



BE A MASTER OF CHANGE  
BY ALIGNING WITH  
NATURE'S RHYTHMS

# December

2023



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

				1	2	3
4	5	6	7	8	9 REUNION <b>RSVP</b> Holiday Hike + Teatime Practice + Dinner <i>Santa Cruz, CA</i> 12 - 7 pm PST	10 NATURE ATTUNEMENT <b>LISTEN/ WATCH</b> Monthly School for Seasonal Living Practice <i>with Dr. Paul</i>
11	12 NEW MOON <b>RSVP</b> Intention Setting & Sound Healing <i>with Joy</i> 7:30 - 8:30 pm PST	<b>MERCURY IN RETROGRADE BEGINS! SLOW DOWN TO REST, REFLECT &amp; REVISE. AVOID TAKING ON NEW PROJECTS!</b>			16	17 <i>REST FOR THE WEEK AHEAD...</i>
18	19	20	21 WINTER SOLSTICE  Enjoy some silence in nature for the longest night/shortest day	22	23	24 <i>REST FOR THE WEEK AHEAD...</i>
25	26 FULL MOON <b>RSVP</b> Dao Meditation <i>with Dr. Paul</i> 5:30 - 6:00 pm PST	27	28	29	30 REFLECTION <b>RSVP</b> Gratitude Blooming Centering Practice 9- 10 am PST	31 <i>REST FOR THE YEAR AHEAD...</i>

To RSVP, click on **red links** or visit:  
**hestiamagic.com/members 2023**

SEASONAL THEMES/MEMES  
*deepening, resting, dreaming,  
darkness, hibernating, storing, seeding,  
quiet, stillness, imagining...*

**UPCOMING FOR MEMBERS !**

**BOOK** 50% OFF FLASH MEMBER DEALS  
>> Dec 9- 22, 2023

**RSVP** SANTA CRUZ PRE-SOLSTICE  
CELEBRATION  
>> 12-7 pm, Sat, Dec 9

**TOOLS & PRACTICES**

**LISTEN** ATTUNE YOURSELF WITH THE  
SEASONAL ENERGY  
*with Dr. Paul*

**LISTEN** NOURISHING WINTER  
RESILIENCE MEDITATION  
*with Iris*

**ACCESS** USE YOUR GRATITUDE  
BLOOMING DIGITAL CARDS to  
set intentions (*passcode: hestia*)

**SHOP** GET EXTRA 10% OFF WITH  
PROMO CODE  
>> HESTIA <<

