

Yoga Snow Full Moon



Snow Full Moon

In the U.S., **February's full moon** is dubbed the **snow moon** because February historically is the snowiest month in the Northern Hemisphere. Extrapolating from that, the Cherokee called this moon both the bony moon and hungry moon, implying food was scarce during this month of cold, snowy weather.

The Full Moon is a moment of celebration in many cultures. It's a very clear celestial object that has always been important for marking the passage of time. In addition to this, the powerful energy that the moon emanates when it is strongly reflecting the light of the sun towards the earth makes a time for energetic activities.

This time of the month is a good time to reflect on what you have achieved since the last full moon and celebrate your accomplishments. It also has purifying qualities, so it can facilitate cleansing unwanted energies and releasing things that no longer serve you.

When: 24. Februar 2024

Where: Jungfraustrasse 8

3613 Steffisburg

Time: 18:00-19:30

Cost: CHF 40.00

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Language: English and German