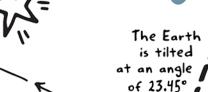
WHAT IS IT?

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.





NORTH POLE

(dark all day on Dec. 21st)



The Earth is about 93 MILLION MILES

from the Sun!

The Earth is always moving around the sun

SOUTHERN HEMISPHERE

(light all day on Dec. 21st)



NORTHERN

HEMISPHERE

EQUATOR

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.