



The New Moon Intentional Journey

A 12-Month Series for Planting the Seeds of Your Year – do one, or all

Facilitators: Kim Watson & Theven Sabga

The *New Moon Intentional Journey* is a monthly, embodied practice designed to help you stay connected to what truly matters — not just for a moment, but throughout the year. Many people set intentions with genuine hope, yet find that life, stress, and old patterns slowly pull them off track. This series exists because **clarity needs revisiting**, and **intention needs a container** in order to become lived change.

Through guided meditation, breathwork, reflection, journalling, and experiential practices, each workshop supports your physical, mental, emotional, and spiritual well-being. Rather than simply talking about intention, we create space to **feel it, name it, and return to it — month after month**.

This is not about perfection or pressure. It is about awareness, consistency, and gentle accountability.

Why Attend?

- To slow down and reset in rhythm with the New Moon
- To gain clarity on what you are ready to release and what you want to cultivate
- To stay connected to your intentions beyond initial motivation
- To experience support when focus or consistency feels difficult
- To be guided in practices that regulate the nervous system and quiet mental noise
- To feel grounded, clear, and resourced — not overwhelmed

Whether you are new to intentional living or deeply experienced, this journey meets you where you are. Each session stands alone, while also building naturally from one month to the next.

What Makes This Series Different

- Follows the New Moon cycle, aligning intention with natural rhythm
- Combines practical tools with embodied awareness
- Offers continuity — a place to return when life gets busy
- Encourages participation, reflection, and integration
- Provides a supportive environment without pressure or judgment

This is an experiential journey — you will be actively involved in planting the seeds that support meaningful, sustainable change in your life.

Schedule: Monthly, aligned with the New Moon **2026 New Moon tentative workshop dates**

- January 17 – Saturday
- February 17 – Tuesday
- March 18 – Wednesday
- April 17 – Friday
- May 16 – Saturday
- June 13 – Saturday (*location will vary*)
- July 13 – Monday
- August 12 – Wednesday
- September 9 – Wednesday
- October 9 – Friday
- November 9 – Monday
- December 7 – Monday

- **Length:** 2.5 – 3 hours per workshop, with all day retreat being longer
 - **Cost:** \$20 per session (full-day retreat costs to be determined; cost may increase in April)
 - **Bonus:** Attend 5 sessions, receive your **6th session free**
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📍 **Location** – check monthly in case it changes (currently Limited Space – so sign up soon)

Celeste's Café: 1295 Ottawa Street (corner of Hall & Ottawa)

You're welcome to arrive early to the Café to enjoy a drink or meal upstairs — her soups and meals come highly recommended.

The workshop will take place in the downstairs event room (*stairs required*).

Please note: the June session will be held at a different location. Details will be shared closer to the date.

Please arrive 15–20 minutes early to register and settle in, as we begin promptly at 6:30 pm.

Street parking is available (metered on Ottawa Street), as well as nearby parking lots or side streets.

What to Bring

- Yoga mat (*if you don't have one, we can supply this*)
- Blanket and pillow
- Water bottle (closed lid)
- Comfortable clothing (*layers recommended*)

Provided:

- Monthly handouts and journalling pages (*bring your own journal if you wish*)
- Binder (*given once you commit to your second workshop*)

You may also bring your own journal if you prefer; blank paper will also be provided

✉ **How to Register**

Email us:

- Your full name
- Email address
- Cell phone number
- Your fee (or indicate you will pay at the door)

Cancellation Policy

- More than 24 hours' notice: fee deferred to a future session
- Less than 24 hours: fee is forfeited
- Special circumstances or emergencies will be considered — please speak with us

We will call to confirm your attendance the day before each workshop.

If you have any questions, feel free to reach out — one of us will respond ASAP:

Kim Watson: 519-965-7456

We look forward to sharing this journey with you — a space to pause, reconnect, and intentionally shape the year ahead.

With care, **Kim & Theven**