



VIRGO

AUG 23 - SEP 22

As the official 'Worker-Bees' of the Zodiac, Virgo is a sign of contribution and extra service. They are very practical people, and being useful is an important personal goal.

As an analytical and results-oriented sign, Virgos are motivated to find practical outlets for their skills and abilities. Adding value is more important than being recognized. Humble and considerate, they love to make a difference to others' lives. As an innately logical sign, Virgos have a tendency to worry, but when they focus on tangible outcomes rather than what 'might' occur they maintain the perspective needed to problem-solve effectively. The best path for a Virgo is one of moderation. Even after an especially hedonistic weekend, their natural inclination is to find an effective detox and new routines. They do best with regular exercise, good habits and lots of whole-foods.

#theultimosydney
THEULTIMO.COM.AU

ELEMENT

Earth

LIKES

Animals, healthy food, nature and cleanliness

DISLIKES

Rudeness, asking for help, taking centre stage

TRAITS

Capable and results-oriented
Reliable and rational
Modest and helpful

GASTROLOGY (EAT / DRINK)

Egg Of The Universe in Rozelle for an organic breakfast, after your morning yoga class of course!

Nourishing Quarter in Redfern for the vegans at heart

Lotus Story for flavoursome Vietnamese food in a warehouse setting

EXPLOROLOGY (SEE / DO)

Say Namaste to a yoga class at **Body Mind Life** in Surry Hills

Stroll through the **Royal Botanic Gardens** a tranquil oasis overlooking Sydney Harbour, and home to more than one million botanical species

Test your capability on a Stand Up Paddle Board!
Hire from **Rose Bay Aquatic Hire**