

# INSPIRED BY SPIRIT

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## Full Moon Ceremony – “Keep Dancing. Keep Singing”

“Inspired By ” **Podcast** – Episode 04 – To Follow

**Integration** – Online Circle, What Are You Wishing For? **Blog**, Bare Necessity **Poetry**, Healing the Connection with the Body and the Land and Balancing the Nervous System **Inspiring Space**.



Stay Inspired!  
Blessings!

## IN THIS INSPIRATION

### Full Moon Ceremony

“Keep Dancing. Keep Singing”  
January 17, 2022

### Inspired By Podcast – Episode 04

*Offerings* – To Follow

### Integration – Online Circle

Saturday January 8, 2022  
*Events*

### Inspiring Space:

Healing the Connection with the  
Body and the Land

Balancing the Nervous System

**Blog:** What Are You Wishing For?  
**Poetry:** Bare Necessity