

“The body is the chrysalis of a Soul”. – Sri Aurobindo

Full Moon Circles (Women Only)

Time: 7:30 – 9:00pm (Arrive in Silence by 7:20pm)

Cost: \$40/per person

Women have gathered to circle together for centuries with the illuminating powers of The Moon. We will gather monthly to continue in this inspiring and illuminating tradition. As we root our fluid movement in Her waxing and waning, we learn to trust our inner vision as it guides us into deeper communion and more expansive revelation with the Soul Realm. When a “Moon Consciousness” calls you forth, you are being invited to new depths of your soul’s embodiment, transitioning from darkness (woundedness) to Light (freedom of expression of the true nature). Come join us for an evening of meditation, empowerment, enlightenment and enrichment!

Roberta Pughe: Facilitator, Teacher & Guide

Roberta Pughe is a Gestalt Psychotherapist (Licensed Marriage & Family Therapist), Contemporary Shaman and KRI Certified Kundalini Yoga Teacher who has been in private practice for over 30 years. As an educator, conference leader and published author, Roberta’s current passion is to foster embodied, soulful communities as “Domination Free Orders” rooted in inclusivity, social transformation and the soul’s intelligence.

Roberta teaches a psychological/spiritual methodology, inviting the soul home to live in the container of the body. This provides opportunities for the soul’s intelligence to communicate in practical ways, applicable for daily living because it is experienced in the body as “gnosis”.

Roberta is the Founder of “The School of Embodied Enlightenment™” which is an awareness educational organization that offers an experiential teaching program (in Princeton, NJ) designed for folks who want to facilitate the conversation in college/university settings, schools, communities and families.

PROTOCOL

All ceremonies will be held at SEE location:

40 Deer Path, Princeton, NJ 08540

In warmer weather, please enter and leave through Garden Sanctuary (near Clover Lane). Enter through purple gate to left of house. Park on Clover Lane or Deer Path and enter Garden Sanctuary via Red Pebble Path. Enter Meditation Room via sliding glass doors. Leave shoes on steps inside sliding glass doors. In colder weather, enter through front door and leave coats in foyer closet and shoes on floor near closet in foyer.

Bring:

- Water
- Yoga mat and/or meditation cushion