## **New Moon Circle**

The New Moon Circle is a group of engaged students who meet with Shambhavi to practice and study together in a less formal way. Students generally have already attended the core teachings. Participation in the New Moon Circle is by invitation only. However, students of the Full Moon Circle who complete their commitment may ask to join. The New Moon Circle cannot be live-streamed.

## Rules

- Participants must attend a minimum of nine gatherings a year if New Moon Circle is being offered every month, or 5 gatherings if New Moon Circle is being offered every other month.
- You must maintain a daily practice guided by Shambhavi.
- You must feel a natural desire to give your undivided attention into the stream of teachings offered by Shambhavi. Those students who have significant, active commitments in other spiritual traditions, or to other streams of teachings will not be invited to participate in the Full Moon Circle.
- If you have not taken all of the core teachings, you must do so as soon as the remaining teachings are offered.
- You commit to regularly attending Sunday night satsang. Participation in the Wednesday night Sound, Light, Rays satsang is recommended if you live in Maine.
- You commit to undertaking one solo retreat per year under Shambhavi's guidance. Retreats are a minimum of three full days duration.