



My vision, as an influencer here on earth, is to help anchor a deeper connection to our inner selves and the world around us, by learning from the natural rhythms of Mother Earth and the Universe.

The Luna Rhythms Yoga vision is to help bring a much needed balance back into the lives of humanity, and our planet, by honouring Nature as our greatest teacher and guide.

A return to the ancient earth based traditions of our ancestors , using ceremony and ritual to celebrate the seasons, and to have knowledge of the Luna cycles, brings a deep connection to life itself.

From a love and a deep heart connection to our beautiful home, choices are likely to be made that honour the life of this planet, and safeguard the future for the generations that lie before us.

May the blessings of Great Spirit, of Father Sun and Mother Moon, guide us on our way

. Namastasyai, namastasyai namastasyai namo namaha.

Diana x

Please connect with me at:

www.luna-rhythms-yoga.com

or join the growing tribe of Luna Lovers at The Luna Rhythms Yoga Facebook Page <https://www.facebook.com/dianalunasampson>