



Join this Winter 2023 Special Event!

Women's New Moon Circle

Yoga – Community – Connecting with the Divine Feminine

WOMEN'S NEW MOON CIRCLE

Saturday, March 18th 1:00 – 3:00pm

When it comes to moon phases, the full moon tends to get most of the attention, whereas the NEW MOON gets overlooked. Yet, the new moon holds powerful energy of renewal, new beginnings, and planting seeds for the future. It is an ancient practice for women to gather during this time. This circle is held as a safe space for women to celebrate feminine energy, to share whatever needs to be shared, and to nourish body and mind through a feminine Yoga practice, music, and connection with oneself and other women in the circle.

This is what you can expect at every circle: **Yoga practice:** Circular, flowy movements that nourish the body, release and recharge energy; mudras (hand postures and movements) to feel and move energy. **Community circle:** This is a Yogic practice where we get together and share whatever wants/needs to be shared that day. The act of sharing and listening creates a feeling of connectedness with yourself and your community. Sharing is always optional. **Yoga Nidra:** Literally "Nidra" means sleep. This practice is a deep relaxation practice and will take up a significant portion of the circle. **Music:** Lara will play and sing live music to create a special atmosphere. She creates sound-scapes with her synthesizer and sings beautiful mantras that you can join singing or enjoy by just listening. **\$35**

Join Lara for this monthly Women's New Moon Circle at The Wellness Spa!

Theme of March's Circle: RESTORE BALANCE DURING THE SPRING EQUINOX

March 20th marks the day of spring equinox, when the length of day and night are perfectly balanced. We will let this be an inspiration for us in this circle. You will get tools to restore balance physically, mentally, and emotionally through Yoga, breathwork, and connection - with yourself and the other women in the circle.

What to Bring: journal and pen, yoga mat, blanket or whatever you need to be cozy and comfortable.

Class Size Limited - please sign up at The Wellness Spa front desk or call 715-341-3333 to reserve your place in class. Workshops are on a pre-pay, non-refundable registration basis.



Lara Olson: Freedom and healing are at the heart of my teachings. I am a registered teacher with the Yoga Alliance, and have a multi-faceted training background. I am certified in traditional Hatha Yoga in the Sivananda tradition, Yin Yoga, Power Yoga, Pregnancy Yoga, and Yoga Therapy for Women, and I have experience teaching all these styles. Being diagnosed with scoliosis at a young age, I struggled with back pain early on in my life. Yoga is the practice that allows me to live a mostly pain-free life. I believe that the mix of strengthening the whole body, Yin Yoga, and relaxation practices have been the key for my well-being and can bring relief to so many other people. I also have a special interest in supporting women through Yoga therapy in whatever stage of life they are. As a musician, I believe that music can open the heart like nothing else, which I love to share by singing, playing the guitar or other instruments in class. I became a Mama in my late 30s. My one-year-old daughter is the biggest joy of my life.

Held at The Wellness Spa, 3916 Water Street, Stevens Point, WI 54481 www.WellnessSpaResort.com