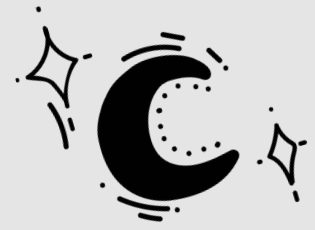
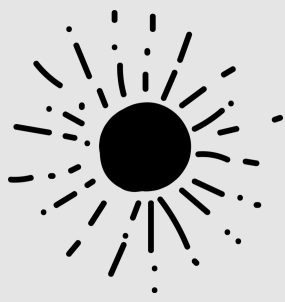


# The Art of Flow

## 2020 Calendaring

Make time for your Best Moments  
in Tune to Nature's Cycles



### SEASONAL CELEBRATIONS

**Spring Equinox:** March 19  
Celebrate balance & new beginnings

**Summer Solstice:** June 20  
Celebrating harvest, sun, nature

**Fall Equinox:** September 22  
Gratitude & Reflective shift inward

**Winter Solstice:** December 21  
Rebirth, Intention setting



### WEEKLY RITUALS

Traditional religions often mark a once-a-week ceremony and join with others for reflection and centering themselves in their values. What weekly flow state might best serve you on a weekly basis? Getting together with a group? Solo reflection time? A weekly dose of art or writing or nature?



### MONTHLY MAGIC

The moon's cycles cause Earth's waters to ebb and flow monthly. Connect to this natural cycle by following the currents of ancestral wisdom:

**NEW Moons** are times for initiating new habits and setting intentions.

**FULL Moons** are times for celebration and actualization.

2020	Full Moon	New Moon
January	Fri. 10th	Fri. 24th
February	Sun. 9th	Sun. 23rd
March	Mon. 9th	Tue. 24th
April	Wed. 8th	Thu. 23rd
May	Thu. 7th	Fri. 22nd
June	Fri. 5th	Sun. 21st
July	Sun. 5th	Mon. 20th
August	Mon. 3rd	Wed. 19th
September	Wed. 2nd	Thu. 17th
October	Th. 1st & Sat. 31st	Fri. 16th
November	Mon. 30th	Sun. 15th
December	Wed. 30th	Mon. 14th



### DAY-TO-DAY DELIGHTS

What small daily pleasures help you get into the flow? Meditation, yoga, time with pets or family, even tidying up or cleaning can be an opportunity to find flow in your day. Identify the low-barrier-to-entry flow states that give you a lift and channel peacefulness or bliss and commit to making these moments part of your daily ritual and routine.