



### MOON DUST Sampler

[Moon Dusts](#) are now available in travel-friendly sachets!

- Beauty
- Brain
- Sex
- Power
- Spirit
- Dream

Dusting every morning like clockwork helped me through three plus months of non-stop on-the-go upheaval, transition, metamorphosis.

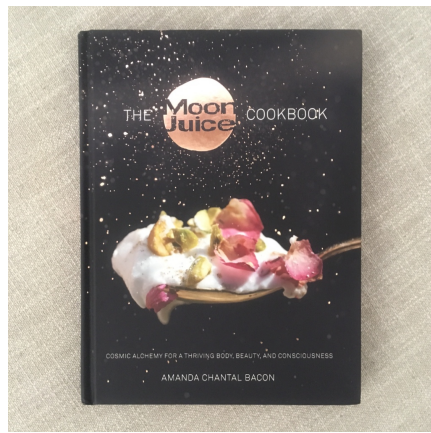
Enjoy [20% OFF](#) your first order from Moon Juice. ♡

## December 2016

### Home

Home means many different things to people. Home can be a place (a house, a city or state). Home can be with the people you love... "where the heart is". Home can be something within yourself that makes you feel as though all is good and okay. Or any combination of those things.

I've recently gone through a change of home, moving from one place to another. Having moved around a lot as a kid, to me the idea of home is very abstract. I still consider Hawai'i my home though I haven't lived there since I was 19. I think of my grandparents' house as home because it has been a constant my entire life. And I am also able to feel at home wherever I live.



Also check out [The Moon Juice Cookbook!](#)

I love the raw beautiful imagery in this book, and it's filled with lots of information on incorporating wellness practices into your lifestyle.



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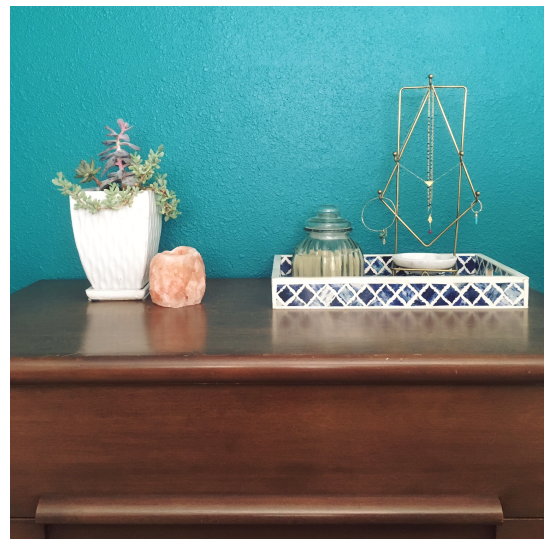


### December 2016 Horoscope



Via [MindBodyGreen](#), Photo: Stocksy

We just moved into a wonderful 3-bedroom house. This is my first time as an adult living in a proper house, rather than an apartment. I feel the desire to settle in here a little more. I feel the desire, more than ever before,



to share our home with guests. So far much of my focus has gone into creating a SPACE. With visitors in mind, my intention has been to create a place for those who enter (including those of us who live here) to feel light and grounded and comfortable.

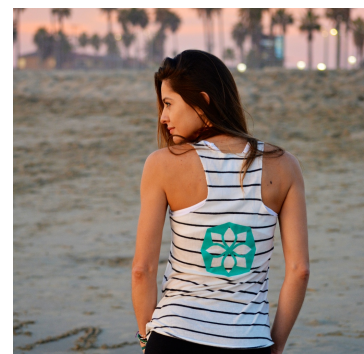
We hosted Thanksgiving here, just over two weeks after moving in. We had 9 adults and 4 little kids for a two-night sleepover, and I prepared my first Thanksgiving meal. It was incredible to be able to provide that space for our loved ones to gather and to create memories. It really felt like home.

This holiday season, consider your notions of home. How can you feel at home in any given situation? How can you bring a piece of your "home" with you into the things you do?

## Introducing Yoga Wire Apparel!

Be the first to [shop](#) the new Yoga Wire Logo Tanks.

Available in Peacock/Seafoam, Asphalt/Teal, White/Teal and Limited Edition Ink Stripe/Teal

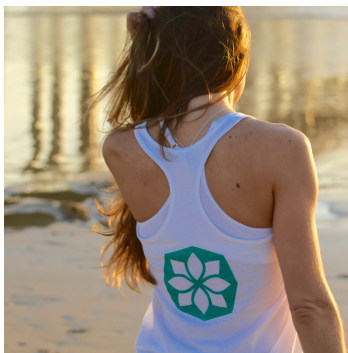


*"It's hard to believe that 2016 is almost over—and for some people, not a moment too soon. Luckily, it's Sagittarius season until December 21, a time of expansion, generosity and open-mindedness. We could all use the Archer's global and multicultural awareness more than ever now.*

*Could some productive dialogue be part of the deal? December 13 brings the year's final full moon—a SUPERMOON in garrulous Gemini. If we play our cards right, this could be a fruitful time for communication, clearing the air and partnering up with a kindred spirit or two.*

*Best to get it all out in the open then. Mercury will go retrograde on December 19 in Capricorn until January 8. Interestingly, this is also the day of the Electoral College final decision for who will be U.S. President. Capricorn is the sign of government, patriarchy and men—this could affect the outcome, especially since fiery Mars will end its run through Aquarius, the sign of politics, that began on November 8 (Election Day in the U.S.). Whether or not the tides turn dramatically remains to be seen, but it IS certainly interesting that this nail-bitingly anticipated date coincides with two major transitions.*

*Capricorn season begins on December 21, shifting from fiery Sag energy to stabilizing earth energy. Then, December 29 brings a goal-focused Capricorn new moon—a great time to make 2017 resolutions a couple days early, since new moons give all our initiatives extra oomph."*



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## Post-Election Reflection

I am a woman. A strong, intelligent, beautiful, serene spirit of a woman. I respect myself and I respect men of high character and integrity. [Read more...](#)

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### Posture Highlight:

Archer Pose (in honor of Sagittarius)



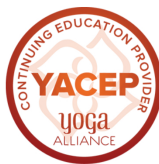
Archer Pose (*Akarna Dhuanurasana*) is one of those poses that looks easy but can be challenging for many. This variation crosses the upper foot across the body. There is another variation in which the foot is pulled towards the ear on the same side of the body. Both variations require a great deal of hip flexibility. It's helpful to warm up with some hip- and shoulder-openers, twists, and hamstring stretches before

[Read more...](#)



Photo: [Mark Ley](#)

Jenni Anspach is a [Yoga Alliance certified E-RYT 500](#) instructor trained in Bikram Yoga, Vinyasa Flow, Yin Yoga, and Stand-up Paddle Yoga. With over 10 years teaching experience, she has instructed students of all backgrounds and ability levels.



attempting this pose.

#### INSTRUCTIONS:

**1.** Sit with both legs stretched out in front of you. Cross your right ankle over your left leg, just above the knee in a figure four position.

**2.** Reach for your left foot with your right hand. Clasp your big toe over the top with all fingers except the index finger. Your index finger should rest on the top of your foot at the toe creases, pointing in the direction of the pinkie toe. Flex your left foot and contract your left thigh.

**3.** With your left hand, clasp the right big toe in the same way (with the index finger on top of the foot). Point your right toes.

**4.** Inhale, stretch up out of the waist and twist your upper body to the left. Keep your core active.

**5.** Exhale, with your right toes pointed, pull your right foot up towards your left ear. Keep flexing your left foot and tightening the thigh. Draw your left elbow up and back. Chin to your right shoulder. There should be a straight line from your left elbow to your right hand.

**6.** Switch sides.

#### BENEFITS:

- Increases hip flexibility
- Strengthens arms, shoulders, and core
- Stretches arms and legs

#### CONTRAINDICATIONS:

- Shoulder injury
- Hamstring injury
- Lumbar disc issues or injury
- Avoid if pregnant

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I would be so grateful to know how I may have made an impression on you!

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