



Activating Our Resonant Body Sound & the Human Voice as Frequency Medicine

An online class series
Saturdays ~ April 23, May 14, June 11
11AM – 1:30PM EST

Our body is an expression of energy vibrating. The human voice contains the ability to create myriad sounds that shift, alter and expand different elements and layers of our being. Sound and movement are a continuum, as frequency is the essence of motion. When we sound, we generate movement, oscillation, in the waters of our body. Learning to use various sounds for the purposes of relaxing and centering or activating and expanding develops our capacity to deepen our embodiment and change the way we manifest our physical structure. Continuum is a gentle practice that explores how fluid movement and frequency are fundamental in cultivating our health, vitality and coherence as an organism. Cumulative practice develops our voice as a source for healing and creates a more receptive and empathic state of being.

This 3-part online series will focus on an array of sounds traditionally used in the practice of Continuum, as well as other frequencies. Slowing down and paying attention to the movement of sound in our body takes us on a journey into new realms of consciousness. It is through the energetic language of sound that we discover the universal language of wholeness.

Classes will be recorded and available on Dropbox.

Tuition: \$75 for the 3 class series. Payments can be made through Venmo or Zelle. Contact me directly for other options. To register, please contact me at sabine@resonantbody.com

For more information about my offerings, go to: www.resonantbody.com