

満月 Meeting

Full Moon

Self-Maintenance through Journaling

Is your mind always on?

Take two hours under the full moon to slow down, reflect, and reconnect—just you, your thoughts, and a pen. This online journaling workshop offers a gentle reset for your inner world.

2025
6th Nov

8 - 10 PM

8 seats only!

S\$50

This is for you if...

- ☑ Your thoughts are constantly racing
- ☑ You often feel emotionally cluttered or stuck
- ☑ You prefer to process internally before talking to others
- ☑ You're always busy and tend to lose sight of what really matters
- ☑ You want to begin the new lunar cycle with clarity and calm



Want to expect

- A warm welcome and opening reflection on the full moon and journaling.
- Brief self-introduction.
- Gratitude journaling session: Refocus on what's present, what's working, and what you already have.
- Letting go journaling session: Release what no longer serves you, with insights from numerology.

About Numerology Notebook Work

Words clarify the mind.
By combining numerology and journaling, you can better understand your patterns, tendencies, and motivations—leading to meaningful self-awareness and transformation.



Aiko
Notebook work
facilitator, and editor



Faye
Consultant and
Coach

Faye spent over 20 years in the corporate world before going through a personal transformation with the guidance of Aiko-san. She is now a certified coach, helping others redesign their lives.

Ready to step towards your own transformation?
Register now by scanning the QR code or go to
<https://shorturl.at/BL3nC>



More details at www.fayechedong.com or Whatsapp +65 90690418