



**Diving into the Resonant Body online class ~
Friday mornings, May 8 ~ 29 8:30 ~ 10:45am**

This weekly class is the essence of the Continuum practice. I will lay out a dive, share new breaths and sounds, we will dive together and check in following the dive. For those of you in need of support for your home practice or are looking for a group dive once a week. Some Continuum experience required.

Friday mornings, 8:30 - 10:45 AM EST. May 8-29

To register, contact Sabine at resonantbody@me.com

For all 4 classes: <https://squareup.com/store/spanda-studio/item/diving-into-the-resonant-body-online-class-class-series>

For single class: <https://squareup.com/store/spanda-studio/item/diving-into-the-resonant-body-online-class-drop-in>