# **Resources:** Module 2

#### Books

The Secret Language of Birthdays by Gary Goldschneider & Joost Elffers A unique combination of astrology, numerology & psychology - perfect for self-reflection & understanding others

### **Recommended Sites & Viewing**

# Astro Dienst

A great tool for quickly pulling up your own or someone else's birth chart - perfect for practicing, exploring & indulging in curiosity when it strikes

## <u>Astro Seek</u>

Use this tool for tracking current planetary transits - you can even overlay the current zodiac with your own chart to see how cosmic shifts are personally impacting you

Charlene Lizette (YouTube channel)

Bold, mystical & hilariously real - Charlene delivers truth bombs with high vibes, deep insights & zero fluff

**Recommended Astrology Products** 

Starcodes Astro Oracle Deck by Heather Roan Robbins

We'Moon

A spiritually attuned, female-supported company, whose calendars are rich with glyphs, moon phases, transits & sacred seasonal wisdom - an indispensable tool every day of the year

Yoga Poses on YouTube

<u>Goddess Pose</u>

Cat Cow Pose

<u>Pigeon Pose</u>

