



YOUR BODY IS YOURS TO KNOW SERIES 2026 - 2027

With Moon Phases

Thursdays (10 - 11:45 AM PT).

Moon Phase

10/1- Opening/Grounding

Oxygenation System

Sep 26 - FULL

Oct 8

Oct 10 - NEW

Oct 22

Clearing System

Nov 5

Oct 25 - FULL

Nov 19

Nov 8 - NEW

Winter Hiatus

Nov 24 - FULL

Dec 8 - NEW

Dec 23 - FULL

Movement System

Jan 7

Jan 7 = NEW

Jan 21

Jan 22- FULL

Feb 4

Protection System

Feb 18

Feb 6 -NEW

Mar 4

Feb 20 - FULL

Communication System

Mar 18

Mar 8 - NEW

Apr 1

Mar 22 - FULL

Nourishment System

Apr 15

Apr 6 - NEW

Apr 29

Apr 20 - FULL

May 13 - Closing

May 6 - NEW