



alba
WELLNESS VALLEY
by fusion
HUE

ALBA WELLNESS VALLEY
**FULL YEAR
MOON RETREAT**
CALENDAR 2026



EVENING
RETREAT PROGRAM
19:00-21:00



**FULL MOON
JANUARY 3**

THEME
RELEASE & BEGIN ANEW -
LETTING GO OF OLD ENERGY

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky



**NEW MOON
JANUARY 18**

THEME
SEEDS OF INTENTION - PLANTING GOALS
WITH GROUNDING PRACTICES

CRYSTAL HEALING SOUND BATH

Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL

Intention planting and inner vision
work



MOONLIT FLOATING MEDITATION

Soft quietening under the new
moon energy





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FULL MOON FEBRUARY 1

THEME

HEART OPENING UNDER THE MOON -
COMPASSION & EMOTIONAL HEALING

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky



NEW MOON FEBRUARY 17

THEME

QUIET THE MIND, CALM THE HEART -
DEEP REST & CLARITY

CRYSTAL HEALING SOUND BATH

Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL

Intention planting and inner vision
work



MOONLIT FLOATING MEDITATION

Soft quietening under the new
moon energy





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**FULL MOON
MARCH 3**

THEME

TRANSFORMATION & INNER SHIFT (ECLIPSE) -
POWERFUL EMOTIONAL RENEWAL

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky



**NEW MOON
MARCH 18**

THEME

RESET & REBALANCE -
GROUNDING AFTER ECLIPSE ENERGY

CRYSTAL HEALING SOUND BATH

Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL

Intention planting and inner vision
work



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FULL MOON
APRIL 1

THEME
BLOSSOM & EXPAND -
NEW BEGINNINGS

TIBETAN SOUND BATH
Deep grounding and
emotional release



FULL MOON RITUAL
Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION
Deep relaxation
under the night sky



NEW MOON
APRIL 17

THEME
FOREST WHISPER INTENTIONS -
RECONNECT WITH NATURE

CRYSTAL HEALING SOUND BATH
Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL
Intention planting and inner vision
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**FULL MOON
MAY 1**

THEME
RADIANT ENERGY RISING -
VITALITY AND JOY

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky



**NEW MOON
MAY 16**

THEME
GROUND • NOURISH • HEAL -
STABILIZING BODY AND SPIRIT

CRYSTAL HEALING SOUND BATH

Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL

Intention planting and
inner vision work



MOONLIT FLOATING MEDITATION

Soft quietening under the new
moon energy



**BLUE MOON
MAY 31**

THEME
CELEBRATION OF ABUNDANCE -
GRATITUDE & EXPANSION

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky





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FULL MOON
JUNE 29

THEME
NATURE'S HARMONY -
ALIGNING WITH EARTH ELEMENTS

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky



NEW MOON
JUNE 14

THEME
INNER STILLNESS RETREAT -
QUIETING THE MIND

CRYSTAL HEALING SOUND BATH

Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL

Intention planting and inner vision
work



MOONLIT FLOATING MEDITATION

Soft quietening under the new
moon energy





ALBA WELLNESS VALLEY

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CALENDAR 2026



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FULL MOON
JULY 29

THEME
FLOW WITH THE SUMMER MOON -
RELEASING EMOTIONAL HEAT

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky



NEW MOON
JULY 14

THEME
REFRESH & REJUVENATE -
CLEANSING & HYDRATION

CRYSTAL HEALING SOUND BATH

Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL

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FULL MOON
AUGUST 27

THEME
COURAGE & EXPANSION -
EMPOWERMENT

TIBETAN SOUND BATH
Deep grounding and
emotional release



FULL MOON RITUAL
Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION
Deep relaxation
under the night sky



NEW MOON
AUGUST 12

THEME
REBIRTH THROUGH LIGHT & SHADOW
(SOLAR ECLIPSE) - DEEP RESET

CRYSTAL HEALING SOUND BATH
Clarity, renewal, and gentle
energetic reset



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Intention planting and inner vision
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FULL MOON
SEPTEMBER 26

THEME
HARVEST OF GRATITUDE -
ACKNOWLEDGING GROWTH

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky



NEW MOON
SEPTEMBER 10

THEME
SIMPLIFY & RETURN TO YOURSELF -
EMOTIONAL DECLUTTERING

CRYSTAL HEALING SOUND BATH

Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL

Intention planting and inner vision
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moon energy





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**FULL MOON
OCTOBER 25**

THEME
BALANCE & INNER LIGHT -
HARMONY WITHIN TRANSITION

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky



**NEW MOON
OCTOBER 10**

THEME
DEEP REST • DEEP RESET -
PREPARING FOR INTROSPECTION

CRYSTAL HEALING SOUND BATH

Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL

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FULL MOON NOVEMBER 24

THEME
HEALING WATERS CEREMONY -
HONORING ALBA'S MINERAL SPRINGS

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky



NEW MOON NOVEMBER 9

THEME
INNER WARMTH & EMOTIONAL SUPPORT -
COMFORTING PRACTICES

CRYSTAL HEALING SOUND BATH

Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL

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FULL MOON
DECEMBER 23

THEME
REFLECTION & COMPLETION -
REVIEWING THE YEAR

TIBETAN SOUND BATH

Deep grounding and
emotional release



FULL MOON RITUAL

Letting go, forgiveness,
and clearing energy



MOONLIT FLOATING MEDITATION

Deep relaxation
under the night sky



NEW MOON
DECEMBER 8

THEME
INVITING THE LIGHT OF 2027 -
HOPE AND RENEWAL

CRYSTAL HEALING SOUND BATH

Clarity, renewal, and gentle
energetic reset



NEW MOON RITUAL

Intention planting and inner vision
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