

**Winter 2020**

## **Continuum Somanautiko**

**A human embodiment practice that offers real tools for staying sane and grounded while living in continuously accelerating and chaotic times.**

**Practicing the art of slowing down, we engage our breath, vocal sounds & imagination to develop a fuller awareness of sensation, fluid movement, and a more easeful mind.**

**This work cultivates a witnessing perspective that supports creativity & paying attention, waking us up instead of “checking out” when things feel difficult.**

**Anyone who wants a taste, please come to the first class of a series rather than dropping in at random.**

**Weekly explorations guided by expert somanaut & Continuum Teacher**

**Megan Bathory-Peeler**

**Curious? Call: 413.772.0078**

**[www.somanautiko.com/teaching](http://www.somanautiko.com/teaching)**



**SOMANAUTIKO**

**Tuesday evenings**

**5:30-8:30 pm**

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### **Imaginal Awakenings**

**January 14 - February 11**

This 5-week series will awaken the Mystery to take us to the doorstep of dreamtime...

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### **Embracing the Shadow**

**February 25 – March 31**

A 6-week series that invites our attachments to ego and persona to fall away allowing us to meet the edge of shadow without fear.

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**Wednesday mornings**

**9:00 am-12:00 pm**

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### **Midweek Retreats**

**January 15 - February 12**

Give yourself a 5-week personal retreat, bathing in a pool of rest, reflection, acceptance, compassion, and inspiration...

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### **Restorative Explorations**

**February 26 – April 1**

Connection is the refuge wherein the boundaries of one's own container can be explored more deeply in this 6-week series.

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**All classes meet at:**



16 Federal Street, 2<sup>nd</sup> Floor  
Greenfield, MA 01301

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- \$35/single class – **Start of series only**
- \$150/5 week series – **save \$25**
- \$180/6 week series – **save \$30**

**What will happen to us today is completely unknown, as unknown as what will happen at death. Whatever happens, our commitment is to use it to awaken our hearts. ~ Pema Chodron**