giving / Active?

Isolated/ Depressed?

Other?

How are you out of balance?

Too Yin

Too Yang

Which of these do you struggle with?

Addiction?
Self Sabotage?
Pushing Away Good People?
Hiding?
Depression / Anger?
Other?

What energy dynamics did you find from the meditation?

Which of these feels like it needs more cultivation?
Self Healing
Intuitive Development
Getting in Flow
Being a Vessel For Sustainable Service?

Share more about what you discovered today here

Book Your Visioning Your Balanced Life : Private Session here