

BROUGHT TO YOU BY ROOTED WELLNESS RETREATS

# FULL MOON RITUALS

GROUND/ BREATH DEEPLY/ EXPRESS GRATITUDE

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## GROUND YOURSELF

Here are a couple ideas to help you get grounded. There are many other options out there but be authentic with what feels best for you.

Place the soles of your feet directly onto the earth. Walk on the grass barefoot or lay down in it. You can also lay down in the sand or go swimming in a lake or in the sea! What feels right for you? Do that!

## BREATH DEEPLY

Breath in for 3, hold for 3 and breathe out for 3. Do this 7 times.

## EXPRESS GRATITUDE

An easy thing to do is express gratitude towards what you have in order to achieve what you want. Go ahead and journal about all the things you are grateful for today!

