Namaste Yogis and Yoginis

Welcome December…the last month of the year!!

I guess there are many who are delighted to see the back end of 2020. It has been a trying and difficult year for most of us, and rightfully so, because change and transformation is never easy 

On reaching the end of the year, we should take time to reflect on what has taken place.

For each one, it will be different.

Find some quiet time with a pen and paper.

Here are a few ideas you can use to help you assess the year gone by

1) Write down all the good things that have happened over the past year…no matter how small or insignificant…as you write, re-live those good happenings in your mind, savour them…..smile as you think about them 

2) Bring to mind the unpleasant things that took place….NO judgement whatsoever….maybe you can find something good that came out of them??….DON”T linger on them…just be aware of them, and then, let them go. DO NOT beat yourself up about them. It is over and done with…gone forever.

3) Check where you were and who you were this time last year….then reflect on where and who you

are right now.

Write down what you have discovered about yourself…what strengths and abilities did you discover in yourself?

What new insights do you have about life, your family, your friends, spending time with yourself….

What you planned for the year 2020, most probably did not materialize, but I guarantee you that if you are honest, kind and truthful with yourself, you will SEE the transformation and growth that has taken place. You will SEE the creative ways in which you handled and tackled the drama, the demands, and the upheavals of the year.

Whatever “bad” happened this year, the end result will be good, and if it is not good at the moment, it has not finished playing itself out yet!

Whatever you do, DO NOT spend time regretting what you did not achieve or did not do. Rather take your actual achievements and build on them, as they are an opportunity to set your wheels in motion for the year ahead.

Remember you could only do what you were capable of doing…you certainly did not fall short….you gave it all you had at the time, and that was enough!

It is time now to celebrate that you are enough and that you have made it through one of the toughest years in the history of this world. Lessons learnt from 2020 will benefit not only you, but generations to come.

It is time to celebrate the new and transformed you….it is time to celebrate a new beginning and new ways…..

Another year is coming and it is starkly different from the one that is passing….. 

Let us have a look at what is happening in the cosmos….

December is one of the most potent energetic months of the year…which will usher in an entirely new era.

It is a perfect time for soul-searching and spiritual connection. It is a wonderful time for reflection, introspection, and truth-seeking.

The only planet left in retrograde is Uranus which stations direct on 14 January 2021

Saturn enters  the sign of Aquarius on 16 December as does Jupiter on 19 December…this is the ushering in of

The Age Of Aquarius that is so widely spoken about.

So from mid December you should find a softening in the energies that are around.

On 21 December the Great Conjunction occurs, which is when Saturn and Jupiter, the two biggest planets of our solar system, align. This happens only once every 20 years….BUT…..aligning in the sign of Aquarius happened last  615 years ago in 1405, which was at the start of the Renaissance era. We are now at the dawning of the Age of Aquarius….the Golden Age.

Saturn and Jupiter will appear, almost conjoined, in the western sky shortly after sunset where they will be highly conspicuous and might look slightly elongated. It should appear as a “double” planet, the brightness of which some say is expected to be that of the Star of Bethlehem, and to make it more special, this all happens on our Summer Solstice….

Dates to Remember in December…..

14 Dec     -   New Moon and Total Solar Eclipse – Visible in South America

16 Dec     -   Day of Reconciliation

21Dec      -   Summer Solstice (southern hemisphere) – Longest day / shortest night

                    Winter Solstice (northern hemisphere) – Shortest day / longest night

                \_  Great Conjunction – Alignment of Saturn and Jupiter

25 Dec     -   Christmas Day

26 Dec     \_  Family Day previously known as Boxing Day

29 Dec     \_  Full Moon

31 Dec     \_  New Year’s Eve and the Last Day of 2020!!!

Now to matters on the mat…..

We are currently seeing an enormous increase in the number of cases of this virus, that has kept us socially distanced for the better part of the year. Hopefully by end of January we are able to restart our live yoga classes.

In the meantime I will continue to dedicate myself to sharing yoga in which ever format I have available, to enrich and enhance the lives of so many. I do have some exciting new ideas which I am busy working on, and can’t wait to share these with you.

We continue with our monthly draw for our Online Classes participants.

Our winner for the month of November was Linda Muller. Congratulations Linda…hope you enjoy your gift

All updated details and classes can be accessed on our website [www.yogawithyogiB.com](http://www.yogawithyogiB.com)

As we move through the last few days of this year, remember to stay grounded in gratitude, focusing on the now moments, wrapping yourself in self-care and self-love, letting go of the “should haves” and knowing that you are enough, exactly as you are, and trusting that you are precisely where are supposed to be.

May your holidays be bright and happy, filled with meaning and love, gentle kindness and compassion, and all the good things so freely bestowed on us by the universe.

Wishing you all a blessed Christmas and a peaceful and prosperous 2021.

Stay safe and have a good rest because 2021is on its way….full speed ahead, so you better be ready 

Much love and blessings

Bev