



SUMMER SOLSTICE GUIDE

Solstice, midsummer, is the longest day of the year - a time of expansion, action, expression, and celebration. Use this guide to help you align with the apex of the year and celebrate the light with your children.



DIFFUSE

Diffuse lavender, lemon, mint, orange, citrus, or sandalwood essential oil in your home to set the summer tone. Or dab a drop on your solar plexus to infuse your energy field.

SHINE & GLOW



Wear clothing or jewelry in gold, orange, red, green, or yellow - make sure it's something that makes you feel beautiful!



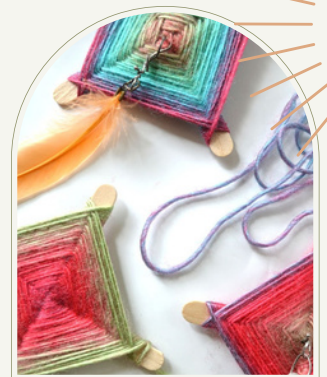
UNLEASH YOUR ESSENCE

Commit to yourself and consider the Unleash Your Essence course to reignite your sovereign nature.

LEARN MORE

OJO DEL SOL

The eye of the sun symbolizes power and illumination. Grab your kiddos and wrap red, orange or yellow yarn around crossed popsicle sticks. Hang from the window!



SUNBATHE

Drink in the sun. Lie down on the grass or a beach and allow yourself to receive the heat and light of the sun. Breathe deeply, inhaling light through your entire body and exhaling gratitude.

SUN COOKIES



Help your kids make sun cookies. As you eat them, imagine you're digesting all of the radiance of the sun and filling your inner body with warm, sweet love.

To learn more about retreats and local community gatherings, visit www.mothersmovingmountains.com