

# CYCLE GUIDE

	New Moon Menstruation	Waxing Moon Follicular	Full Moon Ovulation	Waning Moon Luteal
Menstrual Energy	Intuitive connection, introspection, self-evaluation, course corrections	Drive, focus, creativity, optimism	Ability to connect with others, confident, able to express ourselves	Prioritize details and complete projects, refinement, nesting
Moon Energy	What do I want? Set intentions!	Push past challenges	Expression, gratitude, forgiveness	Reflection and releasing
Self Care	Slow down & rest, journal, spend time in nature. Take a break from social media.	Keep a "toolbox" of quick inspiration, use grounding practices. Recommit to your intentions and find mentoring.	Don't overcommit, participate in satisfying social gatherings, dance. Have a gratitude practice!	Treat yourself to healthy comfort, laugh, get rid of things. Meditate and do energy work.
Food	Nutrient-rich, warmth, comfort	Fresh and light, iron-rich	Fiber-rich veggies, lighter grains	Grounding foods, curb cravings
Exercise	Gentle - walking, yoga, pilates, stretching	HIIT, cardio, more complicated work-out routines	Group classes - hot yoga, zumba, HIIT	Restorative yoga, strength training
Breathing	Alternate Nostril Breathing	Box Breathing	Ujjayi Breath	Transformative Breath
Gems/Crystals	Moonstone, Tiger's Eye, Selenite	Carnelian, Citrine	Clear Quartz, Fire Opal, Lapis Lazuli, Rhodonite	Bloodstone, Rose Quartz