

Welcome to The Super Blue Moon in Pisces Ceremony



My name is Lisa, I am a Yoga Teacher, and an RN with over 2 decades of experience, about 5 years ago I started to pivot my career towards a more integrative and holistic healing approach. I am now a dedicated practitioner that weaves together the ancient wisdom of Ayurvedic healing with the root cause approach found in Functional Medicine by designing individualized wellness programs tailored to the unique personalities, aspirations, tendencies, and physical nature (your individual blueprint) of those who seek my guidance. I am a perpetual seeker of wisdom, fortunate that its depths are boundless. Moreover, I have a fierce commitment for aiding nurses in rekindling their passion as healers within a fragmented healthcare system.

Moon Talk:



Let me begin by saying there is magic in the air. The Super Blue Full Moon in Pisces, will grace our skies on August 30, 2023.

The alignment of the moon in the sign of Pisces invites us to immerse ourselves in the deep waters of our emotions, intuition, and spirituality. Pisces, ruled by Neptune, is a mystical water sign connected to the unseen realms. Pisces is associated with hopes,

dreams, healing, as well as letting go and finding closure. This full moon encourages us to embrace our inner mystic, to let go, to dissolve the barriers that hinder our spiritual growth and open ourselves up to the whispers of our authentic selves.

Now, what makes this full moon particularly special is the "Super Blue" aspect. A Super Moon occurs when the moon is closer to Earth in its orbit, appearing larger and more luminous in the night sky. A Blue Moon, on the other hand, refers to the second full moon within a single calendar month. The convergence of these two phenomena amplifies the moon's energy, intensifying its influence on our emotions and our inner work.

Blue Moons are a powerful time to set intentions, release negative energy and manifest abundance.

The presence of a Super Moon further amplifies the potency of this energy, resulting in a larger and more luminous impact.

This is a time for reflection, meditation, and connection to the universal energy that flows through all living beings.



In the realm of spirituality, the moon has long been associated with cycles of transformation and renewal. Just as the moon waxes and wanes, our spiritual journeys also follow cycles of growth, release, and rebirth. The Super Blue Full Moon in Pisces serves as a reminder of the cyclical nature of life and the ever-present opportunity to shed what no longer serves us, making space for new intentions and aspirations. Use this time to release emotional baggage, forgive yourself and others, and set meaningful

intentions for the future. Allow the energy to guide you toward greater empathy, compassion, and deeper connections.

The Super Blue Full Moon on August 30, 2023, offers us a doorway into the mysteries of our own souls and the universe at large. It's a time to honor our emotions, trust our intuition, and embrace the interconnectedness of all life. Remember that just as the moon influences the tides, it also stirs the tides of our hearts and minds.

This evening, may you find inspiration to dive fearlessly into the depths of your spiritual journey and emerge with a greater sense of purpose, love, and enlightenment.

Explanation of Asana:



Our Asana practice this evening is about shedding layers and grounding. We will begin with Chandra Namaskar, also known as Moon Salutation, a sequence of yoga postures that is practiced to honor and harness the energy of the moon. It is a calming and introspective flow that helps us shed layers, similar to the moon's shedding.

Overall, Chandra Namaskar offers a unique way to honor the lunar energy, cultivate a sense of balance and tranquility in the body and mind.

We will then integrate postures designed to help anchor you to the Earth, increase strength & stability, improve concentration and even massage your large intestine and colon to help you balance Vata.

Slowing Down:

We are moving into Vata season. Vata is composed of air and ether, and is responsible for movement in our physical and subtle bodies and external environment. Since Vata is light (air) and mobile it can easily go out of balance, a more grounded, stable and consistent practice is necessary, especially now in our current shoulder season of Vata (Autumn) pushing Pitta (Summer).

Reminder: What happens outside is also occurring in our internal ecosystem.

After the Asana Practice:



Creating simplicity in life is necessary for manifesting abundance; we need space to receive. This involves shedding unnecessary clutter, whether that is physical possessions, mental clutter, or emotional attachments. Releasing these distractions will give you the space for clarity and space for your seeds of abundance to root and flourish.

Tonight our hope is that you begin to shed the layers necessary for you to be open to the energy of the Super Blue Moon and the abundance she is offering you.

Before we journey down towards the healing circle, write down on the piece of paper what you need to let go of to help you cultivate the space necessary to manifest your intentions.

Lisa Ostler

RN,BSN, NC-BC, FMP, RYT

Olympia Integrative Healing llc

