

# Full Moon Healing Action Network: Q1, 2, 2022

Intergenerational Strength at Fuerza Unida Women's Garment Collective Leadership Center

Full Moon Weekend January 2022 Circle:

- Moving through Grief and Despair
- Rebuilding our connection
- Stress relief and deep restoration sound Healing w/ Gera



Community Social Justice Artists Grief Healing at the Esperanza Center for Peace and Justice

Full Moon, February 2022

With ritualist Erica Casasola & Anel Flores



## **Intergenerational Community Power Event**

**Healing ourselves to heal Mother Earth**

**3 phases:**

- **Therapeutic movement  
eagle, wolf, and hummingbird dance**
- **Breathework for nervous system repair**
- **Sound Healing Power up for regeneration  
2 prayers song jam sessions to strengthen  
Mama Earth climate healing, balance, and harmony**

**Confluence Park**

**Close to March Full Moon**



