

Moon Cycle Immersion  
~ *A Journey to Manifestation* ~

Daily journaling practice  
Two live meditations each week  
Two live yoga sessions each week  
A personal card reading  
A past life regression  
Weekly zoom call to check in with astrological insights and your personal goals  
A new + full moon cacao ceremony

Take a 14 day journey with Gayle Worth and Chelsea Sharp through a new to full moon cycle. In the darkness of the new moon we will plant seeds of intention and we will watch these grow together as the moon reaches its brightest expression in the sky.

You will be fully supported throughout these two weeks with weekly zoom calls, live yoga and meditation classes, and daily journaling tasks to dive deeper into your subconscious desires. All of the content will be available for replay.

Limited to a group of 10, this experience will be personalised for the group energy that each individual brings to the circle.

Schedule:

Sunday: Zoom call ~ Introduction, goal setting, cacao ceremony

Monday: Meditation

Tuesday: Vinyasa Yoga

Wednesday: Personal Card Reading / Past Life Regression

Thursday: Meditation

Friday: Yin Yoga

Saturday: Extended Journaling Task

Sunday: Zoom call / Check-in

*Same format for the second week, with new class themes.*

Energy Exchange:

\$100 USD / \$150 AUD

### About Us:

Gayle & Chelsea met during a volunteer experience at Swami's Yoga Retreat in Sydney, Australia. Since that time spent together, they knew that they would work with one another to spread awareness and light to the world. Both have a strong passion for assisting others through transformative periods in their life. They are both trained in different modalities and have a range of experience working with other people, particularly through goal setting and working with the moon cycles.

Gayle, originally from Arizona and now based in Santa Catalina Panama, is trained as an NLP Life Coach, Hypnotherapist, Regression Specialist and Yoga Instructor.

Chelsea, based in Sydney, Australia is a Yoga Instructor, Naturopath and Massage Therapist.

Both enjoy time spent abroad, travelling the world, and therefore the nature of the online immersion has been created to be accessible for everyone from anywhere!



If the sound of this immersion resonates with you, please reach out to Gayle or Chelsea to book your space. Also, if you have any questions we would love to hear from you!

### Contact Details:

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