

Ground in the Swirl Online Series

with Dr. Amber Elizabeth Gray

Ground in the Swirl is a straightforward, practical class series offering embodied, movement-based approaches to promote state shifting, comfort, and embodied presence when a vastly evolving reality undermines our ability to be present. Experiencing fear, worry, anxiety, overwhelm, depression, stress, etc. are normal responses to a rapidly changing situation in which lives are threatened. The practices shared in these classes will support participants to find more ease and support for everything we feel through the grounded wisdom of our body.

Series sessions offer more time for the science and theory the practices are rooted in, as well as community connection. Practices are grounded in Continuum, Dance/Movement Therapy, Somatic Psychology, Polyvagal Theory, Mindfulness Practice, Yoga and Amber's extensive field experience.

The COVID-19 global public health emergency is rife with unknowns and uncertainty. We are all tasked with significant life change, more quickly than can be comfortable. We are all asked to cease our usual movements, and many of us will be forced to remain in one place. This series encourages refuge and sanctuary in our bodies and our homes.

Wednesday Series

9-11am MT/USA

April 8, 15, 22 and 29

Thursday Series

2-4pm MT/USA

April 2, 9, 16 and 23

Suggested donation for the series: USD \$70-100

Suggested donation per session: USD \$15-25

If you are unable to pay, please just sign up.

For more information visit:

<https://ambergray.com/events/ground-in-the-swirl-online-series/>