

Lunar Cycle Calendar 2020 Southern Hemisphere

	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M						
January				1	2		4	5	6		8	9	10		12	13		15	16	17		19	20		22	23	24		26	27	28		30	31		
February							1		3	4	5		7	8		10	11		13	14	15		17	18	19		21	22	23		25	26	27		29	
March	1	2		4	5		7	8	9		11	12		14	15		17	18	19		21	22	23		25	26	27		29	30	31					
April				2	3	4		6	7		9	10		12	13	14		16	17	18		20	21	22		24	25	26		28	29	30				
May					2	3	4		6	7		9	10		12	13	14		16	17	18		20	21	22		24	25	26		28	29		31		
June		1		3	4	5		7	8		10	11	12		14	15	16		18	19	20		22	23	24		26	27		29	30					
July			1		3	4		6	7	8		10	11	12		14	15	16		18	19	20		22	23		25	26		28	29	30				
August						1	2	3		5	6	7		9	10	11		13	14	15		17	18		20	21		23	24	25		27	28		30	31
September				2	3	4		6	7	8		10	11	12		14	15		17		19	20	21	22		24	25	26		28	29	30				
October				1		3	4	5		7	8	9		11	12	13		15	16		18	19		21	22	23		25	26		28	29	30	31		
November		2	3	4		6	7	8		10	11		13	14		16	17		19	20	21		23	24	25		27	28	29							
December		1	2	3		5	6	7		9	10		12	13	14		16	17		19	20	21		23	24	25		27	28	29		30	31			

Follow each Moon phase
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#1 yang
New Moon
I connect with my breath.
I feel into my body. I feel my intention.



#2 yin
Crescent Moon
I embody my intention.
I allow insights and ideas to emerge.



#3 yang
First Quarter Moon
I begin to take strategic action
to bring my intention into being.



#4 yin
Gibbous Moon
I trust that my intention is unfolding
exactly as I need at this time.



#5 yang
Full Moon
I allow my intention to show me
what I need to learn and/or release.
I course correct as needed.



#6 yin
Waning Crescent Moon
I allow my intention to come into form,
trusting it is perfect for this time.



#7 yang
Last Quarter Moon
I receive with grace
I share generously.



#8 yin
Balsamic Moon
I reflect. I rest.
I review. I let go. I restore.

Learn how to use this calendar
to create a daily practice
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