Namaste Yogis and Yoginis

Welcome August, a month of opportunities and time to “make hay while the sun shines”

August in the Southern Hemisphere, always whispers the promise of Spring and renewal. And so it will be in your life, as you move through this awesome and abundant month of August.

The energy of this month is all about moving forward and upward, growth, empowerment and prosperity.

We start off with, Lion’s Gate Portal on 8/8, which is marked by the alignment of Earth, the Sun and the star Sirius, which is 2x the size of the Sun and 26x brighter.

As Sirius, also known as the spiritual sun, rises in the sky, Orion's Belt, directly aligns with the Pyramid of Giza, and it appears that Sirius (the brightest star in the heavens) comes closer to the Earth.

Lions Gate is a time of increased cosmic energy flowing between the physical and spiritual realms, and this energy is all about awakening your Divine Light.

We also have a New Moon on 8/8 , which makes the New Moon more powerful, and will help to increase the energy of your New Moon intentions. As the light of the moon grows, your intentions manifest and come to fruition.

With all this in the background, and having released your limiting beliefs, you can now revisit your goals and projects that fell by the wayside a few months ago. You can pick up on those plans with renewed energy and focus, and knowing that they are your passion and your purpose, you will be able to move forward and upward. This is the time for you to shine your light for the world to see….time to be courageous and authentic.

The 6 planets in retrograde this month are :

Jupiter until 18 October - [Jupiter retrograde](https://www.elitedaily.com/lifestyle/jupiter-retrograde-2021-affects-zodiac-sign-luck) is a time to reconnect with your ability to build your own opportunities, embrace your own spontaneity, and remember that you can create your own happiness.

Saturn until 10 October – Saturn retrograde gives you time to peacefully process Saturn’s lessons and rethink your work ethic on your own time.

Neptune until 1 December – Neptune retrograde gives you  time for clarity as you focus in on reality.

Pluto until 6 October – Pluto in retrograde encourages you to look deep within your subconscious and spark your own personal transformations.

Chiron until 19 December – Chiron in retrograde it increases your awareness of your suffering, so that you can learn how to heal yourself even more deeply.

Uranus 18 August until 19 January 2022 – Uranus in retrograde helps you to evoke change from within, and embrace your eccentricity and your authenticity.

Our crystal for the month is Rose Quartz



 CRYSTAL     COLOUR         ESSENTIAL OIL      ARCHANGEL    CHAKRA

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| --- | --- | --- | --- | --- |
| Rose Quartz\*Rose Quartz is a stone of universal & unconditional love.\*Opens the Heart Chakra, bringing in gentleness, forgiveness & tolerance.\*It opens you up to the beauty and love in everything around you.\*It brings you self-confidence, self-worth and creativity.\*Rose Quartz crystal supports you on your healing journey so you can bring your heart center back to its highest frequency. \*As part of the healing process, the Rose Quartz crystal stone allows you to restore trust, an essential component for moving forward | Pink\*Pink is the colour of universal and unconditional love.\*Pink associates with feelings of serenity, relaxation, acceptance, and contentment. \*It regulates mood, influences temperament, and offers you a sense of harmonious balance.\*It has many beneficial healing properties  & is a colour used to heal animals \*Bright pink encourages action & confidence. | Frankincense\*The woody, spicy fragrance of burning Frankincense is commonly used in meditation practice.\*The resin and essential oil of Frankincense are commonly used in religious ceremonies, as a link to the divine. \*They have also been used for healing a variety of conditions, both internally and externally, for thousands of years.\*Frankincense supports the body and mind because it works as an energy medicine. It affects our own energy field, \*Natural sedative\*It was one of three gifts presented by the Three Wise Men | Archangel Ariel\*Known as the “Lioness of God”\*Ariel is the Archangel of abundance & animals, overseeing nature and the natural world. \*She is the link between humanity and the elementals, fairies, crystals, minerals and of course animals.\*Golden energy with streaks of pink and white.\*Assists with intention setting, giving (lioness) courage, strength, and confidence to stand in your power and roar.\*AA Ariel will help you find the courage to ‘go for it' and to take a leap of faith to manifest your dreams and goals, and to realize that the Universe is conspiring with you, in a magical way. | Anahata / Heart\*Anahata is located in the centre of the chest, in the region of the heart, & is the seat of ALL love.\*It is our inner temple, where the “flame of life “ resides.\*It is the center of love for oneself and others, compassion, empathy and forgiveness.\*The energy that emanates from Anahata Chakra is freeing and expansive.\*Corresponds to the element of air and the colours of Green and/or Pink\*Anahata Chakra transmutes the energy of likes & dislikes into divine love at its source. |

DATES TO REMEMBER

8 Aug   -   Lion’s Gate Portal - This is one of the most magical days of the

 month and brings some high-frequency energy our way.

8 Aug   -   New Moon – Perfect time for all those who set intentions.

9 Aug   -   National Women’s Day ( South Africa)  commemorates the 1956

 march of approximately 20,000 women to the

  [Union Buildings](https://en.wikipedia.org/wiki/Union_Buildings) in [Pretoria](https://en.wikipedia.org/wiki/Pretoria).

22 Aug -   Full Moon - It carries expansive energy that can help boost our mood

 and allow us to feel connected to something bigger than just

 ourselves.

29 Aug -   Moon Wobble – this can bring extreme weather patterns or weather

 events. As the name suggests, it can also stir up some wobbly energy

 making us question or reconsider our direction forward.

 Whenever the Moon is involved, it’s always a good idea to

 listen to your intuition.

Now to matters on the mat…..

I am so sorry to hear that so many of you have been knocked by Covid 19 infections, during this third wave. I certainly hope that you and you families have all come through this, and are well on the mend and on to full recovery.

Please remember, resuming exercise should be a phased and slow approach. Regaining your pre-Covid 19 fitness level may take time.

Slowly introduce walking, and gentle yoga stretching. Rib and chest expansion exercises, such as using your various breathing techniques, can be helpful in your recovery.

As we move through, and past our peak of infections, we will be assessing the situation, and we are hoping to be able to open during early September. However we will make that decision during the last week of August / first week of September……yaayyyeee!! 

In the meantime, we will continue with our Online Classes, as is available in our video library on our website. Thank you to all who support our subscription classes…it is sincerely appreciated, and has helped YogiB Studio to stay alive.

All updates and information including the availability of free class videos ( Noticeboard Page ) can be found on our website [www.yogawithyogiB.com](http://www.yogawithyogiB.com)

Our winner for the July lucky draw is Inge Stapela…..congrats Inge, hope you enjoy your gift 

As we move through this month of August, there are 3 keywords which you need to keep in mind….courage, strength and enlightenment.

The energy asks you to step out of your comfort zone, release the negative, embrace the positive and in doing so you will open yourself to enlightenment.

Till we meet again on the mat……..wishing you all an abundant, adventurous and awesome August 

Take care, stay healthy and safe…..

Love and blessings

Bev