



SOMATIC  
SANCTUARY



# RETURNING TO *the* Temple

LIVE TELE-DIVE

A CONTINUUM MOVEMENT SERIES WITH SARAH GRACE

Wednesdays, Feb. 5th - March 11th

6 - 8pm (PST)

*Plus special pre-recorded Equinox dive shared March 19*

Using breath and sound, we explore our fluid bodies through subtle movement, wave motion, and the language of sensation. Within Sacred Space, together, we have the opportunity of allowing time to slow down, to shed that which needs to shed, and to come through anew, refreshed, and reborn. When we access the Innate Intelligence of the deeper Forces that sustain us, we tap into the pulsating streams of life as they ripple through our system and we enter The Mystery of what it means to embody.

Join Sarah from the comfort of your home for this tele-dive series via free conference call line. Available in many time zones. Recordings available after each call. New students welcomed up to Oct. 2nd.

- **Connect** to the Sacred Within
- **Awaken** Embodied Presence
- **Slow down** and release stress
- **Renew** into your Wholeness

PRICING: Includes 6-recordings

Series - \$88 by Jan. 31, thereafter \$99 USD

To register, visit [SomaticSanctuary.com](http://SomaticSanctuary.com) or

P: +1 805.633.9230

E: [office@somaticsanctuary.com](mailto:office@somaticsanctuary.com)

## SOMATIC SANCTUARY

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Sarah is a Registered Biodynamic Craniosacral Therapist, Authorized Continuum Movement Teacher, Somatic Experiencing Practitioner and Birth Doula. She has been deeply involved in Pre- & Perinatal somatic therapies and has a passion for facilitating a connection to the Inherent Health that is our birthright.

[SomaticSanctuary.com](http://SomaticSanctuary.com)

