

# Lunar Acupuncture Mini Course

## WORKSHEET

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Welcome to the course! Please complete this worksheet throughout the course if you'd like to receive PDA credits when you complete the course.

When you've completed the course, quiz and this worksheet, please send an email to [claire@zendenslo.com](mailto:claire@zendenslo.com) with your license and NCCAOM numbers to receive your certificate.

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1. What is Lunar Acupuncture? Write a short explanation of what Lunar Acupuncture is and how it incorporates the moon's cycles into acupuncture treatments.

2. Match each moon phase with its corresponding energy or purpose:

- New Moon
  - Waxing Moon
  - Full Moon
  - Waning Moon
- A time for reflection and letting go.
  - Ideal for growth and building momentum.
  - A time for new beginnings and setting intentions.
  - A time for amplifying energy and releasing what no longer serves.



3. Choose a goal you'd like to manifest.

4. Identify which moon phase is best for setting this intention.

5. Write two actions you can take during this phase to support your manifestation.



## 6. Fill in the blanks:

When leading a moon circle, it's essential to create a \_\_\_\_\_ space for participants. Include rituals aligned with the moon's energy, such as \_\_\_\_\_, \_\_\_\_\_, and guided \_\_\_\_\_.

## 7. Write a crystal and essential oil to the correct moon phase:

- New Moon:
- Full Moon:
- Waning Moon:

8. For the Full Moon: Name one acupuncture point or practice that helps amplify energy or support emotional release.



9. For the New Moon: Name one acupuncture point or practice that helps with grounding and setting intentions.



10. Reflect on how you can use the knowledge of Lunar Acupuncture in your own practice. Write 3-5 sentences describing how the moon's cycles resonate with your personal or professional goals.

Do you have any feedback about the course? Let us know about your experience!

