

## Moon Cycles I

This introductory workshop is designed to give you an initial sense and understanding of the moon cycles and how this knowledge can be used to help you in your everyday life.

It will concentrate on the following:

- \* What is the moon?
- \* Moon Phases.
- \* Breathing, Relaxation, and Clear Speech to connect with intuitive self.
- \* How to use the energy of the different moon phases in everyday situations (for men and women).
- \* How to positively respond to others' moods using a moon cycle chart.

### Who is this workshop for?

For all who are interested in gaining a basic understanding of the concept of the moon, its phases and how they can affect their daily lives.

*I didn't know anything about moon cycles but felt intuitively that they affected me, now I understand a little more about how important they are. It was useful to explore the different personalities and compare what I thought I was and what I actually am. And well I feel there is a lot more information to understand and experience so I look forward to continuing*

Vanessa. Medical Researcher

## Moon Cycles II

Following on from the introductory Moon Cycles workshop, this session will explore the following:

- \* Further breathing/relaxation/clear speech techniques, to communicate with the intuitive self.
- \* The notion of Moon Phase personalities; i.e. the idea that the moon phase in which an individual is born creates a particular unconscious personality or characteristic tendencies.
- \* How an increased understanding of the diverse moon phase personalities can give us greater insight into our innate, self, (not consciously expressed)
- \* Also how we can improve our personal and professional relationships, by adopting a more intuitive attitude towards events in our lives

### Who is this workshop for?

For those who wish to learn about moon phase personalities and how this information can enhance their inner and outer expression, This workshop would particularly benefit healers, astrologers, and other professionals.

*I would strongly recommend this series of workshops to anyone, particularly those studying astrology - even to so-called professionals.*

BL. Teacher

## Moon Cycles III

The third part of the Moon Cycles Workshop Sessions will explore the following:

- \* Further breathing/relaxation/clear speech techniques, to communicate with the intuitive self.
- \* Short definition of astronomy and astrology.
- \* A brief overview of the astronomical constellations in the sky.
- \* Focused discussion of how astrology and the moon cycles can be utilised in daily life to focus and increase awareness /understanding of logic and intuition working harmoniously.

### Who is this workshop for?

Moon Cycles 3 is for all, professional and non-professional, who would like to understand how logic and intuition can work together harmoniously.

*The Workshop has GREATLY enhanced my awareness of the way the moon acts on our consciousness, also it has provided a way of working with the moon that I've been trying to find for YEARS. As a result I can already feel changes occurring within and a better understanding of how I fit in to the scheme of things. These Moon workshops go a long, long way towards providing us with a simple yet effective way to do this. More please!!*

FD. Computer Consultant

## Other workshops with Claudia

### Confidence and Self-Esteem – “How to get your mojo back!”

This is an experiential workshop, designed to get you to think about the two ideas of confidence and self esteem. The aim of the workshop is to enhance your sense of self so that you can use your unique abilities in the world.

### Crystal Gateway

This course aims to give you an elementary understanding of crystals and how they can be used to balance your energy levels and to effect healing for yourself and others.

### Rediscover your Voice

This is a hands-on, out-loud experiential course that gives you a basic knowledge in singing theory and works with you to develop your own singing style. The course also deals with speaking in public and how to overcome the blocks and issues that stop us from expressing ourselves.

## About Claudia

Claudia is a BA (Hons) Graduate in English and Italian (1995).

She has a wide experience of working in both the private and public sectors in a variety of Administration roles; as a manufacturing Entrepreneur and as a Translator/Interpreter.

Claudia has lived all over the world and has come into contact with people from different cultures. During her travels she discovered that she has a real interest in the way that people communicate and interact with each other.

The mooncycles workshops have evolved from Claudia's interest in the moon as more than a light in the night sky.

Her interest lies in how the moon's energy can be used as a means to understand oneself and others in daily life.

She is on a continuous journey to discover how the moon can be deciphered, so that it's subtle nuances can be understood in a logical manner.

Claudia's inspiring, empowering, focused, workshops are held in a fun, friendly, supportive environment.

Contact Claudia at [info@anamsound.org](mailto:info@anamsound.org)

# AnamSound

“LIVING IN TUNE WITH  
THE CYCLES OF THE MOON.”

## MOON CYCLES WORKSHOPS

WITH  
CLAUDIA VAN BUREN

