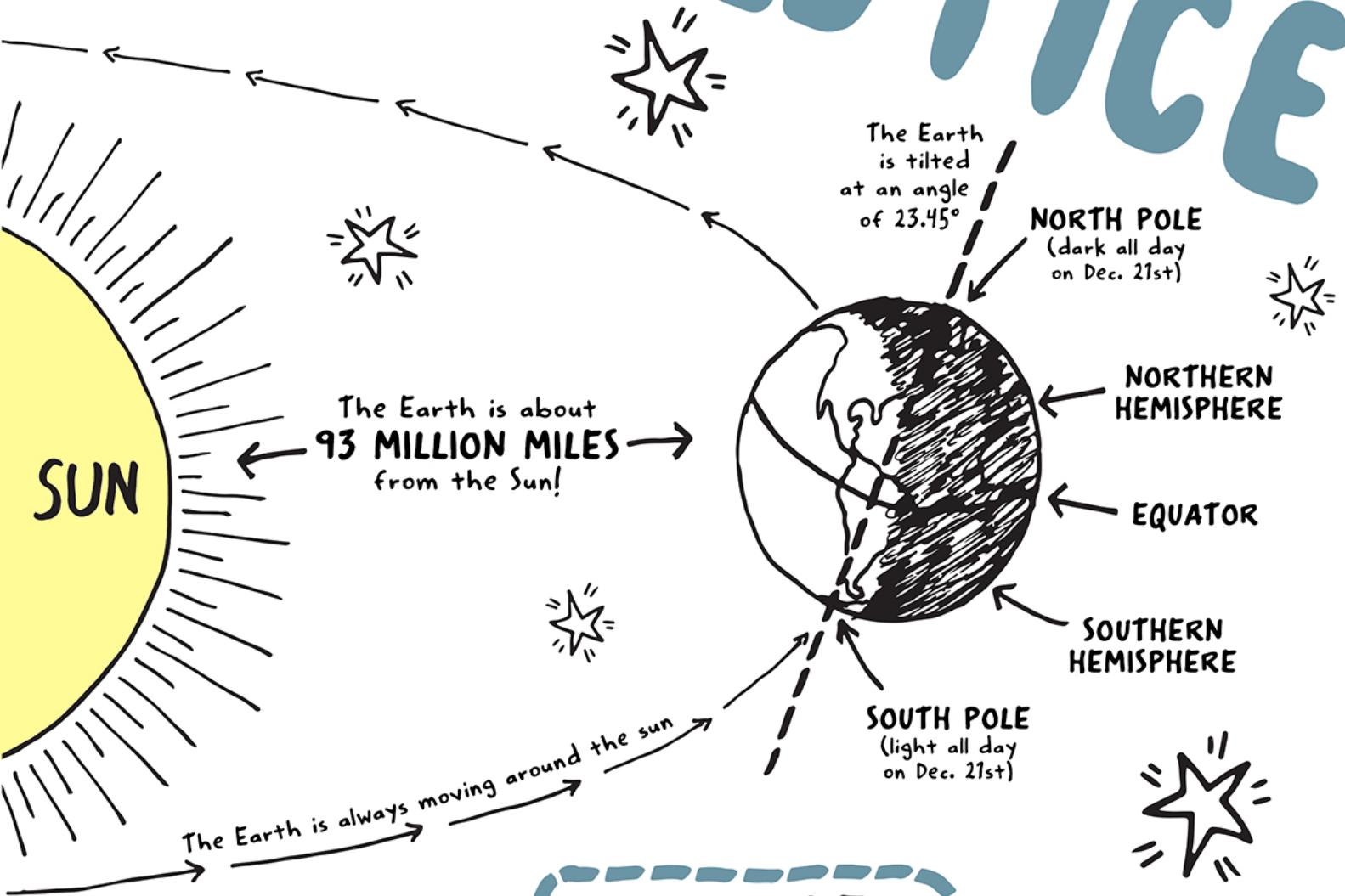


## WHAT IS IT?

For those of us living in the Northern Hemisphere, the winter solstice marks the shortest day & longest night of the year.

On December 21st this year, the sun is at its lowest point in the sky.

# THE WINTER SOLSTICE



## GRATITUDE

Take time to offer gratitude to our planet and honor the patterns of our natural world.

## NOTICE

Take a walk & observe the position and movement of the sun in the sky.

Stand outside at noon on the solstice & look at your shadow. It will be the longest shadow you will cast all year.

## REST

Be like our animal friends & embrace winter as a time for slowing down, resting, and recovering.